

*Ecclesiastical Faculty*  
*Adult and Continuing Education*

*Programme Curricula*

***Adult Education Spirituality Diploma (DSM)***  
**Milltown Institute Programme 2011-2012**

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**Year 1**

SD101	What is Spirituality?	J. Finnegan
SD102	Understanding Spiritual Growth and Development	D. Robinson
SD103	Literature and Spirituality	Ú. Agnew
SD104	Journaling	B. Mathews
SDW1	Celtic Spirituality	M. Rodgers
SDW2	Art and Spirituality	G. Thiessen
SDW3	Dreams and Spirituality	P. Greene
SD105	Spirituality of Suffering	S. Goan
SD106	Contemplative Psychology	J. Finnegan
SDW4	Augustinian Spirituality	J. Byrne
SD107	Spirit Moves through Movies	C. O'Cuinn
SD108	Mysticism and the Prayer of Union	Ú. Agnew
SDW5	Ecology and the Bible	C. Mangan
SD109	Christ and Culture	J. Egan
SD110	The New Testament and Spirituality	K O'Mahony
SDW6	End of Year Evaluation / Integration	A. Ryan

**Year 2**

SD201	Soul Searching	A. Muldowney
SD202	Windows on Social Spirituality	P. McVerry
SD203	Journaling	B. Mathews
SD204	Work, Life and Spirituality	G. Heylin
SDW7	Breathing Meditation	L. Hughes
SDW8	Spirituality and Gender	D. Robinson
SDW9	Dancing in Divine Rhythm	B. Purcell
SD205	Contemplative Psychology	J. Finnegan
SD206	Spirituality of Suffering	S. Goan
SDW10	Music and Spirituality	N. Ní Riain
SD207	Mysticism and the Prayer of Union	Ú. Agnew
SD208	Christ and Culture	J. Egan
SDW11	Midlife and Later Life	Ú. Agnew
SD209	Introduction to Ignatian Spirituality	E. O'Driscoll
SD109	The Art of Discernment	A. Muldowney
SD110	Windows on the Holy	I. Craciun
SDW12	End of Year Evaluation / Integration	A. Ryan

SDW refers to Saturday Workshops

***Adult Education Spirituality Diploma (DSM)***  
**(Module Descriptors)**

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**YEAR ONE**

**WHAT IS SPIRITUALITY?**

**J. Finnegan**

**SD101**

This course will look at the question "What is Spirituality?" in an exploratory and reflective manner. Contemporary definitions of spirituality will be examined. Participants will be invited to become aware of how they engage with spirituality, both as a concept and as a practice.

**UNDERSTANDING SPIRITUAL GROWTH AND DEVELOPMENT**

**D. Robinson**

**SD102**

This course will help participants to become aware of what we are called to be as people created in the image and likeness of God, and the means to realize this in our everyday lives.

**LITERATURE AND SPIRITUALITY**

**Ú. Agnew**

**SD103**

The aim of this module is to explore links between literature and spirituality and in particular in some of the poems of T.S. Eliot, Hopkins, R.S. Thomas as well as Irish poets such as: Heaney, Kavanagh and Kennelly. The function of symbol, image and metaphor will be studied as vehicles of spiritual experience. Copies of passages of literature will be made available in the course of the module.

**JOURNALING**

**B. Mathews**

**SD104**

This course will introduce and develop a number of writing skills related to using a personal spiritual journal on a regular basis. It will allow the participant to develop ways through writing to access and explore their inner world, giving it perspective, meaning and context.

## **CELTIC SPIRITUALITY**

**M. Rodgers**

**SDW1**

This course will examine a number of themes: sense of place, sense of God in everyday life, awareness of the Trinity, the Cross, God in creation, pilgrimage and story. A selection of Celtic prayers will be studied throughout the course.

## **ART AND SPIRITUALITY**

**G. Thiessen**

**SDW2**

This workshop will discuss the relationship between art and the divine and will seek to demonstrate how the arts can be a means of meeting our innate desire for God. It will also explore how the “felt” experience or non-rational knowing in art can be related to, or is analogous with the experience of the “Holy”.

## **DREAMS AND SPIRITUALITY**

**P. Greene**

**SDW3**

*TBA*

## **SPIRITUALITY OF SUFFERING**

**S. Goan**

**SD105**

The scale of suffering in the world – above all, of innocent suffering – is an enormous challenge to faith in a loving God. This module will examine how the Biblical tradition addresses this issue and will consider how some Christian writers have sought to find God in the experience of suffering.

## **CONTEMPLATIVE PSYCHOLOGY**

**J. Finnegan**

**SD106**

This module will examine the contours of the Christian contemplative tradition through a psychological lens. Special attention will be paid to the themes of discipline, stillness, engagement and the transformed heart.

## **AUGUSTINIAN SPIRITUALITY**

**J. Byrne**

**SDW4**

This course is an introduction to the spirituality of St. Augustine with particular reference to his treatment of searching for God, interiority, grace, love and community.

## **SPIRIT MOVES THROUGH MOVIES**

**C. O’Cuinn**

**SD107**

This course aims to look at film for portrayals of movement of spirit. Starting with examples from four movies and working further with clips suggested by the participants, the last session will conclude with a more theoretical formulation of a spiritual grammar of film.

