



Institute for Spiritual Direction

TSP 402: Pastoral Counseling for Spiritual Directors **Spiritual Direction Internship** **Winter Semester**

Faculty: Rev. David B. Rosenberg

Site Location: ISD Office Classroom
Tuesday 6:00 pm to 9:00 pm

Phone: 517-668-5077

E-mail: drosenberg@isdministries.org

Course Description:

This course will concentrate on the meaning of pastoral counseling as a component of systematic spiritual direction. Active Listening will be shown to be a cornerstone of this technique; followed by a solutions-focused counseling approach. The students of this Spiritual Direction Internship cohort will be guided to a better understanding of the fluid nature of the discipline. In any given session, there are at least three possible movements within each session: 1) the movement to pastoral counseling, 2) the role of a spiritual companion and 3) the trusted role of a spiritual director. All of these are set within the deeply trusted space of the internal forum. The ultimate lesson for the cohort is to listen deeply to what the directee brings to them, and proceed prayerfully.

Faculty Biography:

Rev. Fr. David Rosenberg received his Bachelor's degree in Theology from Siena Heights University and was awarded his Masters of Divinity from Pope Saint John XXIII National Seminary in Weston, MA. While attending Pope Saint John he completed additional graduate course work in Systematic Spiritual Theology and Spiritual Direction. He is currently director and rector of the Institute for Spiritual Direction. He formerly served as director of St Francis Retreat Center in DeWitt, Associate Pastor of St. Andrew Parish in Saline, MI, and Pastor of the Catholic Community of St Mary and St Ann in Charlotte, MI.

Required Texts:

- 1) The Spiritual Wisdom of the Gospels for Christian Preachers and Teachers Year A & Year B & Year C from Liturgical Press
- 2) Pastoral Counseling: A Spiritual Director Overview by Rev. Fr. David Rosenberg, ISBN-978-1-973-53211-8
- 3) Praying With The Heart Of The Church: Lectionary-Based Lectio Divina by Rev. Fr. David Rosenberg, ISBN 978-1-365-75206-3

Library Reference Books for supplemental reading:

(Resources available for checking out)

TSP Learning Outcomes:

- **Pastoral Counseling for Spiritual Directors** - Students will identify and comprehend the multi-faceted guidelines for pastoral counseling and be able to apply them to the ministry of spiritual direction.
- **Christian Worldview** - Students will explore lectionary based Lectio Divina as a weekly movement of their interior life.
- **Reflective Skills** - Students will learn to reflect on their world experience through a spiritual lens.
- *Collaborative Learning* – Students will apply their increasing spiritual theological understanding to both learning and directing others.

Grading Policy and Scale:

It is expected that written assignments and class presentations reflect the following:

- Clear expression of thought
- Logical coherence
- Correct facts
- Engagement with course material
- Correct spelling and grammar

This is a Pass/Fail course, with the final grade based on the following point potential:

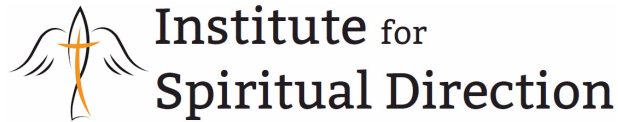
Attendance and active participation	70
Class Presentations	30

Attendance Policy:

Students are expected to attend each class. In the event of illness or emergency please notify the professor.

Students With Learning Disabilities:

If a student is in need of an accommodation based on the impact of your disability, you should contact me to arrange an appointment. At the appointment we can discuss the course format, anticipate your needs and explore potential accommodations. I rely on the Diocesan Office for Disabilities for assistance in verifying the need for accommodations and developing accommodation strategies.

**Course Schedule:****Academic:**

Because this class meets only one day per week, multiple diverse “lessons” are covered each week. Class will be in session 12 times, and have a combination of lectures, reflections and student presentations. The mandatory and necessary reading assignments are for the next “Class Week.”

