

“The mission of Tyndale Seminary is to provide Christ-centered graduate theological education for leaders in the church and society whose lives are marked by intellectual maturity, spiritual vigour and moral integrity, and whose witness will faithfully engage culture with the Gospel.”

Course 2022-2023	SPIRITUAL DIRECTION INTERNSHIP I & II SPIR 0710 / 0711
Date, Time and Delivery Format	SEPTEMBER 14 – DECEMBER 7, 2022 / JANUARY 12 – APRIL 6, 2023 WEDNESDAY, 2:15 – 5:05 PM SYNCHRONOUS ONLINE ORIENTATION DAY: WEDNESDAY, SEPTEMBER 7, 10:00 AM-3:00 PM.
Instructor Supervisors	SHARON BRADIMORE , S.T.M., M.Div.; CSDS Email: sbradimore@tyndale.ca Sylvia Buchanan , MTS, CSD. Email: buchanansyl@mytyndale.ca Jody Chu , MTS, CSD, Email: chuchuyin@mytyndale.ca Vivian Chu-Chen , MTS, CSD. Email: chuchenviva@mytyndale.ca Debbie Laginskie , MTS, CSD. Email: Debbie.Laginskie@mytyndale.ca Dr. Sarah Patterson , BA, BJourn, MTS, DMin,. Email: sppatters@gmail.com
Class Information	The classes will be livestreamed on Wednesdays, 2:15 PM–5:05 PM. Both semesters will be held exclusively via Zoom . No in-class instruction. Office Hours: By appointment.
Course Material	Access course material at classes.tyndale.ca or other services at Tyndale One . Course emails will be sent to your @MyTyndale.ca e-mail account only.

I. COURSE DESCRIPTION.

Designed for those seeking to become certified spiritual directors. Students learn the art and practice of spiritual direction through weekly practices of soul care, teaching, supervised in-class sessions, group and individual supervision, as well as providing bi-weekly spiritual direction to directees. Through these multi-faceted experiences, students explore their capacity

to help others attend to God's presence in their lives while living out a theology of love for God, self and others. The two courses run consecutively from September to April. Students must register for both courses.

Prerequisites: SPIR 0700, SPIR0601, SPIR 0609, SPIR 0610; Provide a Vulnerable Sector Screening record; Successful interview with the instructor (prior to June 30 for the following Fall semester); Evidence of having met with a Spiritual Director for at least one year; Two references submitted to the internship instructor. Limited enrolment.

II. LEARNING OUTCOMES

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

1. Formulate a theological and biblical foundation for the practice of spiritual direction and practice theological reflection as the basis for ongoing conversion.
2. Employ hospitable, deep listening as a means helping others attend more deeply to God's presence and leading in their lives.
3. Appraise and employ wisdom from key authors and literature pertaining to the ancient roots and contemporary practices of spiritual direction.
4. Explain key components related to spiritual formation and direction, including but not limited to the contours of a healthy growing faith and spiritual pathways; deepening intimacy and prayer, God image, discernment, self-image and self-awareness; theological reflection, sin, suffering, forgiveness and healing; community, cultural sensitivity and growth "for the sake of others" (*Reference: Spiritual Direction Competencies, 2021-2022*).
5. Practice listening prayer, ongoing reflection and supervision as essential to personal maturation and integrity of practice.
6. Recognize one's gifts and growing edges, posture and ongoing discernment related to the (ongoing) call of spiritual direction.

III. COURSE REQUIREMENTS

A. REQUIRED READING

Summer Reading:

- Miller, Wendy. *Jesus, Our Spiritual Director*. Nashville: Upper Room Books, 2004. (Avail
- Forum: three questions to be answered in writing, between Oct. 13 – Dec. 7, 2022 (250 words). See Moodle, October 5 – Round 2.1 for questions.

Fall Reading:

Bakke, Jeanette A. [*Holy Invitations*](#). Grand Rapids: Baker, 2000.

