

**Revisiting Supervision:
The Changing Face of Compassionate Supervision
Across the Life of Spiritual Direction Ministry
Text of Zoom Chat (edited)**

- Zoom Etiquette Suggestions

Please mute your microphone when you aren't speaking. In order to know one another better, consider using your name as your zoom screen name (rather than an organizational name or other name). Please limit your use of the chat for other reasons and especially during presentations, just as you would limit talking during presentations if we were meeting in-person. When you are in small groups, please consider turning your camera on as it helps to promote conversation.

- **Vanessa**29:29

Hello everyone! So nice to be here with you. I'll be keeping an eye on the chat during this workshop, so feel free to message me privately with a question or for troubleshooting, or share a question or comment with the whole group. :) - Vanessa Caruso

- **Nancy Small**51:14

Sharing Group Process

Each sharing group will be 15 minutes long and for each the process will be the same.

1 min. Ground yourself together in silence, perhaps by sensing your connection to yourself, to the earth, to God, and to one another.

2 min. Introduce yourself by stating your name, your location, and whether you are a supervisor, a supervisor in training, or discerning a call to supervision.

5 min. Engage question #1

5 min. Engage question #2

2 min. Reflect on anything that might be important to share in the large group verbally or via chat.

Group Sharing Invitations for Compassion in Supervision

Round 1: How has encountering - or not encountering - compassion in supervision affected you as a supervisee?

Round 2: From your perspective as a supervisor, as a supervisor in training, or as someone discerning a call to supervision, discuss one thing that engages or challenges you about cultivating compassion in supervision.

- **Ann Derr**01:11:23

From group 19 - Compassion comes from supervision not consultation - and it is intentional.

- **Dan Schrock**01:11:38

We talked about how a low level of compassion can be disheartening and can halt deeper sharing.

- **Ingrid Clemmensen**01:11:51

The could be a challenge in training programs and supervision groups—the difference in cultures

- **Tara Owens**01:12:23

@Dan Schrock, I love that awareness. What a helpful noticing.

- **Patricia Harasym**01:12:26

In our group, we felt that what enables compassion in a supervision group is the will and capacity for vulnerability in each one and in the group

- **Catherine Kelly**01:13:13

Sense of presence, welcome, hospitality, Ignatian approach: looking at consolation and desolation in directing

- **Laura P.**01:13:18

Self-compassion is necessary in order to offer that compassion to others, whether directees, other spiritual directors.

- **Vanessa Caruso**01:13:27

@Ann Derr - Thank you group 19. Indeed the intentional compassion via supervision is so powerful!

- **Liz Buzone - Miami, FL**01:13:27

Group 11: Cultivating the supervision space as a container for compassion. Going back to that shared understanding when challenges come up (ie feeling judged) so we can acknowledge our responses as our own (i.e. defensiveness).

- **mona snider**01:14:27

Group 4- We've only had positive experiences of compassion in supervision. Compassion fatigue was shared in that we need to be aware that we owe compassion to ourselves in this practice. Consultation is a very good part of the supervision process....

- **Julia Donahoe MacDougald**01:14:47

grp 25: very compassionate gives confidence ; listening presence ; affirm ; like being listened to then able to listen to others : Question 2 not aware I am compassionate ; attentive listening ; provocatively questions - that can empower ; I am a fixer so that is a big challenge - how can we help without having all the answers : trust that God will provide

- **I-Fong Wu**01:14:52

Group 30. We talked about the need for supervision and it was handled at the church of St. Francis Xavier.

- **Vanessa Caruso**01:15:40

@Mona - oh, compassion fatigue! Yes, thank you for bringing this up

- **Peter Watkins**01:16:50

Groups 23. When "the right way" becomes an impediment to the Spirit moving and the freedom of the director. For example depending too much on the form of the Exercises to the exclusion of listening to the Spirit. How do we compassionately help the director to see this blind spot?

