



THE HADEN INSTITUTE: SPIRITUAL DIRECTION TRAINING

Course Introduction: What to Expect and How to Get Started

Welcome to the Haden Institute. We are delighted you have chosen our two-year certification course to deepen your spiritual journey and to develop skills in the practice of spiritual direction. At the core of our teachings is the belief that Spiritual Direction is the practice of being with another as they journey to become fully who they are created to be. Our participants develop welcoming, listening, and hospitality skills, as well as greater awareness of their own journey. The course encourages individuals to deepen their relationship with the Divine, integrate learnings through mind, body, and soul, and to practice spiritual direction with individuals and in groups.

As a participant in the Haden Institute Spiritual Direction training course, you will:

- **Gain knowledge and understanding** of the art and practice of spiritual direction in contemporary spiritual life.
- **Develop a fundamental knowledge of the seminal ideas of Carl Jung** and their application in the spiritual direction process.
- **Become acquainted with the mystical and contemplative practices** of Christianity and other religious and spiritual traditions.
- **Deepen your spiritual journey and inner awareness** with a variety of contemplative, creative and embodied practices as tools for personal growth and maturity, as well as for use in spiritual direction.
- **Integrate intellectual learnings** through experiential practices such as journaling, poetry, guided imagery, collage making, mandala making, meditation, labyrinth walking, embodiment, and energy exercises.
- **Develop knowledge of the function of dreams in spiritual direction** and develop confidence in using dream work with individual directees and with groups.
- **Gain an understanding of the Myers–Briggs Type Indicator and the Enneagram** and their use in spiritual direction.
- **Develop spiritual direction skills** with guided practice of both group and on-on-one sessions in your cohort as well as with your directees.
- **Understand practical methods** for creating a spiritual direction practice and building a community for your work.

This distance learning course encourages you to deepen your inner work as you practice the skill of deep listening with groups and individuals. Meeting with a spiritual director for individual sessions is an important part of the course work and should begin prior to the first intensive. This individual work will serve as an introduction to the many facets of the spiritual direction process. There is a Practitioner Directory on the Haden website to help you connect with a spiritual director if you do not already know someone to work with. ([Directory of Practitioners - The Haden Institute](#))

As you begin the course, you will be assigned a mentor who will be with you, encouraging and supporting you throughout your time in the course. In addition to time spent with your mentor at the intensives and monthly group meetings, you will speak individually with your mentor after the first intensive, halfway through the course, and at the final intensive. These are times for you to ask questions and let your mentor know what is most interesting to you in the course work. Reading books, writing reflection papers and other assignments are to help broaden one's views of the spiritual life and spiritual direction. You will receive first contact from your mentor as soon as they are assigned.

Assigned readings, reflection papers and other assignments help broaden your views of the meaning of spirituality, spiritual direction, and the concepts of Jungian psychology. The six 4-day intensives are opportunities to expand your learning through large group lectures and small group development. You will also experience various forms of creative expression, embodiment practice, meditation, contemplative practices, and dream work. Monthly online group meetings will be used for small group instruction, dream groups, and general discussion.

Course components include:

- **Six 4-day learning intensives**

Intensives are the heart of the program and include lectures, small group instruction with your mentor group, daily sabbath time with creative expression and embodiment opportunities, and evening social events. The intensives are held at [Kanuga: Conference, Retreat and Camp Center](#). Each intensive begins early on Thursday afternoon and ends after breakfast on Monday morning. You are expected to be present and engaged at the intensives in order to complete the program. If you must miss an Intensive, your mentor will work with you to determine how to make up the intensive work.

Please mark these intensive dates on your calendar:

April 4-8, 2024

September 12-16, 2024

January 16-20, 2025

April 3-7, 2025

September 11-15, 2025

January 15-19, 2026

- **Distance learning**
 - **Writing reflections** on assigned books, practices, and topics
 - **Attending monthly online group meetings** for sharing questions, concerns, participating in a dream group, practicing one with one spiritual direction, or other group instruction
 - **Submitting reports** on sessions with directees to practice and reflect on the art of spiritual direction
 - **Writing a series of short papers** on topics integral to spiritual direction
 - **Working with personality inventories:** Myers Briggs and Enneagram
 - **Continuing your personal spiritual development** through activities like:
 - Keeping a journal of your dreams and spiritual awakenings
 - Meeting regularly with a spiritual director
 - Developing ongoing contemplative practices
 - Engaging in creative embodiment in modalities of your choosing
 - **Summarizing your learnings in a culminating project or paper** focusing on areas of high energy and describing any meaningful transformations occurring over the course of your two years in the program. You will work with your mentor to determine the topic and format for this project.