Hagberg, Janet O. & Robert A. Guelich. *The Critical Journey: Stages in the Life of Faith*. Salem, WI: Sheffield Pub. Co., 2005. (Chapters 1-4)

Hoare, Liz. [Using the Bible in Spiritual Direction](#). New York: Morehouse Pub., 2015.

Job, Reuben P. & Norman Shawchuck. *A Guide to Prayer for All God's People*. Nashville, TN: The Upper Room, 1994.

Winter Reading:

Johnson, Jan. [Invitation to the Jesus Life; Experiments in Christlikeness](#). Colorado Springs, CO: NavPress, 2008.

Hagberg, Janet O. & Robert A. Guelich. *The Critical Journey: Stages in the Life of Faith*. Salem, WI: Sheffield Pub. Co., 2005. (Chapters 5 – end).

Job, Reuben P. & Norman Shawchuck. *A Guide to Prayer for All God's People*. Nashville, TN: The Upper Room, 1994. (*on-going*)

B. SUPPLEMENTARY / RECOMMENDED READING AND TOOLS

Barton, Ruth Haley, and Robert Mulholland Jr. [Invitation to a Journey](#). Downers Grove: IVP, 2016.

Calhoun, Adele Ahlberg. [Spiritual Disciplines Handbook \(revised & expanded\)](#). Downers Grove: IVP, 2015.

Nouwen, Henri. *Spiritual Direction*. New York: Harper Collins, 2006.

Articles related to in-class teaching and topics arising within spiritual direction sessions are posted weekly to the class page on classes.tyndale.ca. This helps familiarize you with a wide range of historical and contemporary authors who have written about spiritual direction. These articles plus the bibliography provide resources for your reflection/research assignments.

Online research resources

www.archive.org.

[National Emergency Library](#)

[Open Access Digital Theological Library](#)

Tyndale recommends www.stepbible.org – a free and reputable online resource developed by Tyndale House (Cambridge, England) – for word searches of original-language texts, as well as for topical searches, interlinear texts, dictionaries, etc. Refer to the library for other [online resources for Biblical Studies](#).

C. INTERACTIVE LIVESTREAM AND/OR HYBRID COURSE REQUIREMENTS

- Livestream attendance at announced times
 - Headphones (preferred), built-in microphone, and web-camera
 - Well-lit and quiet room
 - Stable high-speed internet connection, preferably using an Ethernet cable over Wi-Fi
 - Familiarity with Zoom and classes.tyndale.ca (Weekly handout with Zoom link posted to class page on classes.tyndale.ca)
 - Full name displayed on Zoom and Microsoft Teams for attendance purposes*
 - A commitment to having the camera on to foster community building*
- *exceptions with permission from professor

D. GUIDELINES FOR INTERACTIONS

Tyndale University prides itself in being a trans-denominational community. We anticipate our students to have varied viewpoints which will enrich the discussions in our learning community. Therefore, we ask our students to be charitable and respectful in their interactions with each other, and to remain focused on the topic of discussion, out of respect to others who have committed to being a part of this learning community. Please refer to “Guidelines for Interactions” on your course resource page at classes.tyndale.ca.

E. ASSIGNMENTS AND GRADING

1. This is an internship for spiritual directors in formation. Interns are required to attend and fully participate in all scheduled classes: Wednesdays, 2:15 - 5:05 PM. Also required: attendance and participation at the orientation class on **September 7, 2022 (10:00 am – 3:00 pm)**
2. Interns are required to offer six sessions of spiritual direction to a minimum of five (5) “Directees” each outside class hours on a bi-weekly basis. Total number of spiritual direction hours: a minimum of 30 hours per semester. Those wishing to meet with more than eight (8) Directees require permission from the Instructor. (Note: All accrued supervised hours will be credited towards the CSD designation).
3. Interns are required to continue receiving personal spiritual direction on a regular basis. It is a prerequisite to have received spiritual direction for the immediate year before the practicum and to continue in receiving individual spiritual direction throughout the Practicum year. Retreat in Daily Life (RDL) fall dates to be confirmed. The RDL will substitute for personal spiritual direction during the Fall Term.
4. Interns are required to prepare and present for triads with supervision.

