



# Encounter

The London Course in Spiritual Direction





## About the course

---

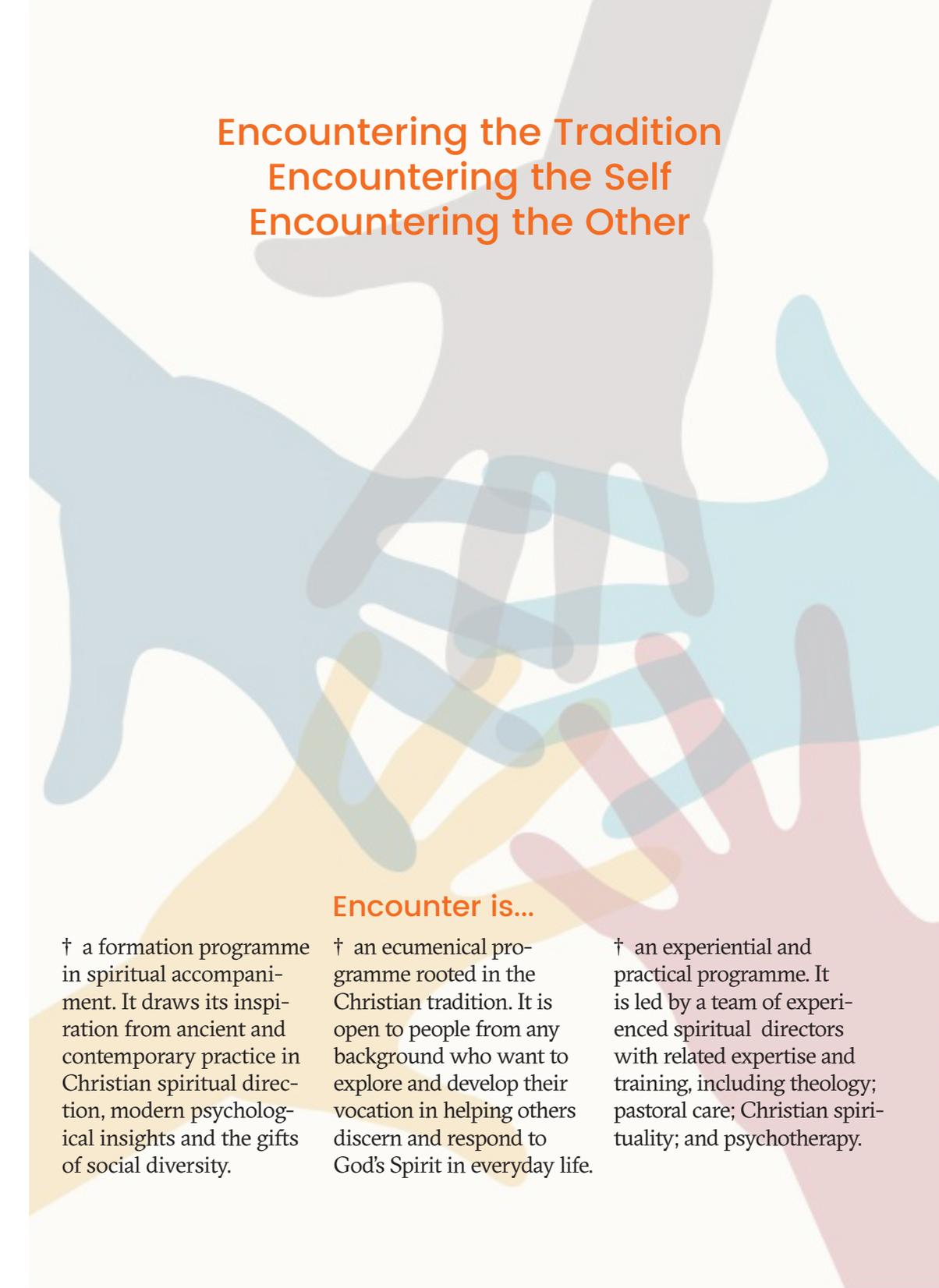
Director  
Julie Léger Dunstan

Our tutors bring a rich range of skills and experience and come from across the spectrum of the Christian tradition. Please see website for a list of current tutors.

[www.lcsd.org.uk/encounter](http://www.lcsd.org.uk/encounter)  
[info@lcsd.org.uk](mailto:info@lcsd.org.uk)

*Spiritual direction is the contemplative practice of helping another person to awaken to the mystery called God in all of life, and to respond to that discovery in a growing relationship of freedom and commitment.*

James Keegan SJ



# Encountering the Tradition Encountering the Self Encountering the Other

## Encounter is...

† a formation programme in spiritual accompaniment. It draws its inspiration from ancient and contemporary practice in Christian spiritual direction, modern psychological insights and the gifts of social diversity.

