

## SPIRITUAL DIRECTOR TRAINING PROGRAM

### Group SD-B Schedule 2024-2025

#### ONLINE

Updated: January 28, 2025

DATE/TIME/ATTENDANCE	SUBJECT & INSTRUCTOR	ASSIGNMENTS/TOOLS
<b>UNIT 1</b>		
<b>October 2, 2024</b> <b>Wednesday - 6:30 to 9:30 PM</b>	<b>Unit 1 (1) – On Becoming a Spiritual Director: Definition, Role, History</b> <b>with Linda Kuschnir</b>	<i>Journal Questions Unit 1: #1-8 assigned (due Dec. 4/24)</i>
October 9, 2024 Wednesday - 6:30 to 9:30 PM	Unit 1 (2) Christianity & Sacred Texts with Gord Riddell	<i>Spiritual Autobiography assigned (due Jan. 8/25)</i>
October 16, 2024 Wednesday - 6:30 to 9:30 PM	Unit 1 (3) Diversity (Part 1) with Jennifer Drummond	<i>Diversity Reflection assigned (due Nov 13/24)</i>
October 23, 2024 Wednesday - 6:30 to 9:30 PM	Unit 1 (4) Buddhism with Alex Perklita	
October 30, 2024 Wednesday - 6:30 to 9:30 PM	Unit 1 (5) Judaism & Kabbalah with Esther Lithwick	
November 6, 2024 Wednesday - 6:30 to 9:30 PM	NO CLASS	<i>Hinduism moved to Nov 27</i>
November 13, 2024 Wednesday - 6:30 to 9:30 PM	Unit 1 (6) Diversity with Jennifer Drummond	<i>Diversity Reflection Assignment Due</i>
<del>February 1, 2025</del> <i>Note: Day /Time Change</i> <del>Saturday 10:00 am - 1:00 pm</del>	Unit 1 (7) Wicca/Pagan/Goddess Religions with Tiffany Lazic	<b>MAKE-UP DATE</b> <b>SAT FEB 1, 2025</b>
November 20, 2024 Wednesday - 6:30 to 9:30 PM	Unit 1 (8) Islam with Nawaaz Makhani	
November 27, 2024 Wednesday - 6:30 to 9:30 PM	Unit 1 (9) Hinduism with Nina Menrai	
December 4, 2024 Wednesday - 6:30 to 9:30 PM	Unit 1 (10) Shamanism with Christy DiFelice	
December 11, 2024 Wednesday - 6:30 to 9:30 PM	Unit 1 (11) Deep Listening Skills with Gord Riddell	
December 18, 2024 Wednesday - 6:30 to 9:30 PM	Unit 1 (12) Universal/Spiritual Laws, Summary & Practicum with Linda Kuschnir	
TO BE SCHEDULED LATER	Unit 1 (13) Indigenous & Native Spirituality with tbc	
<b>DECEMBER BREAK</b>		
<b>January 8, 2025</b> <b>Wednesday - 6:30 to 9:30 PM</b>	<b>Unit 2 (1) Divine Guidance</b> <b>with Linda Kuschnir</b>	<i>Spiritual Autobiography Assignment due</i> <i>Journal Questions Unit 2: #9-13 assigned (due. Feb. 12/25)</i>
January 15, 2025 Wednesday – 6:30 to 9:30 PM	Unit 2 (2) Consulting Oracles with Linda Kuschnir	

