

Associated Canadian Theological Schools

PTH 511: Spiritual Formation

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RMFT, AAMFT Approved Supervisor
Spring – 2012
1 credit hours

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January 11 – March 21, 2012
Wednesdays, 12:30 – 1:50 pm

I. Course Description

This course is designed to facilitate the spiritual formation of counselling/family therapy professionals and to build upon the historical perspectives and foundations of PTH 510. Participants will study contemplative and active Christian spirituality, as well as examine a wide range of spiritual disciplines. Opportunity will be given for theological and therapeutic reflection regarding the presence of God and the sacred in one's life and clinical practice. The course will require self-reflection, interactive exercises, experiential learning, group discussion, in-class presentations, and clinical application.

II. Objectives

Recognizing the importance of Christian faith and maturity for life and therapeutic practice, this course seeks to introduce the dynamics and disciplines of spiritual formation based on biblical principles and Christian ethics.

1. To gain a greater awareness of God's love and presence in one's life, and to enhance one's personal relationship with God, our Creator.
2. To compare and contrast spiritualities of contemplation and the active life of work and service.
3. To integrate and apply spiritual discernment and resources within the context of therapeutic practice.

III. Learning Outcomes

As a result of this course, the student will be able to:

1. Articulate distinctive aspects of postmodern spiritualities.
2. Describe how spirituality interfaces with psychology, theology and ministry.
3. Describe the characteristics and expressions of both contemplative and active spiritualities
4. Develop contemplative spiritual practices which facilitate self-observation, awareness, theological reflection, and personal formation.
5. Express personal spirituality in bodily form and creative actions of love and care.
6. Recognize spiritual resources that are a part of a client's worldview.
7. Plan corporate and communal spiritual exercises and worship.

IV. Course Textbooks

Jones, Tony. *The Sacred Way: Spiritual Practices for Everyday Life*. Grand Rapids: Zondervan, 2005.

Palmer, Parker J. *The Active Life: A Spirituality of Work, Creativity and Caring*. San Francisco: Jossey-Bass, 1990.

Recommended Reading:

Taylor, Barbara Brown. *An Altar in the World*. New York: Harper Collins, 2009.

V. Course Assignments

1. **Class participation** – Students are expected to attend all classes, complete required readings prior to class, participate in opening exercises and contribute to class discussion.
2. **In-Class Assignments – 15 %**
 - a) **In-class spiritual exercises** – The beginning of each class will include time for an experiential spiritual exercise. **Please sign up individually or in pairs for one of the designated classes.** It will be your responsibility to plan a **10-12 minute** presentation.
 - b) **Questions for Discussion re: *The Active Life*** – Responses to be shared in the last two classes according to chapter designations.
3. **Reflection Paper I – 15%**

Attend an alternate service to your usual church tradition. Suggestions you might consider: Liturgical Sunday morning service at Bakerview MB Church in Abbotsford; Taize evening service at Highland Community Church or St. Matthew's Anglican in Abbotsford; Jazz Vespers Sunday afternoon at St. Andrews in Vancouver; St George's Coptic Orthodox in Surrey, a Catholic church, a Sikh Temple event, a First Nations Sweat Lodge, etc. Share your observations and the impact of your experience in a **2-3 page** reflection paper.
Due: February 08, 2012.
4. **Book Review – 20%**

Choose a book from the resource list provided. Write a **3-4 page report**, including a concise summary of the main themes, your personal responses to the content and describe how you are applying the material to your own spiritual formation and/or therapeutic practice.
Due: February 22, 2011
5. **Reflection Paper II – 25%**

Participate in one of the following:

 - a) **Spiritual direction:** 4 sessions with a spiritual director of your choice. Names will be provided.

OR

 - b) **Spiritual retreat:** Attend an organized event or plan a full day personal retreat, applying the resources from this course.

OR

- c) **Act of Service:** Choose a practical voluntary assignment of 4-6 sessions where you provide care and companionship for another person or group.

Write a **4-5 page** paper highlighting your experience of contemplative/active spirituality.