† an ecumenical programme rooted in the Christian tradition. It is open to people from any background who want to explore and develop their vocation in helping others discern and respond to God's Spirit in everyday life.

† an experiential and practical programme. It is led by a team of experienced spiritual directors with related expertise and training, including theology; pastoral care; Christian spirituality; and psychotherapy.



## What we offer and you will bring

### We at the London Centre for Spiritual Direction will offer:

- † Clear, committed and respectful guidance in the art of spiritual direction
- † Teaching from a variety of perspectives encompassing the breadth of the Christian tradition
- † A balance of teaching seminars, small group work and supervised practice, building on over 30 years of providing formation in spiritual direction
- † Comprehensive library and learning resources at a central London location; with easy transport links across the capital and beyond
- † A three year, structured programme comprising six modules and one Saturday intensive
- † Weekly evening sessions from 6 - 9pm.  
Year 1: Tuesday. Year 2: Wednesday.  
Year 3: Thursday.

### You will bring:

- † A sense of vocation to the ministry of spiritual direction and some experience of being in direction / accompaniment
- † Commitment to being in ongoing and regular spiritual direction throughout the programme
- † Willingness to give time to complete recommended reading, weekly journal reflections and assignments as given
- † Willingness to participate in peer and self-evaluation, collecting evidence of progress and feedback in a portfolio of learning
- † The ability and intention to attend all sessions. In the case of excessive absence, students may be asked to leave the course.

Those who successfully complete the course may apply to be a member of our Community of Spiritual Directors; enrol onto one of our supervision groups; and participate in Developing Direction, our programme of ongoing formation.



## Year 1: Encountering the Tradition

The first year sets the foundation for all that follows. It is a year of ongoing and genuine discernment of vocation to the ministry of spiritual direction, setting personal exploration into the context of the Christian tradition.

The seminars include teaching on the history of the tradition; the nature of spiritual direction; prayerful discernment; key theological themes; and contemplative listening.

The work in small groups is primarily experiential and students keep a reflective journal throughout. There is recommended reading and regular assignments.

**Themes:** Christian Spirituality. Key Theological Themes. Foundations in Listening and Discernment.

**Small group focus:** Contemplative Listening and Basic Skills

**Saturday intensive:** Our Spiritual Journey

**Pre-requisites:** Interview and acceptance onto the programme. Being in spiritual direction.



## Year 2: Encountering the Self

The second year encourages self-awareness and explores significant psychological insights relevant to spiritual direction, including the 'shadow', sexuality, depression and 'dark night', patterns of spiritual growth, the wisdom of the body, emotionally healthy spirituality and themes of mourning and loss.

Considerable time will be taken in the development of good listening skills and practice. During this year, students are prepared to accompany others by making contact with their local networks, learning to make good assessments and getting started in time for Year Three.

**Themes:** Key Psychological Insights. Growth in Self-Awareness and Prayer. Development of Listening Skills.

**Small group focus:** Spiritual Direction Listening and Practice Sessions

**Saturday intensive:** The Shadow Self

**Pre-requisites:** Successful completion of Year One and recommendation to continue from the Year Leader; receiving regular spiritual direction.



## Year 3: Encountering the Other

The third year reflects upon important social themes including working with difference, social justice, mental health and spirituality, addictions, the wisdom of the 12 steps, liberation theology, social consciousness in spiritual direction and eco-spirituality.

It explores the different contemporary expressions of spiritual direction and provides tutorial supervision for students' work in spiritual direction.

**Themes:** Political and Social Connections. Growth in Empathy. Creative Expressions of Spiritual Direction.

**Small group focus:** Case Study and Supervision

**Saturday intensive:** The Tree of Life: from Roots to Fruits

**Pre-requisites:** Successful completion of Year Two and recommendation to continue from the Year Leader; receiving regular spiritual direction; giving regular spiritual direction to at least two people significantly different in some way; eg gender, race, background, stage of spiritual development.

# Accompanied journey: deepening prayer: growing faith

London Centre for Spiritual Direction

The London Centre for Spiritual Direction offers resources and support for all those interested in Christian Spiritual Direction. Since the earliest days of Christianity, people have realised their need to find someone who will walk with them on their journey of faith. At and through the Centre, we celebrate and encourage this tradition by offering resources to anyone looking for a Spiritual Director, or exploring their faith formation; we also have comfortable and affordable rooms for confidential meetings.

Alongside this, we also offer training and development opportunities for new and established Spiritual Directors, including continuing professional development and supervision groups.

Contact us

London Centre for Spiritual Direction  
The Church of St. Edmund the King  
Lombard Street  
London EC3V 9EA

[www.lcsd.org.uk](http://www.lcsd.org.uk)  
[info@lcsd.org.uk](mailto:info@lcsd.org.uk)