## **MYSTICISM AND THE PRAYER OF UNION**

**U. Agnew**

**SD108**

A brief introduction to mysticism as a special state of consciousness within the context of Christian mysticism will be studied. Excerpts from a number of classical mystics, such as Julian of Norwich and the Author of *the Cloud of Unknowing* will be included as authentic illustrations of this important phenomenon in the field of spirituality.

## **ECOLOGY AND THE BIBLE**

**C. Mangan**

**SDW5**

This course will provide a forum for dialogue with the Scriptures to explore what they have to say to present-day theological concerns about the care of the earth.

## **CHRIST AND CULTURE**

**J. Egan**

**SD109**

This module will consider the impact of culture on our understanding of Christ, challenging the participants to reflect on their own cultural suppositions while reflecting on our personal relationship to him, who stands at the very heart of our faith.

## **THE NEW TESTAMENT AND SPIRITUALITY**

**K. O'Mahony**

**SD110**

*TBA*

## **END OF YEAR EVALUATION/INTEGRATION**

**A. Ryan**

**SDW6**

The aim of the workshop is to identify the impact the course has had on the individual lives of the participants. Part of the process will involve self-assessment. We will look at how the learning completed can be transferred to other environments.

## **YEAR TWO**

### **SOUL SEARCHING**

**A. Muldowney**

**SD201**

The aim of this component is to introduce participants to ways of connecting with and exploring the experiences and questions that confront them on life's journey. Starting with their own experience, this component will offer participants the opportunity on their own soul searching

### **WINDOWS ON SOCIAL SPIRITUALITY**

**P. McVerry**

**SD202**

This module will be based on the Gospels and the vision of Jesus for our world, which is to be found there – a spirituality in which the dignity of each person and a commitment to building a more just and inclusive world is at the centre. It will explore the meaning of the term “Kingdom of God”, its relationship to the community that Jesus inaugurated on earth, and to the economic, social and political systems in Ireland and in our world.

### **JOURNALING**

**B. Mathews**

**SD203**

This course will introduce and develop a number of writing skills related to using a personal spiritual journal on a regular basis. It will allow the

participant to develop ways through writing to access and explore their inner world, giving it perspective, meaning and context.

## **WORK, LIFE AND SPIRITUALITY**

**G. Heylin**

**SD204**

Paid employment is central to the lives of so many people. How do retired people, full-time home-makers and those not employed, make sense of work? Where is the spirituality and/or meaning to be found? These and many other aspects of work, life and spirituality will be explored.

## **BREATHING MEDITATION**

**L. Hughes**

**SDW7**

The way the breath moves in us is an indicator of how we are. Breath and spirit are intimately connected, like two sides of one coin. Yet our technology-based culture has introduced an artificial split between the two. Breath is seen simply as part of the physiological body and even as something mechanical. Spirit/soul on the other hand, is considered to be quite independent of this. This workshop will seek to promote relaxation of breath and spiritual trust. Participants will be helped to become more deeply aware of the ways in which the breath moves within them – and to experience where all of this leads us spiritually. Loose comfortable clothing recommended.

## **SPIRITUALITY AND GENDER**

**D. Robinson**

**SDW8**

This module will explore the human experience of self as male or female through our relationships with the world, others and God. It will explore what it means to be male or female and the spirituality that emerges to support and enhance this experience. It will also address the question of the future of masculinity and femininity and the spirituality that will authenticate such development.

## **DANCING IN DIVINE RHYTHM**

**B. Purcell**

**SDW9**

This module is based on the notion of embodied spirituality which provides alternative ways of considering patterns of spiritual unfolding. Using sacred circle dance, Bach flower dances and creative movement, participants are

given the opportunity to get in touch with the divine rhythm in themselves and in the wider community. A stress free environment is created where people can relax together and learn together.

## **CONTEMPLATIVE PSYCHOLOGY**

**J. Finnegan**

**SD205**

This module will examine the contours of the Christian contemplative tradition through a psychological lens. Special attention will be paid to the themes of discipline, stillness, engagement and the transformed heart.

## **SPIRITUALITY OF SUFFERING**

**S. Goan**

**SD206**

The scale of suffering in the world – above all, of innocent suffering – is an enormous challenge to faith in a loving God. This module will examine how the Biblical tradition addresses this issue and will consider how some Christian writers have sought to find God in the experience of suffering.

## **MUSIC AND SPIRITUALITY**

**N. Ní Riain**

**SDW10**

The primary focus of the workshop will be to provide the students with and experience of the crucial importance of music, more specifically, song, in the intrinsic expression of liturgy and life.

## **MYSTICISM AND THE PRAYER OF UNION**

**U. Agnew**

**SD207**

A brief introduction to mysticism as a special state of consciousness within the context of Christian mysticism will be studied. Excerpts from a number of classical mystics, such as Julian of Norwich and the Author of *the Cloud of Unknowing* will be included as authentic illustrations of this important phenomenon in the field of spirituality.

