

Curriculum for Wellstreams

Core Courses

First Semester:

Dynamics of Transformation
Trends in Christian Spirituality

Second Semester:

Practices in Prayer
Human Development, Personality Type and Spirituality

Practicum:

Third Semester: Practicum, Themes and Skills:

Listening Skills
Story Listening Narrative Theology
Spiritual Direction

Feelings and Emotions
Contemplative Attitude
Sexuality and Spirituality
Self-esteem
Discernment

Triads Begin: Five Rounds
Supervision is Introduced
Readings and Discussion
(- See Book List)

New Cosmology and Eco-Spirituality
Two Saturday Workshops:
- Listening Skills
- Eco-Spirituality

Fourth Semester: Practicum:

Continuation with Listening Skills
Continued Orientation on Supervision and
Outside Directees
Introduction to Process Notes
Introduction to Professional Groups and
Peer Supervision
Introduction to Code of Ethics
Triads Continue
Professional Groups Begin Work with
Outside Directees

Practicum in Companionship
Enneagram and Spirituality

Dreams and Spiritual Direction

Two Saturday Workshops:
- Scripture Reflection in Spiritual
Direction
- Dreams and Spiritual Direction

It will be the students' responsibility to arrange for their own 5-8 day directed retreat to take place over the summer.*

Fifth (Final) Semester:

Focusing

Active Imagination

Symbol and Spirituality

More Work on Discernment

Neuro-Linguistic Programming

Issues in Spiritual Direction

Group Spiritual Direction

Introduction to Retreat Ministry

Readings and discussion (See Book List)

Continuing Education (Encouraged)

Triads Continue

Professional Groups Continue

Outside Directees Continue

Supervision Continues

Synthesis Project

End-of-year Evaluations (Prof. Groups & Supervision)

Two Saturday Workshops:

- Spirituality and Sexuality

- Life Commandments and Deep Inner Believe

Optional Sixth Semester:

Continuing educational opportunities in:

- Group Spiritual Direction
- Small Group Facilitation