



Institute for Spiritual Direction

TSP 402: Pastoral Counseling for Spiritual Directors **Spiritual Direction Internship** **Winter 2022**

Faculty: Rev. David B. Rosenberg

Site Location: SFRC Dewitt, Resource Library
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 student 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 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 of St Francis Retreat Center in Dewitt. He formerly served as 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 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 from our Resource Center library)

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:

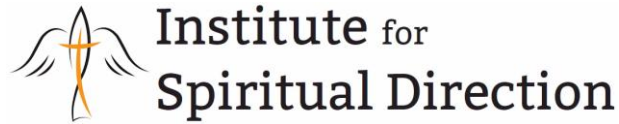
Academic:

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.



TSP402 Pastoral Counseling -- A Spiritual Director's Perspective WI 2022

Classes meet Tuesdays 6:00 pm -- 9:00 pm

- 1 1/11/2022
- 2 1/18/2022
- 3 1/25/2022
- 4 2/1/2022
- 5 2/8/2022
- 6 2/15/2022
- 7 2/22/2022
- 8 3/1/2022
- 9 3/8/2022
- 10 3/15/2022
- 11 3/22/2022
- 12 3/29/2022
- 13 4/5/2022 (*make up, if necessary*)

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 | Breakout: Practicum Review, Journal Case Studies |
| 8:30 pm -- 9:00 pm | Large Group Wrap up |

Course Schedule and Assignment List:

➤ Class Week 1: Jan 11 – Baptism of the Lord

Note: Required reading *before this first class*:

- 1) ISD Gospel Reflection: 2nd Sunday in OT
- 2) Spiritual Wisdom of the Gospels: 2nd Sunday in OT
- 3) Retreats -- Spiritual Companion Practicum Hours – *go to ISD Website, then click Signup Genius for reserving Saturday dates.*
- 4) Retreats – Review “Lay Director Manual;” look at retreat schedule and consider which retreat you want to intern, then contact Sr. Katherine to discuss.

Guest Spiritual Director: Kay Schasser: review retreat responsibilities

Lecture: What Is Spiritual Direction? – a sample Parish Presentation

Small Group Setting (60 minutes): Discuss and reflect with small group thoughts on your practicums to date.

Assignment for Class Week 2, Jan 18:

- ISD Gospel Reflection 3rd Sunday in OT
- Spiritual Wisdom of the Gospels: 3rd Sunday in OT
- Pastoral Counseling: Pastoral Counseling: Chapter 1 Spiritual Director Guidelines
- Practicum: Journal two case studies

➤ Class Week 2: Jan 18 – anticipating 3rd Sunday in OT

Lecture: Pastoral Counseling: Chapter 1 Spiritual Director Guidelines

Small Group Setting (60 minutes): Discuss and reflect with small group your weekly Case Studies

Assignment for Class Week 3, Jan 25:

- ISD Gospel Reflection: 4th Sunday in OT
- Spiritual Wisdom of the Gospels: 4th Sunday in OT
- Pastoral Counseling: Chapter 2 “The Spiritual Director's Role as Pastoral Counselor”
- Practicum: Journal two case studies

➤ **Class Week 3: Jan 25 – anticipating 4th Sunday in OT**

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

Guest Spiritual Director: Louise Pare

Small Group Setting (60 minutes): Discuss and reflect with small group your weekly Case Studies

Assignment for Class Week 4, Feb 1:

ISD Gospel Reflection: 5th Sunday OT
Spiritual Wisdom of the Gospels: 5th Sunday OT
Pastoral Counseling: Chapter 3 “The Art of Active Listening”
Practicum: Journal two case studies

➤ **Class Week 4: Feb 1 – 5th Sunday OT**

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

Small Group Setting: Discuss and reflect with small group your weekly Case Studies

Assignment for Class Week 5, Feb 8:

ISD Gospel Reflection: 6th Sunday in OT
Spiritual Wisdom of the Gospels: 6th Sunday in OT
Pastoral Counseling: Chapter 4 “Pastoral Counseling, an Overview”
Practicum: Journal two case studies

➤ **Class Week 5: Feb 8 – anticipating 6th Sunday in OT**

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

Small Group Setting: Discuss and reflect with small group your weekly Case Studies