- Describe the experience; context, relationship, activity.
- Identify aspects that incorporate intentional spiritual disciplines/exercises.
- Reflect on how this assignment contributed to your personal/spiritual formation.
- Include a reference list of readings.

Due: March 21, 2012

6. Final Integration Discussion/Paper – 25%

Choose to do an individual paper of **4-5 pages** or invite 2 or 3 classmates to join you in an oral interview with the course instructor (hand in **1-2 pages** of abbreviated notes).

Respond to the following questions:

- a) How are the contemplative and active spiritualities expressed in your life?
- b) In what ways has your thinking and practice regarding spiritual formation been informed and transformed during this semester?
- c) Describe your thoughts/beliefs about spiritual formation in the therapeutic context, both for the counsellor and the client? How might you integrate spirituality into the counselling process?

Due: March 28, 2012

COURSE EVALUATION

GRADING SCALE

In-class Assignments	15	97 — 100 = A+
Reflection paper I	15	93 — 96 = A
Book Review	20	90 — 92 = A-
Reflection paper II	25	87 — 89 = B+
Final Integration Paper	25	83 — 86 = B
		80 — 82 = B-
Total	100	77 — 79 = C+

CLASS SCHEDULE

Jan. 11: Class #1 **The Practice of Spirituality**
Opening: Vange
Readings: Jones. Ch 1-2

- Jan. 18: Class #2** **Contemplative Approaches: Silence, Solitude and Sacred Reading**
Opening: Vange
Readings: Jones, Ch 3-4
- Jan. 25: Class #3** **Praying Traditions**
Opening:
Readings: Jones, Ch 5-6
- Feb. 01: Class #4** **Meditation and Examen**
Opening:
Readings: Jones, Ch 7-8
- Feb. 08: Class #5** **Icons, Spiritual Direction and the Daily Office**
Opening:
Readings: Jones, Ch 9-11
DUE: Reflection Paper I
- Feb. 15: Class #6** **Active Approaches: Labyrinth, Stations of the Cross, Pilgrimage**
Opening:
Readings: Jones, Ch 12-14
- Feb. 22: Class #7** **Fasting and Sabbath**
Opening:
Readings: Jones, Ch 15-17
DUE: Book Review
- Mar. 29:** **NO Class – Reading Week**
- Mar. 07: Class #8** **Active Spirituality and Service**
Opening:
Readings: Jones, Ch 18; Palmer, *The Active Life*; Questions on Palmer text.
- Mar. 14: Class #9** **Active Spirituality**
Opening:
Readings: Palmer, *The Active Life*; Questions on Palmer text.
- Mar. 21: Class #10** **LAST CLASS – Round Table Discussion**
DUE: Reflection Paper II
- Mar. 28:** **DUE: Final Integration Paper OR Oral Interview**

READING LIST:

aKempis, Thomas. (1982) *The Imitation of Christ*. Chicago: Moody Press.

Brother Lawrence. (1958) *The Practice of the Presence of God*. Old Tappan: Revell Co.

Butala, Sharon. (1994) *The Perfection of the Morning*. Toronto: Harper Collins

Demarest, Bruce. (1999) *Satisfy Your Soul*. Colorado Springs: Navpress.

