



CANADIAN BAPTIST SEMINARY
MB SEMINARY
NORTHWEST BAPTIST SEMINARY
TRINITY WESTERN SEMINARY



**ASSOCIATED CANADIAN THEOLOGICAL SCHOOLS
OF TRINITY WESTERN UNIVERSITY**

Graduate Course Syllabus

Course Number: PTH 511

Course Name: Spiritual Formation for MFTs

Semester and Year: Spring 2022

Instructor: Estera Boldut, PsyD

Contact Information: Estera.Boldut@twu.ca , cell 778 772 0671

Office Hours: Tuesdays and Thursdays from 9 to 12 by appointment

Co-requisites or Pre-requisites: N/A MFT students

Semester Hours: 1

Class Dates: January 13 – April 7, 2022

Class Times: Thur. 11:30-1:00PM

Location: Fosmark Building

I. Course Description

This course is designed to facilitate the spiritual formation of counselling/family therapy professionals and to build upon the perspectives and foundations of PTH 510. Participants will study contemplative and active Christian spirituality, as well as examine a wide range of spiritual disciplines. Opportunity will be given for theological and therapeutic reflection regarding the presence of God and the sacred in one's life and clinical practice. The course will require self-reflection, interactive exercises, experiential learning, group discussion, in-class presentations, and clinical application.

II. Objectives

Recognizing the importance of Christian faith and maturity for life and therapeutic practice, this course seeks to introduce the dynamics and disciplines of spiritual formation based on biblical principles and Christian ethics.

1. To gain a greater awareness of God's love and presence in one's life, and to enhance one's personal relationship with God, our Creator.
2. To compare and contrast spiritualities of contemplation and the active life of work and service.
3. To integrate and apply spiritual discernment and resources within the context of therapeutic practice.

III. Learning Outcomes

As a result of this course, the student will be able to:

1. Articulate distinctive aspects of postmodern spiritualities.
2. Describe how spirituality interfaces with psychology, theology and ministry.
3. Describe the characteristics and expressions of both contemplative and active spiritualities
4. **Develop contemplative spiritual practices which facilitate self-observation, awareness, theological reflection, and personal formation.**
5. Express personal spirituality in bodily form and creative actions of love and care.
6. Recognize spiritual resources that are a part of a client's worldview.
7. Plan corporate and communal spiritual exercises and worship.

IV. Course Textbooks

Foster, Richard J. *Celebration of Discipline: The Path to Spiritual Growth*. San Francisco: Harper & Row, 1988.

- **FREE on Moodle**

Recommended Reading:

Jones, Tony. *The Sacred Way: Spiritual Practices for Everyday Life*. Grand Rapids: Zondervan, 2005.

Palmer, Parker J. *The Active Life: A Spirituality of Work, Creativity and Caring*. San Francisco: Jossey-Bass, 1990.

Taylor, Barbara Brown. *An Altar in the World*. New York: Harper Collins, 2009.

V. Course Assignments

1. Class participation – Students are expected to attend all classes, complete required readings prior to class, participate in opening exercises and contribute to class discussion.

2. In-Class Assignments

In-class spiritual exercises 10% – The beginning of each class will include time for an experiential spiritual exercise. **Please sign up individually or in pairs for one of the designated classes.** It will be your responsibility to plan a **10-12 minute** presentation.

Choose one of the reflection papers 40%

3. Reflection Paper I

Attend an alternate service to your usual church tradition. Suggestions you might consider: Liturgical Sunday morning service at Bakerview MB Church in Abbotsford; Taize evening service at Highland Community Church or St. Matthew's Anglican in Abbotsford; Jazz Vespers Sunday afternoon at St. Andrews in Vancouver; St George's Coptic Orthodox in Surrey, a Catholic church, a Sikh Temple event, a First Nations Sweat Lodge, etc. Share your observations and the impact of your experience in a **2-3 page** reflection paper.

Due: one week after the last day of class

4. Reflection Paper II

Participate in one of the following:

a) **Spiritual direction:** 4 sessions with a spiritual director of your choice. Names will be provided.

OR

b) **Spiritual retreat:** Attend an organized event, applying the resources from this course.

OR

c) **Act of Service:** Choose a practical voluntary assignment of 4-6 sessions where you provide care and companionship for another person or group.

Write a **4-5 page** paper highlighting your experience of contemplative/active spirituality.