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January 22, 2025 Wednesday – 6:30 to 9:30 PM	Unit 2 (3) Mystery Schools with Linda Kuschnir	
January 29, 2025 Wednesday - 6:30 to 9:30 PM	Unit 2 (4) Rites of Passage/Sacred Space with Gord Riddell	<i>Creating Altar/Sacred Space assigned (due Apr. 2/25)</i>
<b>February 1, 2025</b> <i>Note: Day /Tiime Change</i> <b>Saturday 10:00 am-1:00 pm</b>	Unit 1 (7) Wicca/Pagan/Goddess Religions with Tiffany Lazic	<b>MAKE-UP DATE from UNIT 1</b>
February 5, 2025 Wednesday – 6:30 to 9:30 PM	Unit 2 (5) Ritual 1-Elements with Olga Litvinova	
February 12, 2025 Wednesday – 6:30 to 9:30 PM	Unit 2 (6) Ritual 2-Divine Connection to Soul with Olga Litvinova	<i>Closing Ritual assigned (due Jun. 25/25)</i>
February 19, 2025 Wednesday - 6:30 to 9:30 PM	Unit 2 (7) Non-ordinary States of Consciousness with Gord Riddell	<i>Journal Questions Unit 2: #9-13 Due</i>
<b>UNIT 3</b>		
<b>February 26, 2025</b> <b>Wednesday – 6:30 to 9:30 PM</b>	<b>Unit 3 (1) Mindful Living/Conscious Dying – End of Life Certificate Course – Opening to explore Mindful Living/Conscious Dying – Living in a death-denying and youth-oriented society</b> with Gord Riddell	<i>Journal Questions Unit 3: #14-18 assigned (due May 7/25)</i>
March 5, 2025 Wednesday – 6:30 to 9:30 PM	Unit 3 (2) Living our Dying – Embracing the Mystery, Exploring Death Cycles with Gord Riddell	
<b>MARCH BREAK</b>		
March 19, 2025 Wednesday – 6:30 to 9:30 PM	Unit 3 (3) What We Can Learn from Other Spiritual Traditions with Gord Riddell	
March 26, 2025 Wednesday – 6:30 to 9:30 PM	Unit 3 (4) Embracing our Mortality: Pain & Suffering, Medically Assisted Suicide with Gord Riddell	<i>See End of Life Certificate Course Requirements in SD Assignment schedule.</i>
April 2, 2025 Wednesday – 6:30 to 9:30 PM	Unit 3 (5) Legal Preparedness and Ethics: Estates, Wills, Living Wills, Power of Attorney, Ceremony and Ritual with Gord Riddell	<i>Creating Altar/Sacred Space Assignment due</i>

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April 9, 2025 Wednesday– 6:30 to 9:30 PM	Unit 3 (6) How We Can Help Others: Being with the Dying – Palliative Care, Hospice, Respite, Having a Good Death with Gord Riddell	
April 16, 2025 Wednesday – 6:30 to 9:30 PM	Unit 3 (7) Caring for Ourselves – End of Life, Needs of the Dying – Preparing for the Moment of Death with Gord Riddell	
April 23, 2025 Wednesday – 6:30 to 9:30 PM	Unit 3 (8) Greiving/Bereavement, Body Internment, Funerals, Celebration of Life with Gord Riddell	
April 30, 2025 Wednesday – 6:30 to 9:30 PM	Unit 3 (9) Role Play Practice Sessions with Gord Riddell	
May 7, 2025 Wednesday – 6:30 to 9:30 PM	Unit 3 (10) Eulogies with Gord Riddell	Journal Questions Unit 3: #14-18 Due
<b>UNIT 4</b>		
<b>May 14 , 2025</b> <b>Wednesday – 6:30 to 9:30 PM</b>	<b>Unit 4 (1) Review of Spiritual Direction vs. Psychotherapy, Goals &amp; Issues, Consolidating SD Role</b> with Linda Kuschnir	<i>Journal Questions Unit 4: #19-23 Assigned (due Jun 21/23)</i>
May 21, 2025 Wednesday - 6:30 to 9:30 PM	Unit 4 (2) Higher purpose , Soul & Ego Drives with Linda Kuschnir	
May 28, 2025 Wednesday - 6:30 to 9:30 PM	Unit 4 (3) Spiritual Awakening / Dark Night of the Soul, Integration with Linda Kuschnir	
June 4, 2025 Wednesday - 6:30 to 9:30 PM	Unit 4 (4) Dark Night/Spiritual Emergency, Case Studies Review with Linda Kuschnir	
June 11, 2025 Wednesday - 6:30 to 9:30 PM	Unit 4 (5) Dark Passions & Graces, with Linda Kuschnir	
June 18, 2025 Wednesday - 6:30 to 9:30 PM	Unit 4 (6) Spiritual Values, Integration with Linda Kuschnir	<i>Case Studies Assigned (due for graduation)</i>
June 25, 2025 Wednesday - 6:30 to 9:30 PM	Unit 4 (7) <b>Closing Ritual</b> with Gord Riddell, Olga Litvinova, & teachers invited by students	Closing Ritual Assignment Attendance required for graduation. Journal Questions Unit 4: #19-23 Due

*Graduation: Diplomas are issued after all requirements for graduation have been met.*

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### **SPIRITUAL DIRECTOR ASSIGNMENT SCHEDULE**

#### **Assignment #1: JOURNAL QUESTIONS**

- Unit 1: Questions 1-8
- Unit 2: Questions 9-13
- Unit 3: Questions 14-18
- Unit 4: Questions 19-23

Once a week, with breaks along the way, you will receive a question to ponder. Please take time to answer these questions along the way. Your reply to each question should not exceed one (1) typed page. It is not possible to answer these questions incorrectly. There is no right or wrong answer. The questions are hopefully helping you to think about areas you may not have considered in the past or may consider now from a different perspective.