Assignment for Class Week 6, Wednesday, Feb 15:

ISD Gospel Reflection: 7th Sunday in OT
Spiritual Wisdom of the Gospels: 7th Sunday in OT
Pastoral Counseling: Chapter 5 “Grief Counseling”
Practicum: Journal two case studies



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➤ **Class Week 6: Wednesday, Feb 15 – anticipating 7th Sunday in OT**

Lecture: Chapter 5 “Grief Counseling”

Small Group Setting (60 minutes): Discuss and reflect with small group your weekly Case Studies

Assignment for Class Week 7, Feb 22:

- ISD Gospel Reflection: 8th Sunday in OT
- Spiritual Wisdom of the Gospels: 8th Sunday in OT
- Pastoral Counseling: Chapter 6 “Marriage Counseling”
- Practicum: Journal two case studies

➤ **Class Week 7: Feb 22 – anticipating 8th Sunday in OT**

Lecture: Pastoral Counseling: Chapter 6 “Marriage Counseling”

Small Group Setting (60 minutes): Discuss and reflect with small group your weekly Case Studies

Assignment for Class Week 8, Mar 1:

- ISD Gospel Reflection: 1st Sunday of Lent
- Spiritual Wisdom of the Gospels: 1st Sunday of Lent
- Pastoral Counseling: Chapter 7 “Christian Family Counseling”
- Practicum: Journal two case studies

➤ **Class Week 8: Mar 1 – anticipating 1st Sunday of Lent**

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

Small Group Setting (60 minutes): Discuss and reflect with small group your weekly Case Studies

Assignment for Class Week 9, Mar 8:

- ISD Gospel Reflection: 2nd Sunday of Lent
- Spiritual Wisdom of the Gospels: 2nd Sunday of Lent
- Pastoral Counseling: Chapter 8 “Crisis Counseling”
- Practicum: Journal two case studies

➤ **March 2nd – Ash Wednesday**

➤ **Class Week 9: Mar 8 – anticipating 2nd Sunday of Lent**

Lecture: Pastoral Counseling: Chapter 8 “Crisis Counseling”

Small Group Setting (60 minutes): Discuss and reflect with small group your weekly Case Studies

Assignment for Class Week 10, Mar 15:

ISD Gospel Reflection: 3rd Sunday of Lent

Spiritual Wisdom of the Gospels: 3rd Sunday of Lent

Praying with the Heart of the Church: Lectio/Meditatio

Practicum: Journal two case studies

➤ **Class Week 10: Mar 15 – anticipating 3rd Sunday of Lent**

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

Small Group Setting (60 minutes): Discuss and reflect with small group your weekly Case Studies

Assignment for Class Week 11, Mar 22:

ISD Gospel Reflection: 4th Sunday of Lent

Spiritual Wisdom of the Gospels: 4th Sunday of Lent

Praying with the Heart of the Church: Oratio/Contemplatio

Practicum: Journal two case studies

➤ **Class Week 11: Mar 22 – anticipating 4th Sunday of Lent**

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

Small Group Setting (60 minutes): Discuss and reflect with small group your weekly Case Studies

Assignment for Class Week 12, Mar 29th

ISD Gospel Reflection: 5th Sunday of Lent

Spiritual Wisdom of the Gospels: 5th Sunday of Lent

Praying with the Heart of the Church: The Art of Ministry -- Grow and Go

Practicum: Journal two case studies

➤ **Class Retreat: TBD**



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➤ **Class Week 12: Mar 29th – anticipating 5th Sunday of Lent**

Lecture: Praying with the Heart of the Church: The Art of Ministry -- Grow and Go
Closing thoughts on Semester
Planning for summer:
July 8-10 Ignatian 3-Day Retreat – Intern and Sat. Spiritual Director opportunities.
July 10-16 Ignatian 8-Day Retreat -- Spiritual Director Signups
Aug 18 ISD Alumni/New Cohort Gathering -- Presentation and Volunteer Opportunities

Small Group Setting (60 minutes): Discuss opportunity to build "Grow and Go" small faith groups in your parish

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, Apr 5:

ISD Gospel Reflection: Palm Sunday
Spiritual Wisdom of the Gospels: Palm Sunday

➤ **Class Week Make up: Apr 5**

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.