- ✓ Describe the experience; context, relationship, activity.
- ✓ Identify aspects that incorporate intentional spiritual disciplines/exercises.
- ✓ Reflect on how this assignment contributed to your personal/spiritual formation.
- ✓ Include a reference list of readings.

Due: one day after the last day of class

4. Rhythm of Life Paper– 40% Following the instruction received in class and using the resources posted in Moodle, write a 5-6 pages paper.

Due: one week after the last day of class

6. Final Integration Discussion 10%

Come prepared to talk about your experience in Spiritual formation (bring 1-2 pages with your answers)

Respond to the following questions:

- a) How are the contemplative and active spirituality expressed in your life?
- b) In what ways has your thinking and practice regarding spiritual formation been informed and transformed during this semester?
- c) Describe your thoughts/beliefs about spiritual formation in the therapeutic context, both for the counselor and the client? How might you integrate spirituality into the counseling process?

Due: last day of class

COURSE EVALUATION GRADING SCALE

Class Participation 10%
Reflection Paper I 20%
Reflection Paper II 20%
Rhythm of Life paper 40%
Final Integration Discussion 10%

Total 100%

97 — 100 = A+
93 — 96 = A
90 — 92 = A
87 — 89 = B+
83 — 86 = B
80 — 82 = B
77 — 79 = C+

CLASS SCHEDULE

Jan. 13 INTRODUCTION

Jan. 20 REVIEW OF RULE OF LIFE / SABBATH

Intro:

Jan. 26 THE INWARD DISCIPLINES: MEDITATION

Intro:

Feb. 03 THE INWARD DISCIPLINES: PRAYER

Intro:

Feb. 10 THE INWARD DISCIPLINES: FASTING

Intro:

Feb. 17 THE OUTWARD DISCIPLINES: SIMPLICITY

Intro:

Feb. 24 THE OUTWARD DISCIPLINES: SERVICE

Intro:

March 03 READING WEEK

March 10 THE CORPORATE DISCIPLINES: WORSHIP

Intro:

March 17 SPIRITUALITY AND SUFFERING

Intro:

March 24 SPIRITUALITY AND SOCIAL JUSTICE

Intro:

March 31 SPIRITUALITY AND PSYCHOTHERAPY

Intro:

April 07 FINAL INTEGRATION DISCUSSION

Intro:

Course Policies

ACADEMIC INTEGRITY AND AVOIDING PLAGIARISM AT TWU

One of the core values of Trinity Western University is the integration of academic excellence with high standards of personal, moral, and spiritual integrity. The University considers it a serious offence when an individual attempts to gain unearned academic credit. It is the student's responsibility to be informed about what constitutes academic misconduct. For details on this, and on identifying and avoiding plagiarism go to the [University Homepage > Academics > Academic Calendar](#) (p. 47).

<https://prezi.com/od62fxnkbmxh/plagiarism-how-to-get-it-out-of-your-life/> (Prezi presentation)

<http://bit.ly/1p00KX3> (Google Slide presentation offering more comprehensive information)

STUDENTS WITH A DISABILITY

Students with a disability who need assistance are encouraged to contact the Equity of Access Office upon admission to TWU to discuss their specific needs. All disabilities must be recently documented by an appropriately certified professional and include the educational impact of the disability along with recommended accommodations. Within the first two weeks of the semester, students must meet with their professors to agree on accommodations appropriate to each class. Students should follow the steps detailed by the Equity of Access Office on their website at: <http://www.twu.ca/student-life/student-success/disabilities-and-equity-access>.

HOSPITALITY IN THE CLASSROOM

TWU is committed to an ethic of inclusion centered on the principles of Christian hospitality, reciprocity and reconciliation. We seek to cultivate generous learning spaces that are based on respect for differences and are open to diverse views, opinions, and identities that are thoughtfully expressed in a collegial manner. We welcome and value all voices, including those from under-represented groups or those who have been marginalized.

The following policies are optional but recommended, to allow you to efficiently respond to student challenges to the syllabus. *Click on these fields and press delete if you do not wish to use them:*

CAMPUS CLOSURE AND CLASS CANCELLATION POLICY

In the event of extreme weather conditions or other emergency situations go to the <https://www.twu.ca/campus-notification>.

LATE ASSIGNMENTS POLICY

All assignments are due one week after the last day of class. If you need an extension, you need to ask via email, explaining the reason for extension. If there is no request for extension, there will be a 5% deduction/day, after 10 days I will not accept your assignments.

PROGRAM GRADE SUBMISSION POLICY

I will submit your grades by April 18, 2022