



CS/CO112 Spiritual Care and Direction

Ms Seah Chiew Kwan | 3 CR

Course Purpose

What is spiritual care and direction?

For me, it is a journey of longing and grace. For the spiritual carer, it is a journey of longing to know God deeper as one loves God and neighbor in the doing of spiritual care and direction; and to one's delight, experiencing God's abundant grace for both self and people in the process. For the people, it is a journey of longing for wholeness as a person and of encountering God's grace on the journey in and through the person of the spiritual carer. The focus of this module is essentially lay counselling. It is broad and practical-oriented. The spiritual carer will be introduced to a process-based counselling framework as well as embark on a journey of Spirit-

controlled self-leadership of their inner world so as to provide care from the inside out. Attending and spiritual listening skills will be introduced and practiced.

Dates (2022)

Feb 5, 12, 19, 26

Mar 5, 12, 19, 26

Apr 2, 9

Location

TBC

Time

(9.30am – 12.30pm)

Credits

3 CR

Fees*

S\$450

(Credit)

S\$240

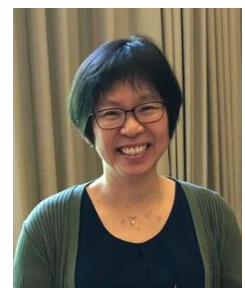
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Class Format

- Self-Paced+Live (In-Person)
- Self-Paced+Live (Online)
- Self-Paced+Live (In Person+Online)

About the Lecturer

Ms Seah Chiew Kwan is a graduate from Biblical Graduate School of Theology (Grad Dip CS in Christian Education and MCS), TCA College (MA Counselling). Currently, she is an adjunct lecturer with BGST and Tung Ling Bible School. She was a facilitator for Core Clinical Skills with TCA College, School of Counselling for 2 years and a lecturer with Singapore Polytechnic for 20 years. In 2010, she and her late sister established Keeper's Loft, a ministry of soul care. She has been facilitating silence and solitude retreats for churches and small groups since then. She offers professional counselling and Christian spiritual mentoring for individuals as a private practitioner. She integrates psychotherapy and Christian spirituality in her work and ministry. She is married to Roy and they have 2 adult children and 2 grandchildren. She is also a cancer survivor.



Academic Information

Learning Outcomes

1. The student will be introduced to a process-based counselling framework.
2. The student will learn some basic core skills of attending and spiritual listening.
3. The student will embark on a journey of Spirit-controlled self-leadership of their inner world through experiential spiritual exercises.
4. The student will know some basics of spiritual guidance.
5. The student will reflect on their personal culture for giving spiritual care and direction.

Course Text:

LaCroix, Molly. *Restoring Relationship: Transforming Fear Into Love Through Connection*. 2020.

Book Review Text:

Nouwen, Henri J. M. *Spiritual Direction: Wisdom for the Long Walk of Faith*. Ed. Michael J. Christensen and Rebecca Laird. New York: Harper-One, 2006

Course Requirements

1. Pre-lecture readings and participation in group reflections.
2. Participation in core-skills.
3. Reflection essay of their personal journey of Spirit-controlled self-leadership of their inner world.
4. Reflective book review.
5. Individual Presentation and Essay on Spiritual Care and Direction.

For more information, contact us at **Biblical Graduate School of Theology**

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