## **WINDOWS ON THE HOLY**

**I. Craciun**

**SD208**

The Eastern Fathers understand Spirituality as personal communion with the Father, through the *Logos* Christ, in the Holy Spirit – an experience lived in a

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state of prayer. This course will explore the real possibility of such *mystical union* with God as being expressed in the transfigured reality mirrored in Sacred Iconography.

### **MID-LIFE AND LATER LIFE**

**U. Agnew**

**SDW11**

The ideas of "second journey" and even "third journey" will be examined in the light of the personal and spiritual growth of individuals in the second half of life. Crisis is acknowledged as both a stumbling block and an opportunity to explore new "frontiers" in the course of one's maturing years. Integration of shadow manifestations is seen as central to the tasks of later life.

### **THE ART OF DISCERNMENT**

**A. Muldowney**

**SD209**

The aim of this module is to introduce participants to the theory and practice of discernment as a means of spiritual enrichment and growth and to deepen reflection on their experience of decision making by:

- Developing an understanding of the climate and practice of discernment
- An introduction to some methods for discernment
- Enabling students to become more attuned to the action of God in their lives

### **CHRIST AND CULTURE**

**J. Egan**

**SD210**

This module will consider the impact of culture on our understanding of Christ, challenging the participants to reflect on their own cultural suppositions while reflecting on our personal relationship to him, who stands at the very heart of our faith.

### **END OF YEAR EVALUATION/INTEGRATION**

**A. Ryan**

**SDW12**

The aim of the workshop is to identify the impact the course has had on the individual lives of the participants. Part of the process will involve self-assessment. We will look at how the learning completed can be transferred to other environments.

## ***Adult Education Diploma in Carmelite Studies (Online)***

Carmelite Institute of Britain and Ireland,  
Gort Muire, Ballinteer, Dublin 16

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The Carmelite Institute of Britain and Ireland offers a distance learning / online programme in Carmelite studies at level 5. This pontifical adult education diploma is accredited by the Milltown Institute. Each module (e.g. 1A, 1B etc.) runs over a half-semester. Further information, and further details on the modules listed below, is available on the website <http://www.cibi.ie> or from the Administrator (Frank O'Neill), CIBI, Gort Muire, Ballinteer, Dublin 16

### **Block 1. Foundational Elements**

1A1	Who Are the Carmelites?	Thomas Curran <i>OCD</i>
1B1	The Rule of Saint Albert	Joseph Mothersill <i>OCarm</i>
1C1	Elijah in the Carmelite Tradition	Mícheál O'Neill <i>OCarm</i>
1D1	Mary in the Carmelite Tradition	Christopher O'Donnell <i>OCarm</i>

### **Block 2. Carmelite Spirituality**

2A1	What is Spirituality?	Thomas Jordan <i>OP</i>
2B1	The Carmelite School of Spirituality: An <i>OCarm</i> Perspective.	Wilfrid McGreal <i>OCarm</i> .
2B2	The Carmelite School of Spirituality: A Teresian Perspective	Philip Nelson <i>OCDS</i> and Heather Ward <i>OCDS</i>
2C1	Scripture in the Carmelite Tradition	Thomas Stone <i>OCDS</i>
2D1	Prayer in the Carmelite Tradition: An Introduction	Mary of St Joseph <i>OCD</i> Mary of St Philip <i>OCD</i>

### **Block 3. Carmel in the Wider Church**

3A1	Madame Acarie (Bl Mary of the Incarnation): – wife, mother, mystic, Carmelite nun	Heather Ward <i>OCDS</i>
3B2	Formation in Carmel -	Heather Ward <i>OCDS</i> Sr Mary of St John <i>OCD</i> Liam Finnerty <i>OCD</i> Joseph Mothersill <i>OCarm</i>
3D1	Carmel and Inter-Faith Dialogue	Sylvia Lucas <i>TOC</i>
3D2	Psychology and Carmelite Spirituality for Today	Julienne McLean Peter Tyler

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### **Block 4. Development and Reform**

- 4C1 Saint Teresa of Avila Sr Mary of the Incarnation *OCD*  
4D1 The Teresian Reform Sean Conlon *OCD*

### **Block 5. Figures of Inspiration**

- 5B1 Blessed John Soreth Frank McAleese *OCarm*  
5C1 John of Saint Samson Johann Bergström-Allen *TOC*  
5C2 Raphael Kalinowski Robert Opala *OCD*  
5D1 Pere Jacques de Jésus Heather Ward *OCDS*  
5D2 Brother Lawrence of the Resurrection Veronica Errington *TOC*

### **Block 6. Carmel in the 20<sup>th</sup> Century**

- 6A1 The OCarm Charism Since 1950 P. J. Breen *OCarm*  
6B1 The OCD Charism in the 20th Century Camilo Macise *OCD*  
(translated by Oonagh Twomey *OCDS*)  
6C1 Blessed Elisabeth of the Trinity Sr Marian of Jesus *OCD*  
6D1 Blessed Titus Brandsma OCarm: A Mystic in Conflict Pat Mullins *OCarm*

