

# Spiritual Companionship

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## Academic credits

2 KP (3 ECTS)

## Prerequisites

None

## Approved by

Methodological Commission (31.01.2020)

## Course author and Lecturer

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## Content (Course Annotation)

Students understand the contemplative pattern of Spiritual Companionship and the basics of listening and negotiating skills, learn to understand and settle the call for contemplative companionship. Lessons include *lectures* on different kinds of prayers, *talks*, *practices* for learning different kinds of prayers and active listening and speaking skills, and conversations with an associate who accompanies in the recognition process of the vocation.

## Aim

Provide insight into contemplative companionship and help assess the call for such a ministry.

## Learning Outcomes

### ***Knowledge***

*The students will know:*

- a contemplative model of Spiritual Companionship in its historical and contemporary psychological context;
- the concepts used in the field of companionship;
- principles for conducting the companionship talks;
- possibilities for further development of companionship skills.

**Skills**

*The students will be able to:*

- distinguishing the contemplative model of companionship from other spiritual care methods;
- to apply the concepts of companionship theory adequately and to work with appropriate literature;
- focus on the different types of Contemplative companionship intervention conversations;
- assessing further training opportunities for developing companionship skills.

**Competence**

*The students will be able to:*

- apply the principles of companionship in spiritual conversations at the basic level;
- make decisions on the use of companionship methods;
- use active listening skills in a companionship conversation;
- reflect on, formulate and communicate ongoing processes;
- to cooperate with others by accepting assistance from the companion;
- assess one's gifts, knowledge and skills to apply them within the scope of their competence.

**FULL-TIME STUDIES**

**Lesson plan**

<i>Subject</i>	<i>Academic hours (45 min)</i>
1. Types of prayers	8
2. Listening skills	6
3. Discerning the call to companionship	4
4. Spiritual Companionship model	6
5. Following the call	4
6. Saint Ignatius life	4
<i>TOTAL</i>	<i>32</i>

**Individual study plan**

<i>Individual studies</i>		<i>Number of hours</i>
1. Practicing different kinds of prayers		16
2. Watching and analyzing demonstrations		4
3. Self-reflection in conversation with the companion		8
4. Spiritual Direction Triads		12
5. Development of summary self-assessment		8
<i>TOTAL</i>		<i>48</i>

**Assessment**

	<i>Learning Outcomes</i>			<i>% of the final score</i>
	<i>Knowledge</i>	<i>Skills</i>	<i>Competence</i>	
Spiritual Direction Triads	+	+	+	70%
Development of summary	+	+		30%

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self-assessment

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TOTAL

100%

## Readings

### *Mandatory Readings*

Sančess-Leons, Alberto. *Garīgā pavadība*. Rīga: KALA Raksti, 2019.

### *Additional Readings*

Priede, Jānis. *Svētceļnieka piezīmes*. Rīga: LU Akadēmiskais apgāds, 2021.

Kihle, Stefans. *Lēmumu pieņemšanas māksla*. Rīga: KALA Raksti, 2016.

Galagers, Timotejs M.. *Izvērtes lūgšana*. Rīga: KALA Raksti, 2011.

Pickering, Sue. *Listening and Spiritual Conversation*. Norwich: Canterbury Press, 2017.

Barry, William A. & Connolly, William A. *The practice of spiritual direction*. New York: Harper One, 2009.

Gerhards, Johans. *Dienišķā svētdzīve*. Rīga: 2020.

### *Internet sources*

<https://pray-as-you-go.org/>