

Module Title:	Accompaniment in Religious Formation
Module Code:	421 FARF
Level:	4
Credit Rating:	10 Credits
Duration:	Student Learning Time: 100 hours
Teaching Hours:	40 Hours
Academic Responsibility:	John McCluskey, MHM, Ph.D.

Module Aims:

This module has two aims:

1. Accompaniment in the Context of Formation which includes an exploration of
 - the relationship between psychology and spirituality with a view to understanding what is distinctive about spiritual accompaniment, and how it differs from counselling.
 - the differences that arise for spiritual accompaniment when offered in the context of formation [seminary, novitiate]. To gain experience by practising accompaniment in Triads, in which each takes turns to be Accompanier, the one accompanied ['Pilgrim'], and Observer.
2. Accompaniment in the Process of Formation in which students will
 - deepen areas explored in Accompaniment thus far.
 - show how the best practice learned in Accompaniment can be effectively utilised in the Formation process.
 - continue to develop the skills acquired through applying them in concrete Accompaniment situations.

Learning Outcomes:

By the end of this module students will be expected to have acquired:

1. Similarities and fundamental differences between psychological counselling and spiritual accompaniment;
2. Key issues arising for accompaniment in the context of formation.
3. The process of personal growth as seen in the perspective of psychology, and spiritual growth as seen in the perspective of formation [seminary, novitiate];
4. Stages in spiritual growth, with reference specifically to stages in faith, and stages in the conversion process.
5. explain the difference between counselling and spiritual accompaniment, and to introduce beginners to the process of accompaniment.
6. Anticipate key issues to be addressed in accompaniment in formation, and to

practise working with some of these.

7. To have gained experience and confidence through practice in accompaniment [Triads]

Indicative Module Content:

Beginning with an introduction to spiritual accompaniment in general, noting how it differs from counselling, specific attention will be given to the process and practice of such accompaniment in the context of formation [novitiate and seminary]. We will explore the relationship between psychology and spirituality with a view to clarifying what is specific to 'spiritual growth', 'formation for religious life', and 'accompaniment' in that context. Accompaniment pre-supposes the ability to listen to another's experience as the story of a journey and to recognise the stages through which he/she passes on that journey. This will be illustrated by a review of recent studies in the stages of faith development [Fowler]. Spiritual growth will be explained, in the context of religious formation, as a process of conversion [*metanoia*], and attention drawn to stages in this process of which the accompanier/formator must be aware.

There will be practical sessions each week designed to ground the learning in personal experience. This will take the form of exercises in Triads, each member of the Triad taking turns to act as *Accompanier*, the one accompanied [*'Pilgrim'*], and *Observer*

Learning and Teaching Strategies

The module will be taught using class lectures, group discussions and practical skills training. Students will carry out their own research relevant to the module.

Assessment:

The module will be assessed by a 2,500 word essay.

Illustrative Bibliography

Alcock, A., (2006)	Tests and Tips for Spiritual Directors	Columba Press
Bakke, J.A., (2000)	Holy Invitations: Exploring Spiritual Direction	Baker Books
Barry, W. & Connolly, W. (2009)	The Practice of Spiritual Direction	Harper&Row
Buckley, S.M. ed. (2005)	Sacred is the Call. Formation and Transformation in Spiritual Direction Programs	Crossroad

Chester, P.M. (2004)	Introduction to Spiritual Direction: A Psychological Approach for Directors and Directees	Paulist
Edwards, T. (2001)	Spiritual Director, Spiritual Companion	Paulist
Guenther, M.1(992)	Holy Listening. The Art of Spiritual Guidance	DLT, London
Ruffing, J.K. (2000)	Spiritual Direction: Beyond the Beginnings	St. Pauls
Silver, A.W. (2003)	Trustworthy Connections	Cambridge, MA

Journals

Presence. An International Journal of Spiritual Direction