5. Interns will send their assigned Supervisor reflective work as per class guidelines on the Friday before their supervision appointment (*grace day: Saturday*).
6. Fall Semester: in-class practice and discussion plus three reflection + horizon analysis papers. Winter Semester: developing facility with the CRF (Contemplative Reflection Form); continued in-class practice, discussion and written work. **Due: On-going throughout the term**
7. Forums: Share resources and questions with other Interns (top of class page). Occasional forum questions will be posted for class responses.
8. Submit a 12-14 page 2-part paper reflection and research paper (See Section H of this syllabus regarding guidelines) at the end of the **Fall Term**: a) Reflect on your personal prayer and experience (3 pages) and horizon analysis (1 page) in round three, and b) Research an area for deeper study and growth emerging from your practice of spiritual direction this semester (8-10 pages). Include cover page and page numbers. If emailing paper format Subject Line as "Round #, year, first initial, last name." See Section H of this syllabus for academic Guidelines. **DUE December 14, 2022.**
9. Submit an 18-20 page 3-part paper including personal reflection and horizon analysis (4 pages), research related to an emerging questions= and/or area of competency as a spiritual director (9-11 pages) plus learning drawn from your CRFs (6-8 pages). These should highlight personal transformation and growth, skill development throughout the year and ongoing, personal discernment of the ministry of spiritual direction. It can draw from class soul care, teaching, reading and research discoveries, triad work and supervision, the prayer guide, journaling and ongoing reflection during the **Winter Term**. Lastly, it should identify how you have been personally challenged and transformed through your time at Tyndale highlighting your internship year and practices you have incorporated into your rhythm of life. A final paragraph should identify what you see as your calling, passion and focus of ministry. This serves as a personalized mission statement for you. **FORMAT:** Include 1) 3-page Reflection + HA per Round 6. 2) Research Paper. 3). Competencies paper. Appendix I: one-page summary of your 24 hour retreat. Appendix 2: 6 CRFs. Appendix 3: Log of Hours (or delay Hours Log until May 30. You will receive your certificate once your Hours Log is turned in). **DUE April 12, 2023.**
10. **Competency Interview** the week of **April 18-21, 2023** (*by appointment*).

F. EQUITY OF ACCESS

Students with permanent or temporary disabilities who need academic accommodations must [contact](#) the [Accessibility Services](#) at the [Centre for Academic Excellence](#) to [register](#) and discuss their specific needs. *New students* must self-identify and register with the Accessibility Office at

the beginning of the semester or as early as possible to access appropriate services. *Current students* must renew their plans as early as possible to have active accommodations in place.

G. SUMMARY OF ASSIGNMENTS AND GRADING

This is pass/fail course.

COMPONENT	Fall 2022	Winter 2023
Individual supervision	3 hr	3 hr
Group supervision of D'r	9 hr	9 hr
Giving individual direction	Track accumulated hours per class hand-out	Track accumulated hours per class hand-out
Retreat	RDL - required	24-hour individual - required
Personal spiritual direction received	RDL substitutes for this component	3 sessions w/your own Spiritual Director
Personal Devotional Life and Journaling	Daily text: <i>A Guide to Prayer for All God's People</i>	Daily text: <i>A Guide to Prayer for All God's People</i>
Reading: Class texts / posts	ongoing	ongoing

Evaluation is based upon the completion of the following assignments:

Reflection paper + Horizon Analysis (3 per term)	18%
Fall Term research paper	10%
6 Contemplative Reflection Forms (CRF) for supervision	18%
Winter Term research and CRF competency paper	18%
Recommendation of your supervisor	14%
Class/Triad participation	12%
Forum	10%
Total grade	100%

H. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

All written work must be emailed to the Instructor at sbradimore@tyndale.ca using this format **ONLY** for naming file attachments: name, title, date (e.g. TSmith, Reflection Paper 1-Oct 2022).

