**Welcome to CAP Module Two:   
Building the Spiritual Direction Toolbox**   
January 9-March 27, 2025

**Instructor**: Linda Serepca ([Lindaserepca10@gmail.com](mailto:Lindaserepca10@gmail.com)) 704-776-3787

**Required texts:**   
1. Discernment by Rose Mary Dougherty, SSND  
2. Faith Styles by John Mabry  
3. In Touch by John Prendergast, PHD

**Assignments:**~Read texts and articles sent for discussion and make notes ~ including questions, stirrings, and noticings to process the material with your peers.  
~Write a faux verbatim using one of the concepts or modalities presented in one or more of the three texts read (a discernment issue, crisis of faith, tending inner guidance) and engage in peer supervision. due Mar 20 or Mar 27

**Schedule:  
  
~Jan 9 Didactic:** Ignatian Discernment **Part 1** with Christine Pearson  
*Please watch YouTube video sent!*

**~Jan 16 Didactic:** Ignatian Discernment **Part 2** with Christine Pearson  
*Please fill out the presession form sent!*

**~Jan 23 Didactic:** Ways of Knowing in Discernment **Article Discussion:** 1.Working with Emotions in Spiritual Direction, Kathleen Fisher, Presence Magazine. 2. Excerpts from The Way of Discernment by Elizabeth Liebert, SNJM

**~Jan 30 Didactic:** Working with Dreams in Spiritual Direction **Article Discussion** Dreamwork: Four Techniques for Spiritual Direction, Lisa Gonzales-Barnes, Presence Magazine.

**~Feb 6 Didactic:** Faith Styles and FACES (Dan Siegel theory) **Book Discussion.** *Please fill out test chart sent!*

**~Feb 13** **Didactic:** Internal Family Systems **Part 1**  
**Article Discussion** IFS Informed Spiritual Direction and Supervision, Luz Marina Diaz, Presence Magazine.

**~Feb 20** **Didactic:** Internal Family Systems **Part 2**  
**Article Discussion:** Exercises for the IFS Process, Bonnie J. Weiss, LCSW

**~Feb 27** **Didactic:** In Touch Review **Book Discussion:** Chapter Four, Questioning Core Limiting Beliefs.

**~Mar 6** **Didactic: Part 1** Listening and Expressing Inner Dynamics Through Creativity with Rev. Carol Hassell **Article Discussion:** Using the Arts in Spiritual Direction and Discernment, Christine Valters Paintner, Presence Magazine.  
~**Mar 13** **Didactic: Part 2** Listening and Expressing Inner Dynamics Through Creativity with Rev. Carol Hassell  
~**Mar 20** **and 27** Presentation ofverbatims