Practicum:

Each student will be expected to schedule, journal, and log for small group evaluation two Spiritual Companion case study sessions per week over 12 weeks, logging a total of 24 cases (48 practicum hours) this semester. A case study template was provided last semester to assist you in your journaling. As a “spiritual companion,” you will be able to draw from a wide selection of people, including but not limited to fellow cohort, friends, family, parishioners, and weekend Retreatants here at the retreat center attending any number of weekend retreats this winter. We will discuss and answer questions at our first session.

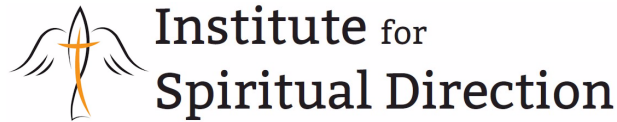
Academic and Practicum requirements are enumerated in the class schedule outlined below.

Course Schedule and Assignment List:

Class Week:	Class Dates:
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	Make up

Typical Class Agenda:

- 6:00 pm -- 6:20 pm Lectio Divina Reflection
- 6:20 pm -- 7:20 pm Lecture Q/A
- 7:25 pm -- 7:40 pm 15 minute Break
- 7:40 pm -- 8:30 pm Practicum Presentation, Journal Case Studies
- 8:30 pm -- 9:00 pm Large Group Wrap up



Course Schedule and Assignment List:

Class Week 1:

Note: Required reading *before this first class*:

- 1) ISD Gospel Reflection: (*email to reflections@isdministries.org*)
- 2) Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle

Lecture: What Is Spiritual Direction?

Two person breakout Session: Pair off and practice the first three lectio movements with each other. Review “Spiritual Companion/Director Session Outline”

Assignment for Class Week 2:

- ISD Gospel Reflection:(*email to reflections@isdministries.org*)
- Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle
- Pastoral Counseling: Pastoral Counseling: Chapter 1 Spiritual Director Guidelines
- Practicum: Journal two case studies

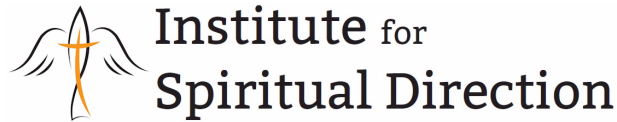
Class Week 2:

Lecture: Pastoral Counseling: Chapter 1 Spiritual Director Guidelines

Two person breakout Session: Following the “Spiritual Companion/Director Session Outline” pair off and practice the first three lectio movements with each other. Journal experience.

Assignment for Class Week 3:

- ISD Gospel Reflection:(*email to reflections@isdministries.org*)
- Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle
- Pastoral Counseling: Chapter 2 “The Spiritual Director's Role as Pastoral Counselor”
- Practicum: Journal two case studies



Class Week 3:

Lecture: Pastoral Counseling: Chapter 2 “The Spiritual Director's Role as Pastoral Counselor”

Guest Spiritual Director: (to be announced)

Two person breakout Session: Following the “Spiritual Companion/Director Session Outline” pair off and practice the first three lectio movements with each other. Journal experience.

Assignment for Class Week 4:

ISD Gospel Reflection:(*email to reflections@isdministries.org*)

Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle

Pastoral Counseling: Chapter 3 “The Art of Active Listening”

Practicum: Journal two case studies

Class Week 4:

Lecture: Pastoral Counseling: Chapter 3 “The Art of Active Listening”

Two person breakout Session: PFollowing the “Spiritual Companion/Director Session Outline” pair off and practice the first three lectio movements with each other. Journal experience.

Assignment for Class Week 5:

ISD Gospel Reflection:(*email to reflections@isdministries.org*)

Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle

Pastoral Counseling: Chapter 4 “Pastoral Counseling, an Overview”

Practicum: Journal two case studies

Class Week 5:

Lecture: Pastoral Counseling: Chapter 4 “Pastoral Counseling, an Overview”

Two person breakout Session: Following the “Spiritual Companion/Director Session Outline” pair off and practice the first three lectio movements with each other. Journal experience.