For proper citation style, consult the [tip sheet, “Documenting Chicago Style”](#) (Tyndale e-resource) or the full edition of the [Chicago Manual of Style Online](#), especially ch. 14. For citing scripture texts, refer to sections 10.44 to 10.48 and 14.238 to 14.241 from the *Chicago Manual of Style* or reference the [tip sheet, “How to Cite Sources in Theology”](#).

Academic Integrity

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity, and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism. Tyndale University takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty.

Students are encouraged to consult [Writing Services](#). Citation and other [tip sheets](#).

Students should also consult the current [Academic Calendar](#) for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System.

Research Ethics

All course-based assignments involving human participants requires ethical review and may require approval by the [Tyndale Research Ethics Board \(REB\)](#). Check with the Seminary Dean’s Office (aau@tyndale.ca) before proceeding.

I. COURSE EVALUATION

Tyndale Seminary values quality in the courses it offers its students. End-of-course evaluations provide valuable student feedback and are one of the ways that Tyndale Seminary works towards maintaining and improving the quality of courses and the student’s learning experience. Student involvement in this process is critical to enhance the general quality of teaching and learning.

Before the end of the course, students will receive a MyTyndale email with a link to the online course evaluation. The link can also be found in the left column on the course page. The evaluation period is 2 weeks; after the evaluation period has ended, it cannot be reopened.

Course Evaluation results will not be disclosed to the instructor before final grades in the course have been submitted and processed. Student names will be kept confidential and the instructor will only see the aggregated results of the class.

IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS

SPIR 0710 - Fall 2022

Note: check for further readings posted to the Class Page on classes.tyndale.ca.

Sept 7: Orientation Day

- Attendance is mandatory; we will cover the essentials of accepting Directees and your first session as a Director.
- Download and work through *Handbook for Tyndale Spiritual Direction Interns* (see class page on classes.tyndale.ca).
- Discussion:
 - o *How has God invited you to tend your soul in preparation for the upcoming spiritual direction internship?*

Sept 14/Round 1.1: **What is spiritual direction? Who is a spiritual director?**

- Reading: Bakke, Ch. 1; Hoare, Ch. 1, 3, 7
- *Spiritual Direction Charism, Competencies & Cutting Edges 2022-2023* (Moodle/Class Page)
- Prayer Guide. Read pages 13-19, **Year C**, 47: *Good Stewards*, 286ff

Sept 21/Round 1.2: **Listening to the RAIN**

- Reading: Bakke, Ch. 2; Hoare, Ch. 5; Hagberg & Guelich, Ch 1 & 2
- Prayer Guide, Year C, 48: *Who Enters God's Kingdom?*, 292ff

Sept 28/Round 1.3: **Reflecting on Experience**

- Reading: Bakke, Ch. 10; Hoare, Ch. 2, 6
- Prayer Guide, Year C, 49: *Faithful and Obedient*, 297ff
- Forum: answer questions per Miller's book

Oct 5/Round 1.4: **Supervision 1** - by appointment

- Preparatory work (per class guidelines) sent to Supervisor **Sept 30** (*Grace day - Oct 1*)
- Reading: Bakke, Ch. 3, 4, 5
- Prayer Guide, Year C, 50: *All Things Are Possible*, 303ff

Oct 12/Round 2.1: **Ways of Knowing: Emotion**

- **DUE:** Reflection Paper + Horizon Analysis 1. (Email Instructor: sbradimore@tyndale.ca. Label file attachment: name, title, date (see Section H. General Guidelines for Written Work, point one)
- Reading: Bakke, Ch. 8
- Prayer Guide, Year C, 51: *Servanthood* 308ff

RDL Opening (*Retreat in Everyday Life*)

- Coordinator: Rev. Misa Mochinaga
- **October 15**, 10:30 am – 12:00 pm

Oct 19/Round 2.2: Ways of Knowing: The Body

- Reading: Bakke, Ch. 14; Hoare, Ch. 4
- Year C, 52: *When Jesus Calls*, 314ff

Oct 26. Reading Week.