### **Block 7. The Carmelite Nuns**

- 7A1 The Carmelite Nuns and Sisters: Past and Present Mary Pia *OCD*  
7B1 St. Thérèse of Lisieux, Doctor of the Church Vincent O'Hara *OCD*  
7C1 St. Teresa of the Andes Jennifer Moorcroft *TOC*  
7D1 Edith Stein, Spirituality of the Cross and Holocaust Experience Robert Opala *OCD*

### **Block 8. The Carmelite Family: Past and Present**

- 8A1 The Carmelite Family in the 14th Century Simon Nolan *OCarm*  
8C1 Carmel in Britain and Ireland: The Beginnings Heather Ward *OCDS*  
8D1 Lay Carmelites from 1900 Johan Bergström-Allen *TOC*  
Monica O'Neill *OCDS*  
8D1 The Third/Secular Orders since 1900 Monica O'Neill *OCDS*  
Johann Bergström-Allen *TOC*  
and Heather Ward *OCDS*

## ***Diploma in Carmelite Studies (Online)***

Carmelite Institute of Britain and Ireland,  
Gort Muire, Ballinteer, Dublin 16

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### **List A: Foundational Modules: A Broad Introduction to Carmelite Heritage**

<b>and Spirituality</b>		
A1	Carmel: Development of the Tradition	Richard Copsey <i>OCarm</i>
A2	The Origins of the Carmelite Family	Patrick Mullins <i>OCarm</i>
A3	Figures of Inspiration: Mary and Elijah	Christopher O'Donnell <i>OCarm</i>
A4	Carmelite Reform and Renewal of the Sixteenth Century	Gregory Burke <i>OCD</i>
A5	Teresa of Avila	Christopher O'Donnell <i>OCarm</i>

### **List B: Carmelite Themes**

B1	The Carmelite Charism: Exploring the Biblical Roots.	James McCaffrey <i>OCD</i>
B5	Carmelite Devotions and Popular Piety	Johan Bergström-Allen <i>TOC</i>
B6	The Carmelite Approach to Discernment and Spiritual Direction	Christopher O'Donnell <i>OCarm</i>
B7	Women in Carmel: Past and Present	Johan Bergström-Allen <i>TOC</i> Anthony Lester <i>OCarm</i> et al
B8	Carmel and the Other Spiritual Traditions	Heather Ward <i>OCDS</i> et al
B9	What is Spirituality ?	Philip Nelson <i>OCDS</i>
B10	Marian Mystics	

### **List C: Carmelite Authors, Lives and Texts**

C1	An Introduction to John of the Cross	Heather Ward <i>OCDS</i>
C2	St. Mary Magdalene de Pazzi <i>OCarm</i>	Mícheál O'Neill <i>OCarm</i>
C3	Titus Brandsma	Patrick Mullins <i>OCarm</i>
C7	Bl. Elizabeth of the Trinity	Mariam T. Murphy <i>OCD</i> and Heather Ward <i>OCDS</i>
C8	St Edith Stein <i>OCD</i>	Elizabeth A. Mitchell <i>PhD</i>

## ***Diploma in Spiritual Direction (DSDM)***

Jesuit Centre of Spirituality, Manresa House, Dollymount, Dublin 3  
and Jesuit Centre of Spirituality, Salthill, Galway

Director: Una Allen

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### **Programme Curricula**

#### **Year 1**

- A1 The Ministry of Spiritual Direction: Its scope and content
- A2 Personal histories and the role of narrative
- A3 Prayer: theology and practice
- A4 Sense of self and sense of God: biblical, theological and psychological aspects
- A5 Fundamental faith vision of life: general theological principle
- A6 Following Christ : the cost of discipleship
- A7 Introduction to discernment

#### **Year 2**

- B1 Spiritual Direction: roles of director and directee
- B2 The theology of sin and disorder: biblical, personal and communal dimensions
- B3 Call of Christ to establish the kingdom of justice and peace
- B4 Personal vocation: biblical and anthropological aspects
- B5 Discernment of spirits – consolation and desolation
- B6 Discernment of God's will.
- B7 Contemplative prayer in the Christian tradition

#### **Staffing**

Patrick Carbery *SJ*  
Brendan Comerford *SJ*  
Michael Drennan *SJ*  
Angela Higgins *IBVM*  
John Humphreys *SJ*  
Finbarr Lynch *SJ*  
Jennifer McAleer *RGS*  
Eileen O'Driscoll  
Avril O'Regan, *RLR*  
Ciaran Quirke *SJ*

***Diploma in Spiritual Direction (DSDM)***  
**(Module Descriptors)**

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**Year One**

**A1. THE MINISTRY OF SPIRITUAL DIRECTION: ITS SCOPE AND DEVELOPMENT**

- Brief history of the evolution of Spiritual Direction from Desert Fathers until present day
- The ministry of Spiritual Direction – its scope and practice
- Qualities of Jesus as Spiritual Director as evidenced in gospels
- Introductory experience of reflection and sharing
- Explanation of the various elements in Two Year Course in Spiritual Direction
- Outline of programme for First Year
- Practicalities: allocation of tutor/supervisors and instruction on presentation of written assignments

