



APPRENTICE TRAINING PROGRAM FACT SHEET

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The Apprentice Training Program is designed to train select and spiritually mature persons through 30 hours of education and mentoring, which includes the apprentice completing 12 full spiritual direction sessions with a directee. The program may be taken individually or in tiny cohorts of 2 people who decide to take the program together (there is a 25% discount for those in cohorts).

Only a limited number of apprentices can be accepted at any one time and the program takes between 6-9 months to complete, so a wait list or delayed start is likely.

The mission of the program is intensive training in the *basics* of spiritual guidance, with an emphasis on Practicum (the doing of actual sessions with a directee) and Supervision. For this 2nd half of the program, we will use at least 3 video recorded apprentice-led spiritual direction sessions for practicum discussion and at least 9 sessions with no recording but write-ups as supervision case studies for traditional Supervision with the trainer. (For transparency and confidentiality purposes, the apprentices' directees must agree to having the session recorded or written up. A release form will indicate their session material will be used only for teaching and will be destroyed upon completion of the program).

Part of the appeal of the Apprentice program is its flexibility. Apprentices may request additional subject matter be covered. If they want more hours, they may also suggest any self-study aspects of the curriculum.

Mandatory classroom texts include:

- [*Sacred is the Call*](#) by Suzanne Buckley, ed.
- [*Spiritual Direction 101 and 50 Ways to Pray*](#) by Teresa Blythe
- [*Kaleidoscope: Broadening the Palette in the Art of Spiritual Direction*](#) edited by Ineda Adesanya
- [*Guidelines for Ethical Conduct*](#) from SDI (free online brochure)
- 2 additional books related to the art of spiritual direction, chosen by the apprentice

All handouts or additional reading material for sessions are provided electronically via access through the Thinkific teaching platform (once enrolled, the apprentice has access to this platform during the program and after.)

ABOUT US – The program was created in 2019 by Teresa Blythe, former director of the Hesychia School of Spiritual Direction. In early 2021, the program expanded to include A 2ND trainer, Rev. Canon Greg Foraker. He is a master teacher of spiritual formation and trainer of spiritual directors. Bio information on Teresa or Greg is included with this fact sheet.

PHILOSOPHY - It is important to note that this program is laser focused on the non-directive or evocative method of spiritual direction. We believe this method is the safest for both director and directee. Using the evocative method, directors meet clients exactly where they are on their spiritual path, listen deeply and hold no agenda or offer no “fixes” or advice to the directee. The method and tools taught come primarily from a contemplative Christian background, but because of its non-directive nature, this method works well with people from a variety of spiritual backgrounds.

We do not require that apprentices be from a particular religion or tradition, however we accept people who have a regular spiritual practice, appreciate the inner life, and have taken a number of classes about the spiritual life.

Apprentices must have been in spiritual direction for a significant amount of time in their life, and it is a requirement that they have a spiritual director for the duration of the program. If you are in between directors or want to take this first step, we recommend SDI Companions website (www.sdicompanions.org) for a list of spiritual directors all over the world!

REQUIREMENTS FOR CERTIFICATE - Minimum of 30 hours in 19 Sessions (running 1.5 – 2 hours, depending on the class). *If you are entering the Apprentice Program in order to finish out a prior program that you are not able to complete, classroom time in the previous program will be counted, and an adjusted curriculum will be developed for you.*

LOCATION - Meetings are online via Zoom. The apprentice and trainer determine the days, time and frequency of sessions.

PRICING - The program’s price is based on an \$100 per hour rate. Total for individual sessions is \$3000, which may be paid in total or we can set up a payment plan of 4 payments. People who choose to work in tiny cohorts get a discount at \$80 per hour = \$2400 total. We ask that as soon as you have been accepted and decide you definitely want to be part of the program that you pay a 10% deposit to Teresa Blythe which will count toward your first payment. Subsequent payments are made to your *trainer* via [Venmo](#), [Zelle](#) or you may send a check in the mail.

Contact Teresa Blythe at teresa@teresablythe.net if you are interested in applying to work with either Teresa or Greg. If you are ready to apply, download the application and recommendation form online at <https://teresablythe.net/become-a-spiritual-director/>

Thank you for your interest in the Apprentice Training Program. Please pass this information along to a friend who might be interested, too.