- Take these tests: 1) Spiritual Gifts, 2) Sacred Pathways (see class page) and Append your results with Reflection Paper 2.
- Prayer Guide, Year C, 53: *True Humanity*, 319ff

Nov 2/Round 2.3: Opening the Eyes of Our Heart: Images & Imagination

- Hoare, Ch 9
- Prayer Guide, Year C, 54: *A Resurrection People*, 325ff

Nov 9/Round 2.4: Supervision 2 - by appointment

- Preparatory work (per class guidelines) sent to Supervisor **Nov. 4** (*Grace day - Nov 5*)
- Reading: Bakke, Ch. 11
- Prayer Guide, Year C, 55: *Faithful Witness*, 331ff

Nov 16/Round 3.1: Stages of Faith; Awakening, Sin, Purgation

- **DUE**: Reflection Paper + Horizon Analysis 2 (email to Instructor "Section H. Guidelines"). Include your results from Spiritual Gifts and Sacred Pathways.
- Reading: Hagberg, Ch. 3 & 4 (also pages 162-169)
- Prayer Guide, Year C, 56: *Christ the King*, 336ff

RDL closing:

- **November 19**, 10:30 am – 11:30 pm

Nov 23/Round 3.2: Prayer and Praying

- Reading: Hoare, Ch. 8; Bakke, Ch. 12
- Prayer Guide, Advent I begins Nov. 27; **Year A 1**: *Waiting and Watching*, 23ff

Nov. 30/Round 3.3: Ways of Knowing: Interior Dialogue (CRF)

- Reading: Hoare, Ch. 11
- Prayer Guide, Advent II, **Year A 2**, *Getting Ready*, 30ff

Dec. 7/Round 3.4: Supervision 3 - by appointment

- Preparatory work (per class guidelines) sent to Supervisor **Dec. 2** (*Grace day - Dec. 3*)
- Reading: Bakke, Ch. 9, 15, 16

- Prayer Guide, Advent III, **Year A**; 3, *Good News*, 36ff

Dec 14:

- **DUE.** 2-part Term Paper: a) Reflection Paper + Horizon Analysis 3 AND b) Research Paper
Email 2 clearly named attachments to Instructor per Section H. Guidelines
- **Research Paper:** You set the question, arising out of your own practice of spiritual direction. This is intended to be a practical paper that will help you in your practice. What question/s or invitations are coming towards you? What attracts you? What makes you feel uneasy? Set your question and then read 3-4 outside sources to learn how others have engaged with and understood this topic. Length: 8-10 pages. Bibliography required.
- Prayer Guide, Advent IV; **Year A**; *When God Comes*, 42ff.
 - o Dec 21, Year A, 5: *God's Greatest Gifts*, 47ff
 - o Dec 28, Year A, 6: *Chosen by God*, 52ff
 - o Jan 4, 2023, Year A, 7: *God's Eternal Purpose*, 58ff

SPIR 0711 - Winter 2023

Note: check for further readings posted to Class Page on classes.tyndale.ca.