- Fischer, Kathleen. (1988) *Women at the Well: Feminist Perspectives on Spiritual Direction*. New York: Paulist Press.
- Green, Thomas H. (1977) *Opening to God*. Notre Dame: Ave Maria Press.
- Guenther, Margaret. (1992) *Holy Listening: The Art of Spiritual Direction*. Cambridge: Cowley Publications.
- Huggett, Joyce. (1988) *Listening to Others: Hearing Their Voice*. London: Hodder.
- Huston, Paula. (2003) *The Holy Way*. Chicago: Loyola Press.
- Imbach, Jeff. (1998) *The River Within: Loving God, Living Passionately*. Colorado Springs: Navpress.
- Kabat-Zinn, Jon. (2005) *Wherever You Go There You Are: Mindfulness Meditation*. New York: Hyperion.
- Klug, Ronald. (1993) *How to Keep a Spiritual Journal*. Minneapolis: Augsburg.
- Lamott, Anne. (1999) *Traveling Mercies: Some Thoughts on Faith*. New York: Anchor Books.
- L'Engle, Madeleine. (1980) *Walking on Water: Reflections on Faith and Art*. Wheaton: Harold Shaw Publishers.
- May, Gerald G. (1992) *Care of the Mind, Care of the Soul*. San Francisco: HarperCollins.
- Miller, Calvin. (2007) *The Path of Celtic Prayer*. Downers Grove: InterVarsity Press.
- Miller, Wendy J. (1995) *Invitation to Presence: A Guide to Spiritual Disciplines*. Nashville: Upper Room Books.
- Moore, Thomas. (1992) *Care of the Soul*. New York: Harper Perennial.
- Mullholland, Richard M. (1993) *Invitation to a Journey: A Road Map for Spiritual Formation*. Downers Grove: InterVarsity.
- Nelson, James B. (1988) *The Intimate Connection: Male Sexuality, Masculine Spirituality*. Philadelphia: Westminster Press.
- Newell, J. Philip. (2008) *Christ of the Celts*. San Francisco: Jossey-Bass.
- _____ (1997) *Listening for the Heartbeat of God: A Celtic Spirituality*. New York: Paulist Press.
- Norris, Kathleen. (1998) *Amazing Grace: A Vocabulary of Faith*. New York: Riverhead Books.
- _____ (1996) *Dakota: A Spiritual Geography*. New York: Riverhead Books.
- Ortberg, John. (1997) *The Life You Always Wanted*. Grand Rapids: Zondervan.

- Penner, Carol. (1998) *Women and Men: Gender in the Church*. Waterloo: Mennonite Publishing House.
- Pennington, M. Basil. (2001) *Centering Prayer*. New York: Image Books
- Petersen, Eugene. (2005) *Christ Plays in Ten Thousand Places*. Grand Rapids: W.B Eerdmans.
- Rohr, Richard. (1999) *Everything Belongs: The Gift of Contemplative Prayer*. New York: Crossroad.
- _____ (1991) *Simplicity, the Freedom of Letting Go*. New York: Crossroad.
- Rumford, Douglas J. (1996) *Soul Shaping: Taking Care of Your Spiritual Life*. Wheaton: Tyndale.
- Stairs, Jean. (2000) *Listening for the Soul*. Philadelphia: Fortress Press.
- Schroeder, Celeste Snowber. (1995) *Embodied Prayer: Harmonizing Body and Soul*. Liguori: Triumph Books.
- _____ (1995) *In the Womb of God: Creative Nurturing for the Soul*. Liguori: Triumph Books
- Taylor, Barbara Brown. (2009) *An Altar in the World*. New York: Harper Collins.
- Thompson, Marjorie. (1996) *Soul Feast*. Louisville: Westminster John Knox Press.
- Tozer, A.W. (1948) *The Pursuit of God*. Harrisburg: Christian Publishers.
- VanLeeuwen, Mary Stewart. (1990) *Gender and Grace*. Downers Grove: InterVarsity.
- Williard, Dallas. (1988) *The Spirit of the Disciplines*. San Francisco: Harper Collins

Supplement: Important Academic Notes from ACTS

Web Support – Student Portal <https://students.twu.ca>

All students at TWU have a TWUPass username and password. This is determined at the time of an online application or can be managed through the computing services help desk or the link on the student portal. Your student email account is also available through this student portal and is vital for communication about grades, account statements, lost passwords, sign-up instructions, etc. If you do not know your account or password, there is a link at the login area called “I forgot my password.” When you click on that link, you will be walked through the process of retrieving your account information.

Campus Closure

In the event of deteriorating weather conditions or other emergency situations, every effort will be made to communicate information regarding the cancellation of classes to the following radio stations CKNW (980 AM), CKWX (1130 AM), STAR FM (107.1 FM), PRAISE (106.5 FM) and KARI (550 AM). As well, an announcement will be placed on the University's campus closure notification message box (604.513.2147) and on the front page of the University's website (<http://www.twu.ca> – also see <http://www.twu.ca/conditions> for more details).