First Intensive

Your first intensive is coming up shortly. These are the topics that will be covered at your first intensive. Instructions and a schedule of the weekend events will be sent out in advance of the meeting date.

April 2024

Mary Ellen Lough

- The Luminous Seam: Poetry as a Stitch Between Worlds

Jeanne Schul

- The Redbook: Jung's Descent Into Darkness
- The Redbook: Jung's Dialogue with Dream Figures
- The Redbook: Jung's Creative Opus

Layne Racht

- The Art of Spiritual Direction - Ethics and Supervision

Kyndall Rothaus

- Spiritual Direction with Religious Trauma Survivors

Small Group

- Spiritual Autobiography Sharing (This sharing does not have to include your entire paper – you are invited to share what you are comfortable sharing and the part of your story that is most helpful for allowing the group to get to know you.)
- Introduction to the Psyche and Carl Jung's Work – Jung 101

- The Art of Spiritual Direction

In addition to the planned presentations and group work the in-person intensive also includes opportunities for making connections and discussing the large group sessions in greater depth during meals and evening social times. Each day has a Sabbath time scheduled which can be used for creativity, rest, and reflection, and Sunday afternoon includes several hours of silent retreat.

Initial Assignments:

- **Begin working with a spiritual director**
- **Begin keeping a journal** to capture insights, questions, and self-awarenesses rising. Record dreams that you recall in the journal as well. Bring your journal with you to each Intensive. This is a video by our Creative Embodiment Director with some journaling ideas: [Sheila's Journaling Video](#)
- **Write a spiritual autobiography using the instructions below.** The paper is an opportunity to see how God has been in/out of your life, how your experience of the Divine has evolved, and to view your own personal growth over the years. This paper is held in the strictest confidence and must be submitted to your Mentor and to Allen Proctor, Director (allen@hadeninstitute.com) prior to attending the first intensive.
- **Begin reading Margaret Guenther's book *Holy Listening* and submit a reflection paper on the book to your mentor.** We have provided a form (Spiritual Direction Reading Reflection Form) for you to use to focus your reflection. Have this assignment completed prior to the first intensive if possible.
- **Watch some of these videos as an introduction to Carl Jung's work and Dream work:**
 - [Introduction to Carl Jung Part 1 - The Psyche, Archetypes and the Collective Unconscious](#)
 - [Introduction to Carl Jung Part 2 - Individuation, the Persona, the Shadow, and the Self](#)
 - [Carl Jung and the Spiritual Problem of the Modern Individual](#)
 - [Carl Jung - What are the Archetypes?](#)
 - [Carl Jung and the Achievement of Personality](#)
 - [Carl Jung - the Power of the Unconscious and the Importance of Dreams](#)
 - [James Hollis - Taking Your Dreams Seriously](#)
- **If you wish to look ahead to the reading next assignment,** you will be asked to write a reflection paper on [The Mystic Heart: Discovering a Universal Spirituality in the World's Religions](#) by Wayne Teasdale.

Instructions for writing your Spiritual Autobiography:

This paper is an opportunity for us to get to know you before the first intensive. We are mostly interested in what brought you to the Spiritual Direction Training course and

where you will see yourself taking this work after you complete the training. We have provided some prompt questions below. You do not have to address all these prompts in your paper – these are simply suggestions to help focus your writing. We recommend that you go to a quiet place where you will not have any interruptions and have a period of silence or meditation before beginning to write. Attempt to “stream of consciousness” write the major portion of the paper in one sitting.

- Tell your personal story from birth to the present with its highs and lows, trying to focus on five to seven milestones which are important to bringing you to this training course and the practice of spiritual direction.
- Tell what excites you, gives you energy and feeds your soul; tell what your soul wants right now.
- Indicate the level of your knowledge of Jungian Psychology. Tell how Jungian psychology is helpful to you in your relationships and personal growth.
- Comment on any counseling/spiritual guidance you currently offer, and any analysis/counseling/therapy you have received.
- Tell how your experience of the Divine, and your theological or spiritual understanding has changed, if it has, in the last ten years.
- Describe your experience of spiritual community, and where you find that community now.
- Describe how you view yourself in the future, and how you anticipate using this training.

Please make sure your name, Item #01 and Spiritual Direction Training are included in the heading of your paper. We like the paper to be seven to ten pages (3,400 to 3,800 words) double or 1.5 spaced. Email the paper to your Mentor and to Allen Proctor, Director (allen@hadeninstitute.com) as soon as you complete it.