**Assigned:** First class of each Unit

**Due:** Last class of each Unit\*

*\*Note: All Journal Questions assigned during a Unit are due on the last class of that Unit.*

#### **Assignment #2: SPIRITUAL AUTOBIOGRAPHY**

For this assignment, you will be required to hand in a written report on your exploration of spirituality in your life. Feel free to use your creativity in terms of how you format your spiritual autobiography but try to include information on such things as:

- religion of origin, if any
- ways you may have challenged your religion of origin when growing up
- any religious wounding experiences
- your perception of God and how it might have changed as you have evolved, your current relationship with God
- your current relationship with the non-physical spiritual realms, i.e., saints, spirit guides, angels, nature spirits, animal totems, etc.
- dark night of the soul experiences or spiritual crises
- possible re-connections with faith traditions from your youth
- spiritual awakenings along the way
- current spiritual philosophies and practices and current spiritual orientation
  - This should be a short story of your life, but from the perspective of how you have experienced Spirit in your life and how it moves in and through you. No more than 3 typed pages, double-spaced.

**Assigned:** Wed., Sep. 18, 2024

**Due:** Wed., Jan. 8, 2025

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#### **Assignment #3: DIVERSITY REFLECTION**

For this assignment, you will be required to hand in a written report on your reflections about diversity. Reflections can include what makes each of us unique, our backgrounds, personality, life experiences and beliefs, - a combination of our differences that shape our view of the world, our perspective and our approach. You may want to explore diversity as it applies to gender, race, ethnicity, age, sexuality, language, educational, background, religious beliefs, and so on and examine the different types of diversity: internal, external, organizational, and worldview.

**Assigned:** Wed., Oct. 16, 2024

**Due:** Wed., Nov 13, 2024

#### **Assignment #4: CREATING AN ALTAR / SACRED SPACE**

Take a picture of an altar/sacred space that you have created in your home or office and do a one page write-up (12 point-font). Things to consider for the design of your altar:

- Direction it's facing. What room is it in?
- Use of the 4 elements: Earth, water, fire & air
- Theme(s)
- Spiritual symbols involved
- Activating ingredients: i.e.) incense, water, crystals, candles,
- Sound i.e.) bells, tingshas
- Clearing the space either with sound, smudge, essential oils, etc.
- Offerings
- Use of icons, statuary, pictures and mementos

**Assigned:** Wed., Jan. 29, 2025

**Due:** Wed., Apr. 2, 2025

#### **Assignment #5: CLOSING RITUAL**

Design a closing ritual for your class no longer than 1 to 1 ½ hours long. We should be finished by 8:30 pm. You will need to meet as a group perhaps before class a few times to design the ritual. In your group meetings, it can be a good idea to have a rotating chairperson to guide the process, move the meeting along and help get decisions made.

- Determine the themes and stages of your ritual. Energy circle, clearing of aura and space, intent and purpose of ritual, middle stages, themes and closure.
- Remember a ritual is like a symphony that has a beginning, middle and end. How will you peak or crescendo the energies?
- What are the moods of your ritual and what energy states do you wish to create?

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- Draw a blueprint up for your ritual that provides an outline. You may put this on the whiteboard if you wish so that everyone has a map.
- Decide the roles that you will play in the ritual. Who facilitates what part and who will assist that facilitator. Certain function and roles should be delegated i.e.) lighting, music, etc. Remember that the facilitator sets the mood for the ritual so that they give permission to let others make a meaningful connection whether it is sacred, emotional, playful, fun, etc.
- What tools and props will you be working with?
- What instruments or music will you use? You can borrow the schools instruments.
- Build an altar or art piece to leave behind in the room as a blessing for the college and future students.
- Students provide a potluck afterwards: Munchies & beverages. Wine/beer is allowed.
- Gord Riddell, Linda Kuschnir, Maria Gallé and Sarah Clarke will attend. You may also invite other internal staff and other teachers you have had throughout the year.

**Please note: It is a requirement to participate in the preparation of your group ritual, as well as to attend in order to graduate from the Spiritual Director Program.**

**Assigned:** Wed., Feb. 5, 2025

**Due:** Wed., Jun. 25, 2025

#### **Assignment #6: CASE STUDIES – Required for Graduation**

For those enrolled in only the full Spiritual Director Training Program, you will be required to **complete 9 (nine) case studies** to graduate (along with attendance and assignment requirements) and obtain a diploma. You will be doing some role plays in class to help prepare for this assignment. You will need to meet with an assigned Spiritual Director Case Supervisor to review screening of clients, client intake documentation, case study reports for Spiritual Director case studies.

When handing in case studies, documentation submitted must include your name & student number as Spiritual Director Intern and your case study client's *initials* only.