**A2. PERSONAL HISTORIES AND THE ROLE OF NARRATIVE**

- Pondering reflectively on events, experiences and people in one's own life
- Becoming aware of the interior reaction to these exterior events and experiences
- Ritualising in prayerful celebration their gratitude for the gifts God has given them in the people who have crossed our path
- Recognising the relevance of director's graced history to Spiritual Direction

**A3. PRAYER: THEOLOGY AND PRACTICE**

- Development of one's prayer life – based on reflection of one's own prayer experience
- Methods of prayer – vocal and mental prayer with special emphasis on praying with scripture
- Structure of a prayer period
- Listening skills
- Case Study
- Introduction to real plays and the role of peer group observers

#### **A4. SENSE OF SELF AND SENSE OF GOD: BIBLICAL, THEOLOGICAL AND PSYCHOLOGICAL ASPECTS**

- Sense of self and sense of God – biblical, theological and psychological aspects
- Human development and prayer
- Resistances, blocks, defences
- First interview with directee
- Case Study
- Procedure for reporting on experience of a session with directee

#### **A5. FUNDAMENTAL FAITH VISION OF LIFE: GENERAL THEOLOGICAL PRINCIPLE**

- The fundamental faith vision of all reality – general theological principle
- Response of a person to this fundamental faith vision
- The shadow side – biblical, theological and psychological aspects
- Call to conversion
- Outline of a typical direction session
- Case Study

#### **A6. FOLLOWING CHRIST: THE COST OF DISCIPLESHIP**

- Following of Christ and the cost of discipleship
- The call of God and our response – in a biblical and theological context
- Psychological resistances
- Case Study
- Guidelines for pastoral ministry

#### **A7. INTRODUCTION TO DISCERNMENT**

- Introduction to Discernment - Discerning the Will of God
- Discernment of Spirits
- Consolation and Desolation
- Case Study
- Review of Year One

## **Year Two**

### **B1. SPIRITUAL DIRECTION: ROLES OF DIRECTOR AND DIRECTEE**

- Revisit the understanding of Spiritual Direction with specific reference to types and styles of Spiritual Direction
- Guidelines for the Director (Exercises: Annotations 1,2,5,6,15,19,20)
- The respective roles of Director and Directee
- Revisit listening skills
- Case Study

### **B2. THE THEOLOGY OF SIN AND DISORDER: BIBLICAL, PERSONAL AND COMMUNAL DIMENSIONS**

- The theology of sin in its biblical, personal and communal dimensions
- Revisit methods of prayer with special emphasis on the principle of repetition and the importance of review
- Revisit fundamental faith vision – as basis for decision making
- Case Study

### **B3. CALL OF CHRIST TO ESTABLISH THE KINGDOM OF JUSTICE AND PEACE**

- The fundamental call of Christ to work for the Kingdom
- The mystery of the Incarnation from a biblical, theological and sociological perspective
- Ignatian Contemplation as a method of coming to know the Jesus of the gospels
- Case Study

### **B4. PERSONAL VOCATION: BIBLICAL AND ANTHROPOLOGICAL ASPECTS**

- Called by name – the personal and unique nature of God’s call in our present circumstances
- Decision for Christ – “reality” reflections from Exercises of St. Ignatius: “Two Standards” and “Three Classes of Persons”
- Resistances, defence mechanisms
- Case Study

## **B5. DISCERNMENT OF SPIRITS – CONSOLATION AND DESOLATION**

- Basic guidelines for Discernment
- Rules for the Discernment of Spirits (Week 1 Rules and Week 2 Rules)
- Consolation & Desolation - revisit
- Praying on the passion & death of Jesus – biblical and theological aspects
- Case Study

## **B6. DISCERNMENT OF GOD’S WILL**

- Discerned Decision Making
- Review of some major personal decisions in the light of the Rules for Discernment
- Resurrection – biblical and theological aspects
- Ethical Guidelines in the practice of Spiritual Direction
- Case Study

## **B7. CONTEMPLATIVE PRAYER IN THE CHRISTIAN TRADITION**

- Contemplative Prayer with special reference to John of the Cross and Teresa of Avila
- Finding God in all Things
- Examination of Consciousness
- Case Study: Six Retreatants
- Personal Evaluation
- The Way Forward – Supervision, Termination, Referrals

## ***Diploma in Spiritual Guidance***

An Croí Spirituality Centre, Drogheda, Co Louth  
& New Jersey, USA Website : [www.ancroi.ie](http://www.ancroi.ie)

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An Croí Spiritual Guidance training programme is designed to prepare participants for the practice of Spiritual Guidance by providing theoretical, spiritual, and ethical foundations. An Croí offers an eclectic, creative and integrative programme, drawing from the wealth of various traditions and seeks to reclaim spiritual direction as a way of assisting others to find deeper intimacy with God and revision it for today's world. Grounded in the Christian tradition of spiritual direction, the programme is creative, holistic, ecumenical and contemplative in approach.