Jan 11/Round 4.1: **"We begin again"; Repetition and Resistance**

- Reading: Johnson, Ch 1-3; Hagberg & Guelich, Ch 5, 6 (also pages 169-175)
- Prayer Guide, Year A, 8: *Following Jesus*, 65ff
- Class page: Guidelines for Final Paper. Review SD Competencies 2021-2022

Jan 18/Round 4.2: **Forgiveness and healing**

- Reading: Johnson, Ch. 9
- Prayer Guide, Year A, 9: *The Call of God*, 72ff

Jan 25/Round 4.3: **The Wall / Nights.**

- Reading: Hagberg & Guelich, The Wall, Ch. 7, 13. Also pp 202-208; 224-226)
- Johnson, Ch. 7 & 8
- Prayer Guide, Year A, 10: *The Power of God's Word*, 78ff

Feb 1/Round 4.4: **Supervision 4**, by appointment

- CRF sent to Supervisor **Jan 27** (*Grace day - Jan 28*)
- Reading: Johnson, Ch. 5
- Prayer Guide, Year A, 11: *The Meaning of Discipleship*, 85ff

Feb 8/Round 5.1: **Transference, countertransference**

- Instructor: Rev. Misa Mochinaga
- **DUE:** Reflection paper + Horizon Analysis 4 (Email to instructor)

- Reading: Hagberg & Guelich, Ch 7 & 13 (also p175-178, 232-250)
- Prayer Guide, Year A, 12: *Choose Life*, 91ff.

Feb 15/ Round 5.2: **Dreams.**

- Reading: Hagberg & Guelich, Ch. 8 & 9 (also p179-184)
- Take [Spiritual Life Inventory](#)
- Prayer Guide, Year A 13 *The Abundance of God's Mercy* (96ff)

Feb 22: **Reading Week (Ash Wednesday)**

- Reading: Johnson, Ch. 10; Hagberg & Guelich, Ch. 11
- Prayer Guide, Year A. Note: because Easter moves each year, so does the 6-week period of Lent, which begins on Ash Wednesday. In 2022, we [move ahead to Week 16](#) in the Prayer Guide. Year A, **16** *Getting Ready to Serve*, 114ff.

Mar. 1/Round 5.3: **A Discerning Heart**

- Reading: Johnson, Ch. 13; Hagberg & Guelich; Ch. 12
- Prayer Guide, Year A, Lent 2. 17, *What God Has Promised*, 120ff

Mar 8/Round 5.4: **Supervision 5** - by appointment

- CRF to be sent to Supervisor **March 3** (*Grace day - March 4*)
- Reading: Johnson, Ch. 15; Hagberg & Guelich, Ch. 10
- Prayer Guide, Year A, Lent 3. 18, *Meeting God Face to Face*, 125ff

Mar 15/Round 6.1: **Spiritual Direction: "For the sake of others"**

- **DUE.** Reflection Paper + Horizon Analysis 5.
- Reading: Johnson, Ch. 6; Hagberg & Guelich, Ch 8, 9 (also p179-184, 226-229)
- Prayer Guide, Year A, Lent 4. 19: *The God Who Seeks*, 131ff

Mar 22/Round 6.2: **Suffering; Stations of the Cross**

- Reading: Johnson, Ch. 14; Hagberg & Guelich Ch. 14
- Prayer Guide, Year A, Lent 5. 20: *Power to Give Life*, 137ff

Mar 29/Round 6.3: **Discerning the Practice of Spiritual Direction**

- Reading: Johnson, Ch. 12. Lent 6. Re-read Hoare, Ch 11: *Conclusion*.
- Prayer Guide, Year A, 21: *The Cost of Right Choices*, 143ff

April 5/Round 6.4: **Supervision 6** - by appointment

- CRF to be sent to Supervisor March 31 (*grace day - April 1*)
- Reading: Johnson, Ch. 17
- Prayer Guide, Year A, 22 *The Living Christ*, 148ff
- CRF sent to Supervisor **March 31** (Grace day – April 1)

April 12: **3-part Final paper DUE**

Part 1: Reflection + Horizon Analysis 6 (4 pages), Part 2: Research, (7-8 pages), Part 3: Charism, Competencies and Cutting Edges; experience, reflection, CRFs and/or literature.

Appendix A: CRFs (6); Appendix B: 24-hour retreat report (one page); Appendix C: Log of hours, including final tally.

