



The FIND School curriculum consists of instruction in four general areas that can be categorized as:

1. the Psychology of Spiritual Direction (SD),
2. the History of Spirituality,
3. Prayer and Spirituality, and
4. the Practicum (either directed toward the practice of Spiritual Direction, or in Spiritual Formation, depending on the specific track)

The topics covered in each of the three years are listed on the following pages.



First Year Curriculum	
Personality Types	Psychology of SD
Introduction to Christian Spirituality	History of Spirituality
Desert Fathers & Mothers	History of Spirituality
Listening Skills 1	Psychology of SD
The Reluctant Spiritual Director	Practicum
Eastern Traditions, Part 1	History of Spirituality
What SD is and is not	Practicum
The Unconscious & Shadow	Psychology of SD
Seven Levels of Faith	Prayer & Spirituality
Prayer & The Rule of Life	Prayer & Spirituality
Western Monasticism, Part 1	History of Spirituality
Benedictine Spirituality	Prayer & Spirituality
Lectio Divina	Prayer & Spirituality
Contemplation & Meditation	Prayer & Spirituality
Franciscan Spirituality	Prayer & Spirituality
Hispanic Spirituality	Psychology of SD
Lenten Day of Prayer	Practicum
Prayer & Temperament	Prayer & Spirituality
Western Monasticism, Part 2	History of Spirituality
Psychopathology	Psychology of SD
Incarnational Spirituality	Psychology of SD
Care of Mind & Spirit	Practicum
Ethics in Spiritual Direction	Practicum
Introduction to the Special Project	History of Spirituality



Second Year Curriculum

Lutheran Spirituality	History of Spirituality
Listening Skills 2	Psychology of SD
The Enneagram	Psychology of SD
Retreats & Quiet Days	Practicum
Special Project Presentations	History of Spirituality
SD in Times of Adversity	Psychology of SD
Blocks in Spiritual Direction	Psychology of SD
Carmelite Spirituality	Prayer & Spirituality
Living into Death	Psychology of SD
Resistance & Defenses in SD	Psychology of SD
Stages of Psychological Growth	Psychology of SD
Group Spiritual Formation	Practicum
Lenten Day of Prayer	Practicum
Ignatian Exercises & Discernment	Prayer & Spirituality
Practice of SD & Holy Listening	Practicum
English Spirituality during the Anglican Reformation	History of Spirituality
Mystical Spirituality of the Eastern Tradition	History of Spirituality
Dominican Spirituality Today	Prayer & Spirituality
Jung's Anima & Animus	Psychology of SD



Third Year Curriculum

Celtic Spirituality	History of Spirituality
Gifts from Other Traditions	Prayer & Spirituality
Supervision in Spiritual Direction	Practicum
Cultural Awareness	Psychology of SD
Hospitality: The Heart of SD	Practicum
Spiritual Direction and Journaling	Prayer & Spirituality
Anglican Spirituality	History of Spirituality
The Enneagram: Prayer & SD	Prayer & Spirituality
Planning Lenten Day of Prayer	Practicum
Spirituality of Liturgy	Prayer & Spirituality
English Mystics of 14th Century	History of Spirituality
Supervision in Spiritual Direction	Practicum
Jung's Approach - Dream Analysis	Psychology of SD
Discernment in the Practice of SD	Prayer & Spirituality
Planning Lenten Day of Prayer	Practicum
Prophetic Spirituality/Soc. Justice	Psychology of SD
Supervision in Spiritual Direction	Practicum
Creation Spirituality	Prayer & Spirituality
Lenten Day of Prayer	Practicum
Contemplative Prayer - Thomas Merton	History of Spirituality
Women's & Men's Spirituality	Psychology of SD
Supervision in Spiritual Direction	Practicum
Designing Classes in Formation	Practicum
Eastern Christian Spiritual Tradition, Part 2	History of Spirituality
Supervision in Spiritual Direction	Practicum