Assignment for Class Week 6:

ISD Gospel Reflection:(*email to reflections@isdministries.org*)

Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle

Pastoral Counseling: Chapter 5 “Grief Counseling”

Practicum: Journal two case studies

Class Week 6:

Lecture: Chapter 5 “Grief Counseling”

Two person breakout Session: Following the “Spiritual Companion/Director Session Outline” pair off and practice the first three lectio movements with each other. Journal experience.

Assignment for Class Week 7:

ISD Gospel Reflection:(*email to reflections@isdministries.org*)
Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle
Pastoral Counseling: Chapter 6 “Marriage Counseling”
Practicum: Journal two case studies

Class Week 7:

Lecture: Pastoral Counseling: Chapter 6 “Marriage Counseling”

Two person breakout Session: Following the “Spiritual Companion/Director Session Outline” pair off and practice the first three lectio movements with each other. Journal experience.

Assignment for Class Week 8:

ISD Gospel Reflection:(*email to reflections@isdministries.org*)
Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle
Pastoral Counseling: Chapter 7 “Christian Family Counseling”
Practicum: Journal two case studies

Class Week 8:

Lecture: Pastoral Counseling: Chapter 7 “Christian Family Counseling”

Two person breakout Session: Following the “Spiritual Companion/Director Session Outline” pair off and practice the first three lectio movements with each other. Journal experience.

Assignment for Class Week 9:

ISD Gospel Reflection:(*email to reflections@isdministries.org*)
Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle
Pastoral Counseling: Chapter 8 “Crisis Counseling”
Practicum: Journal two case studies

Class Week 9:

Lecture: Pastoral Counseling: Chapter 8 “Crisis Counseling”

Two person breakout Session: Following the “Spiritual Companion/Director Session Outline” pair off and practice the first three lectio movements with each other. Journal experience.

Assignment for Class Week 10:

ISD Gospel Reflection: (*email to reflections@isdministries.org*)
Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle
Praying with the Heart of the Church: Lectio/Meditatio
Practicum: Journal two case studies

Class Week 10:

Lecture: Praying with the Heart of the Church: Lectio/Meditatio

Two person breakout Session: Following the “Spiritual Companion/Director Session Outline” pair off and practice the first three lectio movements with each other. Journal experience.

Assignment for Class Week 11:

ISD Gospel Reflection: (*email to reflections@isdministries.org*)
Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle
Praying with the Heart of the Church: Oratio/Contemplatio
Practicum: Journal two case studies

Class Week 11:

Lecture: Praying with the Heart of the Church: Oratio/Contemplatio

Two person breakout Session: Following the “Spiritual Companion/Director Session Outline” pair off and practice the first three lectio movements with each other. Journal experience.

Assignment for Class Week 12:

ISD Gospel Reflection: (*email to reflections@isdministries.org*)
Spiritual Wisdom of the Gospels - anticipating Sunday in Liturgical Year Cycle
Praying with the Heart of the Church: The Art of Ministry -- Grow and Go
Practicum: Journal two case studies

Class Retreat: TBD

Class Week 12:

Lecture: Praying with the Heart of the Church: The Art of Ministry -- Grow and Go
Closing thoughts on Semester
August ISD Alumni/New Cohort Gathering -- Presentation and Volunteer
Opportunities

Two person breakout Session: Following the “Spiritual Companion/Director Session
Outline” pair off and practice the first three lectio movements with each other. Journal
experience.

Student Evaluations: Instructor will review journaling and tally practicum hours. Reminder:
by the end of the last semester, you will need to have logged 50 cases.
wrap up semester, discussion, Summer programs, third semester preview.

Assignment for Makeup Class, if necessary:

ISD Gospel Reflection: Palm Sunday (*email to reflections@isdministries.org*)
Spiritual Wisdom of the Gospels

Class Week Make up

Student Evaluations: Instructor will review journaling and tally practicum hours. Reminder:
by the end of the last semester, you will need to have logged 50 cases.
wrap up semester, discussion, Summer programs, third semester preview.