April 18-21: "Mark 6:30-32 interview" (by appointment)

V. SELECTED BIBLIOGRAPHY

([Tyndale Library](#) supports this course with [e-journals, e-books](#), and the [mail delivery of books](#) and circulating materials. See the [Library FAQ page](#).)

Adams, Kate et al Eds. *Dreams and Spirituality: A Handbook for Ministry, Spiritual Direction and Counselling*. London, UK: Canterbury Press, 2015.

Anderson, Keith, and Randy D. Reese. *Spiritual Mentoring; A Guide for Seeking and Giving Direction*. Downers Grove, IL: InterVarsity, 1999.

Arnold, Johann Christoph. *Why Forgive?* Maryknoll, NY, Orbis Books, 2008.

Atwood, Bill. *The Spiritual Journey; Mountain Tops, Dark Nights, and Dangerous Deception*. Carrollton, Texas: Ekklesia Pubs., 2014.

Au, Wilkie. & Colleen. *The Discerning Heart: Exploring the Christian Path*. Paulist Press, 2006.

Baker, Howard. *Soul Keeping; Ancient Paths of Spiritual Direction*. Colorado Springs, CO: NavPress, 1998.

Bakke, Jeannette. *Holy Invitations*. Grand Rapids: Baker, 2000.

Barry, William A., and William J. Connolly. *The Practice of Spiritual Direction*. HarperSanFrancisco, 2009.

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_____. *With an Everlasting Love; Developing an Intimate Relationship with God*. Mahwah, NJ: Paulist Press, 1999.

Barton, Ruth Haley. *Invitation to Solitude and Silence*. Downers Grove, IL: InterVarsity, 2016.

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- _____. *Desiring God's Will; Aligning Our Hearts With the Heart of God*. Downers Grove, IL: InterVarsity, 2005.
- _____. *Healing Emotional Wounds*. Perrysburg, OH: Welch Pub. Co., 1990.
- _____. *Opening To God*. Downers Grove, IL: InterVarsity, 2010.
- _____. *Spirituality and the Awakening Self*. Grand Rapids: Brazos Press, 2012.
- _____. *Surrender to Love*. Downers Grove, IL: InterVarsity, 2004.
- _____. *The Gift of Being Yourself*. Downers Grove, IL: InterVarsity, 2015
- Benner, Juliet. *Contemplative Vision*. Downers Grove, IL: InterVarsity, 2011.
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- Bourgeault, Cynthia. *The Wisdom Way of Knowing; Reclaiming an Ancient Tradition to Awaken the Heart*. San Francisco, CA: Jossey-Bass, 2003.
- Boyd, Gregory A., *seeing is believing; Experience Jesus through Imaginative Prayer*. Grand Rapids, MI: Baker Books, 2004.
- Brackette, Marc. *Permission to Feel; The Power of Emotional Intelligence to Achieve Well-Being and Success*. New York, NY: Celadon Books, 2020.
- Brown Taylor, Barbara. *Learning to Walk in the Dark*. New York: HarperCollins Pub., 2014.
- _____. *The Healing Word; Gospel Medicine for the Soul*. London: SPCK, 2013.
- _____. *Speaking of Sin: The Lost Language of Salvation*. Cowley Pubs., 2000.
- Buckley, Suzanne M., Ed. *Sacred Is the Call: Formation and Transformation in Spiritual Direction Programs*. New York: The Crossroad Pub. Co., 2005
- Burke, Daniel. *Navigating the Interior Life*. Steubenville, Ohio: Emmaus Road Pub., 2012.
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- _____. *Praying the Psalms; Engaging Scripture and the Life of the Spirit (2nd ed.)*. Eugene OR: Cascade Books, 2007.
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- Calhoun, Adele Ahlberg. *Spiritual Rhythms for the Enneagram; A Handbook for Harmony and Transformation*. Downers Grove, IL: IVP, 2019.
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- _____. *Christ-shaped Character*: Downers Grove: IVP, 2014.
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