

# 2025-2026 YEAR 2 MSD SESSION OVERVIEW

September 12-13, 2025

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## **Integrity in the Work of Spiritual Direction**

Joan Alexander

*How do you live out personal and professional integrity as a practicing spiritual director?*

The class will distinguish healthy relationship boundaries, expectations, and deliberative self-care in spiritual direction; abiding by the professional ethics, accountability, and commitments of spiritual direction through SDI, the Center for Spiritual Formation, and accepted standards of practice.

October 10-11, 2025

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## **The Important Role of Supervision**

Joan Alexander

*What is 'supervision' and how does it support the work of a spiritual director.*

Through supervision, a spiritual director is encouraged to reflect thoughtfully on individual spiritual direction sessions and their continuous practice to enhance their role as faithful and attentive companions to those they guide on their spiritual journey. In this session, this class will explore the elements of traditional supervision and provide an opportunity to share tools and practices that the director can implement in their own life to help us grow in our awareness of self, God, and others.

November 7-8, 2025

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## **Tools of Discovery**

Kathy Milans

*What assessments are available to assist directors in their work with directees?*

This session will consider how various assessments (Enneagram, Myers-Briggs, Attachment Theory, Sacred Pathways, Internal Family Systems, etc.) can assist the director as they help their directee explore how they relate to God and the world around them.

December 12-13, 2025

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## **Noticing the Stages of Faith in Spiritual Formation**

Deb Gregory

*What stages of faith do we identify in the awakening of the soul?*

In this session, we will introduce the work of the stages of faith that have emerged as invaluable resources for the spiritual director. We will look at life-stage related insights drawn from Scripture, literature and writings related to stages of the soul and spiritual formation.

January 9-10, 2026

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## **The Group Direction Experience**

Rev. Dr. Michelle Bodle

*What are the practices used in group direction?*

This session will explore various models used in the work of group direction, gaining a better understanding of how the dynamics of group direction differs from those in one-on-one direction.

February 13-14, 2026

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### **Expressions of Spiritual Direction**

Panel

*How does the practice of spiritual direction emerge uniquely in our lives?*

The move of the Holy Spirit works within each person in creative and unique ways through the practice of spiritual direction. This session explores some of the myriad of ways spiritual directors co-create with God beyond a formal spiritual direction session. Students will explore the charisms emerging as they respond to the call of the Spirit through the work of holy listening.

March 13-14, 2026

(Year 1 and Year 2 classes combined)

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### **Soul Care in African American Tradition**

Rev. Dr. Barbara Peacock

*What does it mean to embrace African American tradition in the practice of Spiritual Direction?*

This session will explore the import and need for spiritual directors to integrate and broaden their cultural perspective in practice. Based on our common reading of the book "Soul Care in African American Tradition", guest author Barbara Peacock will share perspective and best practices on how to be culturally authentic for ourselves as directors and in our work with directees.

April 10-11, 2026

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### **Trauma-Informed Spiritual Direction**

Kim Preske

*What are the elements, effects, and equipping essential for navigating trauma-based experiences for both the spiritual director and directee?*

Understanding and discerning approaches to trauma as a practicing spiritual director is critical. This session will provide insights into identifying the primary elements of trauma-based experiences; discerning the impact for both the spiritual director and the directee; and developing key questions, tools, and practices related to creating an environment for healthy direction practice outcomes.

May 8-9, 2026

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### **The Nuts and Bolts of Practicing Spiritual Direction**

Rev. Laura Baber

*What foundational concepts and practices have you integrated as you develop your practice of spiritual direction?*

Using a contemplative model, students will be guided through an overview of learning from their two-year experience with the Ministry of Spiritual Direction program. Students will have an opportunity to identify areas of strength, growth and ongoing development.

June 12-13, 2026

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### **Dream Interpretation in the Context of Spiritual Direction**

Joan Alexander

*How do we learn the language of the soul through our dreams?*

This session will explore dreams and visions from biblical and psychological understandings, and using dream work in spiritual direction.

July 10-11, 2026

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### **Commencement**

The Year 2 class will participate in commencement liturgies and participate in a time of sharing and reflection.