You will be provided with the format to use for completion of your Spiritual Director case studies. You must also meet with your Case Supervisor to review the case study procedure in more detail, as well as receive support as you work on completing your case studies.

While you conduct spiritual direction with your clients, you will be considered a **Spiritual Director Intern**. Suitable clients for spiritual direction (also called Directees) are often looking for direction in the bigger scheme of their lives as opposed to working through particular emotional issues as is often done in spiritual psychotherapy.

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At the same time, there can be a significant overlap between spiritual psychotherapy and spiritual direction. We would say that all psychotherapy is spiritual but in spiritual direction you are often dealing explicitly with spiritual issues, higher purpose, soul learning and soul evolution themes.

Some of the themes that may come up include: religious wounding from religion of origin, challenges around changes in religious beliefs or spiritual practices, religious prejudice, higher purpose, spiritual perfectionism, or any current issues clients are dealing with that call for a higher perspective (e.g. a spiritual dimension to a circumstance or situation) or a questioning about how spirit might be directing them in their lives. It is important to remember that spiritual direction is not about taking a client to a place of spiritual bypass prematurely.

If your spiritual direction client is at a point of needing to do healing on their emotional wounds, refer them to the Transformational Arts Psychotherapy Clinic or to a psychotherapist before taking them on as a spiritual direction case study client and consider waiting to do spiritual direction until after they have addressed their emotional wounds to some extent.

All the best with completing our Spiritual Director case studies!

**Assigned:** Wed., Jun. 18, 2025

**Due:** End of 2025 - Extra time may requested due to special personal circumstances for teacher/supervisor approval.

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#### **SPIRITUAL DIRECTOR UNIT 3**

#### **Mindful Living / Conscious Dying**

#### **END OF LIFE CERTIFICATE COURSE REQUIREMENTS**

<b>Total classroom hours:</b>	<b>30</b>
<b>Required attendance:</b>	<b>90%</b>
<b>Final class and assignment:</b>	<b>Mandatory</b>

Students are assessed in this Course by the following criteria:

- Personal Altar assignment (to be submitted and marked): 25%
- Journal Questions assigned (to be submitted): 15%
- Attendance: 10%
- Participation: 10%
- Eulogy Presentation: 40%
- Total mark: 100%

Prerequisites: *Previous counselling experience or studies if not already registered in the full Spiritual Director Training Program.*

#### **Learning Outcomes:**

At the end of this course students will be able to:

- Differentiate between palliative, hospice, respite care.
- Explain different major religions traditions of death and dying.
- Assess the importance of the various roles on an end of life team.
- Facilitate the discussions with client about their final days.
- Manage the client's needs and wishes at the end of their life.
- Create with client their funeral/ end of life ceremony.
- Collaborate with client's loved ones about their roles in the final days.
- Advocate for the client to ensure their needs are being met.
- Detect and corroborate with proper parties any ethics violations.
- Reflect upon their own experience with each client they work with.

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#### **FOOTNOTES:**

##### **Update January 28, 2025**

Confirmed Unit 1 Wicca/Pagan/Goddess Religions Make-up Class for Saturday February 1, 2025, 10:00 am to 1:00 pm with Tiffany Lazic

##### Moved Unit 2

- Ritual 1 Elements to Feb 5, 2025 (from Jan 29)
- Ritual 2 Divine Connection to Soul to Feb 12, 2025 (from Feb 5)
- Rites of Passage/Sacred Space to Jan 29, 2025 (from Feb 12)

Added Unit 2 teachers: L. Kuschnir to Mystery Schools (Jan 22), O. Litvinova to Ritual 1 & 2 classes (Feb 5 & 12)

##### **Update November 14, 2024**

##### Moved:

Hinduism to Nov 27 (from Nov 6)

*Note: Indigenous & Native Spirituality (originally on Nov 27) to be re-scheduled for later in the year.*

##### Moved:

Unit 4 Spiritual/Universal Law to Dec 18 Summary & Practicum class.

*Note: Unit 4 curriculum slightly re-structured – Dark Passions/ Graces and Spiritual Values/Integration separated into two classes*

##### **Update September 24, 2024**

##### Moved:

- Judaism & Kabbalah to Oct. 30 (from Oct 16).
- Diversity (Part 1) to Oct. 16 (from Oct. 20)
- Diversity (Part 2) to Nov. 27 (from Nov.27)
- Indigenous & Native Spirituality to Nov. 27 (from Nov. 13)

##### **Update September 10, 2024**

Start date of Unit 1 changed to October 2<sup>nd</sup>, 2024 and end date changed to December 18, 2024 . Subsequent class dates changed as well

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