### **Module Overview**

**Module 1** Spirituality & Spiritual Guidance: Approaches & Traditions

**Module 2** The Art of Spiritual Guidance

**Module 3** Prayer, Scripture and Theology

**Module 4** Models of the Spiritual Journey and Spiritual Growth

**Module 5** Psychology, self understanding and counselling issues

**Module 6** Special Issues for Spiritual Guidance

**Module 7** Transformational Learning

*The content of module themes is delivered in an integrative way over year one and year*

### **Core Academic Staff**

Geraldine Holton MSc (*Doctoral Candidate*)

Carmel Boyle MMin

Patrick Greene SJ, STL MA

John Finnegan SDB, PhD

### **Visiting Specialists**

Maureen Conroy RSM D. Min

Margaret Benefiel PhD

Bernadette Purcell MSpir

Peter Krebs ST PhD

## ***Diploma in Spiritual Guidance***

An Croí Spirituality Centre, Drogheda, Co Louth  
& New Jersey, USA Website : [www.ancroi.ie](http://www.ancroi.ie)

### **(Module Descriptors)**

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#### **Year One**

##### **.Module 1:1 Spirituality & Spiritual Guidance: Approaches & Traditions**

This module explores:

- The nature of spirituality and its study today
- A variety of models of Spiritual Guidance
- The task of identifying one's own model of Spiritual Guidance

##### **Module 1:2 The Art of Spiritual Guidance**

This module explores:

- The nature, tasks and core skills of Spiritual Guidance
- A contemplative/ creative approach to spiritual guidance
- The role of discernment

##### **Module 1:3 Prayer/Theology and Scripture**

This module explores:

- A variety of methods and forms of prayer
- Skills for reflecting on and sharing one's own prayer life
- A theological and scriptural horizon for Spiritual Guidance

##### **Module 1:4 Models of the Spiritual Journey and Spiritual Growth**

This module explores:

- Spiritual growth and the basic principles of the Spiritual Journey
- Traditional and contemporary models of spiritual growth.
- Spiritual autobiography and the role of narrative

##### **Module 1:5 Psychology, self-understanding and counselling issues**

This module explores:

- The strengths and limitations of psychology in Spirituality
- The difference and commonalities between Counselling and Spiritual Guidance
- The interpersonal skills which help to facilitate the Spiritual Guidance Relationship

### **Module 1:6 Special Issues for Spiritual Guidance**

This module explores:

- The need to develop a personal spirituality
- Social contexts, family, gender, justice and marginalised
- Spiritual Guidance in group settings

### **Module 1:7 Integrative and Reflective Practices**

This module explores:

- The need for and value of reflective and integrative practices
- Creative approaches to integrative and transformative learning
- Develop the skills of integration, reflection and journaling

## **Year Two**

### **Module 2:1 Spirituality & Spiritual Guidance: Approaches & Traditions**

This module explores:

- Issues around spiritual experience
- Contemplative and creative approaches to Spiritual Guidance
- The role of desire within the spiritual journey

### **Module 2:2 The Art of Spiritual Guidance**

This module explores:

- Developing the art and growing in the gift of Spiritual Guidance
- Consolation, desolation and discernment
- The role of contracting within spiritual guidance

### **Module 2:3 Prayer, Scripture and Theology**

This module explores:

- Creative ways of praying, obstacles and helps to prayer
- Accompanying others in prayer in one to one and group settings
- Theological anthropology and scriptural grounding within Spiritual Guidance

### **Module 2:4 Models of the Spiritual Journey and Spiritual Growth**

This module explores:

- Spiritual development as applied to Spiritual Guidance
- Contemporary models of Spiritual Growth
- Life Transitions and Spiritual Guidance

**Module 2:5 Psychology, self understanding and counselling issues**

This module explores:

- Psychological foundations for Spiritual Guidance
- Group process, discernment and conflict resolution.
- Working with resistance and defences

**Module 2:6 Special Issues for Spiritual Guidance**

This module explores:

- Professional and ethical practices in Spiritual Guidance
- Spiritual Guidance in varied contexts and settings
- Dreamwork and Spiritual Guidance

**Module 2:7 Transformational Learning**

This module explores:

- The importance of reflective, transformative and integrative skills and practices for the spiritual guide
- Spiritual guidance: individual and group
- The purpose and tasks of supervision.

## ***Adult Education Spirituality Diploma (CAES)***

An Croí Spirituality Centre, Drogheda, Co Louth

Website : [www.ancroi.ie](http://www.ancroi.ie)

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### **Cycle A**

SD101	Exploring Spirituality A
SD102	Transformational Learning A
SDW1	Creation Spirituality
SD103	Spiritual Traditions A
SD104	Living Theology A
SDW2	Discernment
SD105	The Heart of Listening
SD106	Spirituality of Forgiveness
SDW3	Celtic Spirituality
SD107	Spiritual Practice and Prayer Ways A
SD108	Mystical Tradition
SDW4	Living Scripture A
SD109	Creativity and Spirituality A
SD110	The Spiritual Journey
SDW5	Pascal Mystery A
SDW6	Symbolic Pilgrimage

