

Sample SDTP Syllabus, Year One and Two

Cohort gatherings are held on the second Friday of each month below, 9am – 2pm Pacific Time. All meetings are hybrid, held online and in person.

Asynchronous study hours: estimated 4-6 hours per week

Group meetings outside cohort gatherings:

Year One: Mentor group meetings monthly

Year Two: Mentor group meetings 4 x year

Supervision individual meetings 2 x year

Total student hours for two-year program: estimated 475

Thematic focus per month

Year One:

- ❖ February: Introductions and Expectations
 - Creating a group covenant
 - Introducing our learning platform

- ❖ March: Human Development and Ways of Knowing
 - Ways of knowing
 - Human Development theory
 - Transitions

- ❖ April: Choosing Your Mystic
 - Lives of Francis and Clare
 - Mysticism – Third way of seeing
 - Contemplative Practices

- ❖ May: Incorporating Creation in Spiritual Practices
 - Creation theology
 - Humility of God
 - Active Listening

- ❖ June: Ways of Discerning
 - Franciscan Discernment
 - Ignatian Discernment
 - Enneagram
 - Dreamwork

- Spiritual Direction vs Therapy
- ❖ July: Lectios and Engagement with the World
 - Franciscan Lectio
 - Dark Night of the Soul
 - Art and Spirituality
- ❖ August: Rule of Life
 - Creating a rule of life
 - Cultural Determinacy
 - More contemplative practices
 - Generational theories
- ❖ September: The Person
 - Dignity of the Human Person
 - Transference and Power issues
 - De-Westernizing spiritual formation
 - Ethics and Liability
- ❖ October: The Beauty of Poverty
 - Franciscan poverty
 - Preparing for practicum

Year Two: Practicum year

In this year students meet with two volunteer directees monthly for eight sessions.

- ❖ February: Human/Divine Relationship (introduction to Foundation Statement)
 - Introduction to Supervision and Consultation
 - Understanding confidentiality
- ❖ March : Spiritual direction as a “Sacred Exchange” OR Desire and Prayer
 - The spirituality of Francis and Clare
 - Sacred Exchange as a core foundation of Franciscan spiritual direction
- ❖ April: Learning to Gaze
 - Student presentations of their Foundational Statements

- ❖ May: The Christ
 - The Christ: Divinization
 - Introduction to Group Spiritual Direction

- ❖ June : Heart Turned toward God
 - Preparing for capstone Framework paper
 - Using art in spiritual direction

- ❖ July: Contemplation Communion, Setting up a Practice
 - How to set up a private practice
 - How to lead a retreat for others
 - Embodied spirituality

- ❖ August: Becoming What We Love
 - Trauma and spiritual direction
 - Enneagram overview
 - Stages of Faith

- ❖ September: Endings and Grief
 - Dreamwork in spiritual direction
 - Self care for spiritual directors
 - Accompaniment in endings and grief
 - Student presentations of Framework papers

- ❖ October 9: Retrospective, Celebration Graduation