Rev. Teresa Blythe

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Pronouns: She/her/hers

Teresa is an ordained United Church of Christ minister, working in spiritual direction and discernment coaching with individuals, groups and organizations since 1997. She founded the Phoenix Center for Spiritual Direction at First UCC Phoenix in 2015 and began the Apprentice Training Program in November of 2019. Teresa has been offering and teaching spiritual direction for over 20 years since

graduating from San Francisco Theological Seminary with an M.Div. and Diploma in the Art of Spiritual Direction. As director of the Hesychia School of Spiritual Direction in Tucson (2005-2019), Teresa taught and mentored hundreds of people who came to the desert for training. Her work led her to write *Spiritual Direction 101: The Basics of Spiritual Guidance* (Apocryphile Press) and co-author a new book from Fortress Press, *Incline Your Ear: Cultivating Spiritual Awareness in Congregations*. Teresa lives in Phoenix, AZ and is connected to First UCC Phoenix.



The Rev. Canon Greg Foraker

Canon for Formation, The Episcopal Church in Colorado

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The Rev. Canon Greg Foraker, Canon for Formation, The Episcopal Church in Colorado, leads the Formation Team in the office of Bishop Kimberly Lucas. Greg is responsible for providing resources and implementing ministries and programs that effectively equip church leaders across the diocese and the wider church for the work of evangelism, faith formation, and discipleship for people of all ages. A spiritual director, teacher, and pilgrim, Greg has taught a wide range of courses in the art of spiritual direction for nearly 20 years. Greg has a passion for spiritual pilgrimage. He has led interfaith, diocesan and parish pilgrimages to the Holy Land, Canterbury, Taizé, Chartres, Lindisfarne, Iona and five times on the Caminos de Santiago. In 2020, Greg's team has created an innovative and popular Hybrid Camino Pilgrimage, inviting pilgrims to virtually walk the Camino Francés from their own homes during the time of pandemic, effectively building community through technology and welcoming pilgrims from across Colorado, the US, and in Spain.

Phoenix Center for Spiritual Direction Apprentice Training

Syllabus

| Session Descriptions | class duration |
|---|----------------|
| Session 1: Intro to Spiritual Direction - A basic introduction to the evocative method of spiritual direction. | 1.5 |
| Session 2: The Primary Practice of Listening - How to listen deeply using Contemplative Listening skills | 1.5 |
| Session 3: Listening Part 2 + Theology More attending and responding skills as well as intro to theologies useful for spiritual direction | 1.5 |
| Session 4: Openings and Blocks in Spiritual Direction - What directors can do to follow openings in the sessions and how to avoid common director blocks | 1.5 |
| Session 5: Spiritual Practices Useful for SD - Many ways to pray and how to accompany a directee learning to pray in new ways | 1.5 |
| Session 6: Varieties of Spiritual Paths -- A look at the many varieties of Christian seekers as well as "none's," "dones," and spiritual but not religious | 1.5 |
| Session 7: Working with Images in SD - Exploring many ways to work with an image in SD | 1.5 |
| Session 8: Discernment - Spiritual discernment principles drawn from Ignatian and Quaker discernment concepts | 1.5 |
| Session 9-A: Grief and Trauma -Exploring how SDs can hold space for clients in grief or experiencing stress from trauma | 1.5 |
| Session 9-B: Special session on Supervision - THREE sessions discussed: one video and two written case studies provided to your trainer prior to the supervision session. | 1.5 |
| Session 10: Psychology- What spiritual directors need to know - when to refer; how to notice transference; how to be patient with clients who have mental health challenges | 1.5 |
| Session 11: Group Spiritual Direction - the art of using the evocative method with groups | 1.5 |
| Session 12: Setting up a SD practice + Marketing - The nuts and bolts of the business of SD | 1.5 |
| Session 13: Gender, Sexuality and LGBTQ concerns - Accepting different aspects of gender and sexuality; understanding the spiritual aspect of gender and sexuality | 1.5 |
| Session 14: Justice concerns for the SD + Supervision of 2 video sessions (2.0 hours) - Explore how the spiritual director does justice by promoting contemplation. And supervision. | 2 |
| Session 15: Self Care + Practicum Intensive #1 (2.0 hours) 2 write ups from 2 different sessions. Discussion around self care. | 2 |
| Session 16: Ethics + Practicum Intensive #2 (2.0 hours) 2 write ups - Considering a few ethics case studies. And supervision. | 2 |
| Session 17: Practicum Intensive #3 (1.5 hour) 2 write ups - Supervision of 2 SD sessions completed | 1.5 |
| Session 18: FINAL SESSION including oral book reviews of 2 books you chose to add to the reading list for self study +1 write up for Supervision. GRADUATION & Certificate awarded. (1.5 hours) NOTE: Sessions 17 and 18 may be combined into a final 3 hour session. | 1.5 |