### **Cycle B**

SD201	Exploring Spirituality B
SD202	Transformational Learning B
SDW7	Spirituality of Grief
SD203	Movement as Spiritual Practice
SD204	Dreams and Spirituality
SDW8	Typology and Spirituality
SD205	Creativity and Spirituality B
SD206	Holistic Spirituality
SDW9	Spiritual Practice and Prayer Ways B
SD207	Living Theology
SD208	Spiritual Traditions B
SDW10	Cultivating a Contemplative Heart
SD209	The Heart of Christianity
SD210	Compassion and Spirituality
SDW11	Paschal Mystery B
SDW112	Symbolic Pilgrimage B

Learning on this modular programme is facilitated by the An Croí core academic team which is made up of experienced adult educators, spiritual

guides and spiritual practitioners. Changes in what is communicated here may arise

**Core Academic Staff**

Geraldine Holton MSc (*Doctoral Candidate*)

Carmel Boyle MMin

Patrick Greene SJ, STL MA

John Finnegan SDB, PhD

**An Croí Visiting Specialists include**

Bernadette Purcell MSpir

Iggy O Donovan OSA

David Crean OSA

An Croí Spiritual Guidance Graduates

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**(Module Descriptors)**

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**Cycle A**

**SD101 EXPLORING SPIRITUALITY**

This module explores spirituality as a lived experience and also traces its origins, examines some emerging trends today and seeks to understand the spiritual dimension

**SD102 TRANSFORMATIONAL LEARNING**

This ongoing aspect of the programme encourages the kind of integration and reflection that can open the heart to transformation. It will explore creatively various approaches to integrative and transformative learning, including integrative learning experiences and reflective practices

**SDW1 CREATION SPIRITUALITY**

This module offers a perspective where we come to a fresh appreciation of the wonders of nature, the interconnectedness of all things and rejoice in the spiritual nourishment the earth. Creation Spirituality allows us to trace the new story of our origins coming to us from scientific discoveries, while at the same time examining our own wisdom and spiritual tradition in a new light. The result is a celebration of Divine Creativity and an enhanced role for the peoples of the earth in creation.

**SD103 SPIRITUAL TRADITIONS**

This module introduces participants to some of the major Christian traditions that have influenced thought, prayer and action. Such traditions may include Carmelite, Franciscan, Augustinian and more

**SD104 LIVING THEOLOGY A**

This module will give a guide to the basic talk about God throughout the Christian tradition. The building blocks of Christian belief and some of the basic concepts in theology will be explored.

**SDW2 DISCERNMENT**

Discernment is a process of discovering God's plan for our lives. It involves placing God at the centre of the decision making process. This module offers

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theological and psychological considerations that support a holistic approach to Christian discernment. Participants will also engage in practical exercises and approaches to discernment.

### **SD105 THE HEART OF LISTENING**

One of the most powerful forces in human relationship is the experience of being listened to, heard, validated and understood. This module explores the transformative and healing power of contemplative listening. Skills of deep listening to oneself, to others and to God will be introduced and practiced.

### **SD106 FORGIVENESS AND SPIRITUAL GROWTH**

In this module participants will explore the challenge of forgiveness as an intra-psychic, interpersonal and transpersonal process.

### **SDW3 CELTIC SPIRITUALITY**

This module will attempt to explore some themes, ways of praying, wisdom and insights from the Celtic tradition that may provide a way in for those who wish to explore this living tradition more fully.

### **SD107 SPIRITUAL PRACTICE AND PRAYER WAYS - A**

Our spiritual lives need to be nourished with spiritual practices and prayer. Relationship with the Divine is real, interactive, two-way communication and this module explores various spiritual practices and forms of prayer that lead to true prayer of the heart.

### **SD108 THE MYSTICAL TRADITION**

This module will explore the mystical tradition, the wisdom and experience of some Christian mystics and the mystical potential of each person for the mystical path. The module will introduce various forms of prayer drawn from mystics. It is intended to enrich prayer experience in a creative way. Insights will be used from the lives of mystics including Hildegard of Bingen, Julian of Norwich, Clare of Assisi and Teresa of Avila.

### **SDW4 LIVING SCRIPTURE**

The aim of this module is to give a method in approaching the Bible that will help both the study of it and explore ways that Scripture can enrich our spiritual lives. This module discusses the basic principles that are required for interpreting the Scriptures including: Understanding the written language of the Scriptures; Understanding the history, geography, and culture of its writers; Understanding the literary forms and understanding the principles for the application of scripture to our lives today.

**SD109 CREATIVITY AND SPIRITUALITY**

This module explores the creative process and spiritual practice and how both have the potential to be life-transforming. This module will explore creativity and ways our creative practices can be integrated with our spirituality. It will help develop an understanding of how nurturing the creative process is essential for fullness of life. Particular emphasis is placed on the creative and expressive arts including movement, music, art, play and creative writing.

**SD110 THE SPIRITUAL JOURNEY**

The spiritual journey consists of many paths. It is a journey that reflects our desire for God and God's desire for us. It is a journey in which we seek companionship with the Holy and with one another. Though we walk many paths, we all share in this common journey. This module examines spiritual growth and explores various approaches and images that express the spiritual journey. It provides insight from both contemporary and traditional maps.

