

Spiritual Direction Internship



A Practicum
In
Spiritual Direction

Spiritual Life
Center



Internship Testimonials

"Participating in this program helped me to listen to my body and soul and to listen to others. I have found a new and different spiritual community here." - Hospice Caregiver

"The training I received in this Internship was excellent, the community deeply nurturing, and the whole experience was life transforming." - Social Worker

"Being part of the internship community has enhanced my awareness of God's presence and action within me and within those I companion. I find that I can listen much more deeply to those I serve." - Clergy Person



SPIRITUAL LIFE CENTER

Deep Listening - Healing - Transformation

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www.SpiritLifeCtr.org

Getting Started

For more than 30 years, the Spiritual Life Center has been a community that offers Spiritual Direction and provides training and support for this ministry. If you're interested in the program, we invite you to consider joining us.

Please visit www.SpiritLifeCtr.org to learn more. If you wish to speak with someone about the program, we would love to talk with you. Give us a call at [860-243-2374](tel:860-243-2374).

To learn more about our **Spiritual Direction**

Internship program, please call [860-243-2374](tel:860-243-2374).

Or feel free to send us your contact information using this form and we will be happy to contact you.

Name:

Phone:

Email:

Address:



Spiritual Direction Internship Overview

The Spiritual Direction Internship is a unique two-year Practicum in which participants learn and discern how they might use the gifts and skills of spiritual direction in their lives and ministries. The Practicum, which is highly experiential, includes didactic sessions, receiving and providing spiritual direction, participation in one-on-one and group supervision, and a yearly overnight retreat. We provide a website of printed and video resources.

Internship participants come from varied cultural backgrounds and diverse faith traditions. They include therapists of all types, volunteers, youth ministers, educators, clergy, chaplains, and anyone who wants to explore a call to the ministry of spiritual direction. Participants have reported that the Internship experience also enhances all dimensions of their lives: spiritual, interpersonal, decision-making, and community involvement. Those who fulfill all the requirements of the program receive a Certificate of Practice in Spiritual Direction.

Program

Program Requirements

- Weekly three-hour Wednesday evening sessions from September to May
- Weekly readings
- Reflection assignments
- Monthly meetings with a Spiritual Director
- Monthly meetings with a supervisor
- Attendance at an annual overnight retreat

Criteria for Admission

The Practicum in Spiritual Direction is open to all men and women who are discerning a call to the ministry of spiritual direction. We welcome applicants who are grounded in a spiritual tradition, and whose experience includes:

- Ongoing personal prayer/practice and monthly spiritual direction,
- Evidence of personal and spiritual maturity,
- Openness to participating in a community of diverse faith traditions and spiritual practices,
- Experience in working with individuals and/or groups in a professional setting.

Curriculum

Semester 1

Basics of Spiritual Direction (SD):

- Contemplation
- Foundations in SD
- History/Nature of SD
- Listening Skills
- Ethics and Boundaries
- Art of Asking Questions
- Individual and Group Supervision

Semester 2

Spiritual Foundations:

- Spiritual Roots and Practices
- Images of the Divine
- Sacred Texts

Theology of SD

Human Dynamics

In Semesters 2-4

Participants will also:

- Provide spiritual direction
- Receive individual supervision
- Participate in peer supervision

Semester 3

Spiritual Traditions and Practices, such as:

- Belief and Faith
- Mindfulness and Compassion
- Variety of Christian Spiritualities
- Judaic, Islamic, Buddhist Spirituality
- Earth-based and Energy Spiritualities

Discernment

Experience Cycle Process

Semester 4

Special Topics in SD:

- Dreams
- Grief and Loss
- Sexual Abuse
- LGBTQ
- BioSpiritual Focusing
- Mental Health

