Contemplative Supervision Training for Ministry and Spiritual Direction

Course Description:

This training equips experienced spiritual directors, givers of the Ignatian Spiritual Exercises, with the skills and theoretical frameworks, and deepened personal formation needed to offer contemplative supervision. Rooted in the tradition of reflective practice, Ignatian discernment, and the art of sacred and holistic listening, this course fosters vocational integration, ethical presence, mutual accountability for those in ministry and helping professions.

Target Audience:

- Spiritual Directors with at least 2 years of practice;
- Givers of the Ignatian Spiritual Exercises; and
- Those seeking to become supervisors of spiritual directors, ministers, and those in the helping professions.

Course Duration:

12 months (part-time on-line) – **OR**
6-month intensive for experienced directors with prior supervision exposure

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Learning Outcomes:

Participants will:

1. Understand the foundations, purpose and models of contemplative supervision.
2. Cultivate the interior posture and presence required of a supervisor.
3. Develop skills for reflective listening, discernment, and ethical holding.
4. Engage in peer supervision and receive supervision on supervision.
5. Apply with cultural awareness, supervision models in diverse ministry contexts.
6. Integrate Ignatian discernment and psychodynamic frameworks for supervision practice.

Core Modules:

1. Foundations of Supervision

- What is Supervision? Definitions and purposes
- Differences between supervision, mentoring, and spiritual direction
- Contemplative stance and theological grounding

- The supervisor's role in fostering discernment, accountability, and formation

2. Dispositional Qualities of the Supervisor

- The inner life of the supervisor.
- The use of self as an instrument.
- Ethical presence and boundaries.
- Prayerful attentiveness and spiritual freedom.

3. Ignatian Perspectives on Supervision

- Supervision through the lens of Ignatian discernment.
- Supervision for givers of the Exercises.
- Accompanying others in discernment and decision-making.
- Discernment of spirits and its relevance in supervision.

4. Models and Methods of Supervision

Coursework will be drawn from the following models:

- Reflective Practice Model
- Kolb's Experiential Learning Cycle
- Seven-Eyed Model of Supervision (Hawkins & Shohet)
- Integrative Development Models
- Transformational supervision
- Lucy Abbott Tucker's reflective practice model
- Supervision using the Arts, Story, and Embodied Practices

5. Dynamics and Ethics in Supervision

- Intersubjectivity – mutual influence, relational presence, co-construction of insight and ethical encounter.
- Power dynamics and cultural sensitivity
- Confidentiality and ethical dilemmas
- Working with resistance and shadow

6. Supervising in Diverse Contexts

- Ministry supervision across cultures and denominations
- Supervision in trauma-informed and intercultural settings
- Group and peer supervision models
- Online and hybrid supervision challenges

7. Practicum and Integration

- Supervised supervision practice with feedback
- Reflective journaling and case studies
- Peer consultation groups
- Final evaluation

Assessment Methods:

- Participation in practicum and group supervision
- Reflective journals and supervision logs
- Case study presentations
- Supervisor feedback reports

Course Facilitators:

Dr Marlene Marburg AAOS Supervisor Trainer

Dr Bernadette Miles AAOS Supervisor

Experienced supervisors and trainers in Ignatian spirituality, pastoral theology, psychodynamic theory, and intercultural ministry.

Mode of delivery:

Six three hour workshops – 18 hours Synchronous learning
Four four day intensives - 40 hours synchronous learning
32 hours supervision practice
16 hours supervision on supervision

Alternative mode of delivery:

56 Hours of supervision theory synchronous learning which includes. 25 hours of experiential learning

- Nine 6 hour days – 56 hours – Fridays fortnightly 3x3
  Fridays 9.30am – 4.15pm (3/4 hour for lunch)

  5, 19 March, 2 April 2027
  7, 21 May, 4 June 2027
  3, 17 September and 1 October 2027.

- 16 hours structured peer group supervision