**SDW5 LITURGY AND SPIRITUALITY  
(PASCHAL MYSTERY)**

This module is experiential and involves preparation of and participation in the Easter Liturgies. Participants will be guided as they explore the themes, images, music and scripture involved and endeavour to creatively celebrate the Paschal Mystery in an intimate setting.

**SDW6 SYMBOLIC PILGRIMAGE**

Pilgrimage has always been an important aspect of spiritual expression and Ireland is saturated with sacred places of pilgrimage. This module involves a group pilgrimage to a sacred place e.g. Glendalough, Boyne Valley, Kildare

**Cycle B**

**SD201 EXPLORING SPIRITUALITY B**

Spirituality is the quest for a fulfilled and authentic life that involves taking the beliefs and values of faith and weaving them into the fabric of life so that they provide 'breath' and 'spirit' and 'fire' for life. This module further examines spirituality today. It explores the language and meaning of spirituality within a Christian context.

**SD202 TRANSFORMATIONAL LEARNING B**

This ongoing aspect of the programme encourages integration and reflection on learning. It will explore creatively various approaches to integrative and

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transformative learning, including integrative learning experiences and reflective practices. Attention will be given to learning styles and participatory learning.

### **SDW7**

### **SPIRITUALITY OF GRIEF**

As a society, we don't like to think about death, our own, or that of our loved ones. But the simple truth is that none of us can escape this reality. It is an inescapable part of our human condition. Spirituality often enters into the grieving process. While one may gain comfort from religious or spiritual beliefs, one might also be moved to doubt in the face of traumatic or senseless loss. This module will explore the experience of grief .

### **SD203**

### **MOVEMENT AS SPIRITUAL PRACTICE**

With the reality of the incarnation comes a call to appreciate the blessedness of our bodily existence. Creative movement as spiritual practice helps to explore the blessing of the body, to pray with our bodies and to unfold the wisdom of the body. While experiencing freedom and healing, through movement, participants in this module will gain greater awareness around the interaction between body, mind and spirit.

### **SD204**

### **DREAMS AND SPIRITUAL GROWTH**

This module will explore the nature and significance of dreams and dreaming, with particular reference to psycho-spiritual growth and development. Participants will be offered ways of working with dreams and learn ways of understanding the language of dreams.

### **SDW8**

### **TYPOLGY AND SPIRITUALITY**

The use of the Enneagram and Myers Brigg for psychological and spiritual growth has increased enormously in the past two decades. Their use can have a profound impact on self understanding and understanding of others. It can help with relationships and prayer.

### **SD205**

### **CREATIVITY AND SPIRITUALITY B**

This module further explores the creative process and spiritual practice and how both have the potential to be life-transforming. This module will explore creativity and ways our creative practices can be integrated with our spirituality. It will help develop an understanding of how nurturing the creative process is essential for fullness of life. Particular emphasis is placed on the creative and expressive arts including movement, music, art, play and creative writing.

**SD206 HOLISTIC SPIRITUALITY**

Holistic Spirituality involves the whole person in a process of transformation and integration. With holistic spirituality we choose to accept ourselves as whole, in our senses, emotions, thought processes, and feelings; in our bodies, our minds, our spirits and our souls. This module looks at a holistic framework that views holistic spirituality from the point of view of integrating and balancing the five Gospel loves.

**SDW9 SPIRITUAL PRACTICES & PRAYER WAYS B**

Our spiritual lives need to be nourished with spiritual practices and prayer. Relationship with the Divine is real, interactive, two-way communication and this module explores further various spiritual practices and forms of prayer that lead to true prayer of the heart.

**SD207 LIVING THEOLOGY B**

This module explores further basic concepts in theology and encourages participants to engage with a living and practical theology. Participants will be introduced to key theological issues, such as God, Jesus Christ, the Holy Spirit, faith, creation, salvation, and heaven. The module will also include an overview of themes and the contribution of some major theologians.

**SD208 SPIRITUAL TRADITIONS B**

This module further introduces participants to some of the major Christian traditions that have influenced thought, prayer and action. Such traditions may include Carmelite, Franciscan, Augustinian and more .

**SDW10 CULTIVATING A CONTEMPLATIVE HEART**

This module explores the landscape of the soul in an creative and experiential way through ‘soul gardening’ . It involves a contemplative presence to the divine in daily life and offers a glimpse of the soul’s depths.

**SD209 THE HEART OF CHRISTIANITY**

This module will explore some of the core elements of Christianity and examine the emerging Christianity of today

**SD210 COMPASSION AND SPIRITUALITY**

This module will explore the challenge of living compassionately and introduce examples of compassionate hearts from both contemporary and traditional sources

**SDW11**

**PASCHAL MYSTERY B**

This module is experiential and involves preparation of and participation in the Easter Liturgies. Participants will be guided as they explore the themes, images, music and scripture involved and endeavour to creatively celebrate the Paschal Mystery in an intimate setting.

**SDW112**

**SYMBOLIC PILGRIMAGE B**

Pilgrimage has always been an important aspect of spiritual expression and Ireland is saturated with sacred places of pilgrimage. This module involves a group pilgrimage to a sacred place e.g. Glendalough Boyne Valley & Kildare