An initial announcement regarding the status of the campus and cancellation of classes is made at 6:00 AM and covers all classes beginning before 1:00PM. A second announcement is made at 11:00AM that covers all classes which begin between 1:00PM and 5:00PM. A third announcement is made at 3:00PM and covers those classes which begin after 5:00PM.

Paper Formatting

Students need to adhere to Turabian Notes (Bibliography) format except for in counselling courses, for which APA format is used and for CanIL courses.

Students are strongly encouraged to use RefWorks (available through the library home page www.twu.ca/library) as their bibliographical manager and as a tool for formatting bibliographies. They will need to be aware of the need to “clean up” most bibliographies generated by this program. Students are encouraged to view the documents on the following websites for format samples: http://www.press.uchicago.edu/books/turabian/turabian_citationguide.html or www.dianahacker.com/resdoc/. Note that in RefWorks the available formatting styles are those of Turabian (Notes), 7th edition, and APA – American Psychological Association, 6th edition. For Turabian, note that there are two formats – Notes (or Bibliography Style) and Reference List (a short format citation style). ACTS uses the Notes (Bibliography) format, not Reference List.

Counselling students are expected to purchase the APA Publications Manual. More information found at the following website. <http://www.apastyle.org/pubmanual.html>.

For free online programs that will enable you to create properly formatted bibliography citations, go to <http://www.calvin.edu/library/knightcite/> ("Chicago stands for "Turabian") or <http://www.sourceaid.com/citationbuilder/>

CANIL students can locate this on the CANIL intranet, under the “student” side. A hard copy is given to incoming students in the fall.

Please check with your professor to see which one he/she recommends you use!!

Course Evaluations

Course evaluations are an important aspect of improving teaching outcomes and for students and faculty professional development. Therefore, completion of course evaluations are considered a

course expectation. Professors will schedule time to fill out the online course evaluation (20-30 minutes) during their last scheduled class of the semester, for students to complete on their personal laptop or a collegium computer. Students who are absent or otherwise unable to complete the online course evaluation in the last class, will be expected to make every effort to do so by the last day of exams. Information about how to access online evaluation forms will be provided to the faculty and students prior to the last week of classes by the ACTS Administration.

Research Ethics

Please note that all research projects involving human participants undertaken by members of the TWU university community (including projects done by ACTS students to satisfy course or degree requirements) **MUST** be approved by the Trinity Western University Research Ethics Board. Information and forms may be found at <http://www.twu.ca/academics/research/ethics/> Those needing additional clarification may contact the ACTS Academic Dean's office. Please allow at least three (3) weeks from the date of submission for a review of the application.

Academic Integrity and Avoiding Plagiarism at TWU

As Christian scholars pursuing higher education, academic integrity is a core value of the entire TWU community. Students are invited into this scholarly culture and required to abide by the principles of sound academic scholarship at TWU. This includes, but is not limited to, avoiding all forms of plagiarism and cheating in scholarly work. TWU has a strict policy on plagiarism (see academic calendar 2008-09, pp. 37-38). Further details on this subject are contained in the ACTS Student Handbook in section 4.12. The handbook is available online on the ACTS webpage (www.acts.twu.ca) at the following link: www.acts.twu.ca/Handbook.html.

Learning what constitutes plagiarism and avoiding it is the student's responsibility. An excellent resource describing plagiarism and how to avoid it has been prepared by TWU Librarian William Badke and is freely available for download (PPT file) or used as flash (self-running) tutorials of varying lengths from:

<http://acts.twu.ca/library/plagiarism.ppt>

<http://acts.twu.ca/library/Plagiarism.swf> (14 minute flash tutorial)

http://acts.twu.ca/library/Plagiarism_Short.swf (8 minute flash tutorial)

Equity of Access

It is the responsibility of a student with a learning disability to inform the ACTS Director of Student Life of that fact before the beginning of a course so that necessary arrangements may be made to facilitate the student's learning experience. We are unable to accommodate any student who informs the Director of Student Life of a disability after the beginning of class.