- **Susan Friedrichsen**01:17:04

Group 27: We both have only experienced compassionate supervision and noted how it invited us to be more compassionate with ourselves as spiritual directors

- **Tara Owens**01:17:35

Group 22: We discussed compassion as “being” rather than “doing.” Also, as a supervisor, challenge comes in offering compassion when a supervisor is experiencing counter-transference, and is unable to appropriately offer curiosity or the supervisee’s own story rather than the supervisor’s own.

- **Vanessa Caruso**01:19:59

Oh good question @Peter Watkins + Group 23. I’ll bring this up if there’s time.

- **Diana Carmona**01:22:10

I find that compassion towards others is rooted /often stems from self-compassion

- **Francis Mulcahy**01:23:13

I have been in a small supervision group but we are planning to add one or two additional directors. Good reminders to add carefully and exercise compassion to new members.

- **Alice Nahas**01:23:40

Reacted to "I have been in a sma..." with ❤️

- **Vanessa Caruso**01:35:40

Reacted to "I have been in a sma..." with 😊

- **Vanessa Caruso**01:55:41

Someone else asked this, so sharing it with the group: Maria referred to a quote (on how to use time) from Mary Rose Bumpus and that’s from Supervision of Spiritual Directors: Engaging Holy Mystery, found here:

<https://www.christianbook.com/supervision-spiritual-directors-engaging-holy-mystery/9780819219947/pd/19946>

- **Vanessa Caruso**02:00:16

And here’s Lucy’s book with some creative/imaginative contemplative forms:

<https://www.abebooks.com/Spiritual-Direction-Supervision-Principles-Practices-Storytelling/30865421114/bd>

- **Vanessa Caruso**02:02:08

And here’s Christine’s book also mentioned:

<https://www.spiritualityandpractice.com/books/reviews/view/19831?gclid=Cj0K>

CQjwpPKiBhDvARIsACn-
gzA5y6P1AGLLa2AmGzsLeIov1RVuyaI2YduLTjRva9BJOoI_ti0a2KIaAhEWEALw
_wcB

- **Nancy Small**02:13:58

Sharing Invitations for Group 2
Supervision Across the Life of One's Ministry

Round 1:● As a supervisee, how has your own self-supervision, case preparation, frequency of receiving supervision, and experience with your supervisor changed over the life of your ministry?● If they haven't changed, what if any desires stir in you about this?

For supervisors As your supervisees grow in experience, what differences do you notice about:■ what you expect from them regarding case preparation and frequency?■ how you engage them during sessions? What will you take away from today's presentations that informs, challenges, or invites you around your supervision ministry?

For supervisors in training○ What do you notice about how your experience of supervising new directors differs from your experience of supervising experienced directors?○ What will you take away from today's presentations that informs, challenges, or invites you around your supervision ministry?

For those discerning a call to supervision NEED TO ADD

- **Vanessa Caruso**02:16:10

A few links for you all: World on Fire Spiritual Direction Training:
<https://www.worldonfireformationprogram.com/#:~:text=spiritual%20direction%20is%20help%20given,the%20consequences%20of%20the%20relationship>.

- **Vanessa Caruso**02:17:32

Together in the Mystery/Fordham CRF:
<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:9acee97e-7442-36fd-9996-cdc2e8a5c43e> and Remembered Dialogue Form:
<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:782ff6a6-010e-3567-9187-b242e570dd58>

- **Catherine Kelly**02:21:15

I would like to share the model of peer supervision that I have used with groups of directors for the Exercises. Could I send it to Nancy for circulation? People felt consoled hearing this method.

- **Vanessa Caruso**02:22:29

@Catherine yes go ahead and send to Nancy 😊

- **Nancy Small**02:23:07

We will share with you the definitions that Maria offered at the beginning of today's program. We'll send these definitions out when we send out the recording of today's program.

- **Stephen Krupa**02:25:39

Say more about the differences you sense between a Peer Group that has a "supervisor" (who doesn't present cases) and a Peer Group that relies on the group members for the supervision.

-  **Tara Owens**02:25:48

I was consoled in noticing that those in supervision groups around the Exercises find that the directors are familiar with structure and rigor and bring that more fluidly into the supervision process. Groups without the experience of the structure of the Exercises sometimes feel unruly or have less rigor. Also, we had a great image reflection of the fact that sometimes roots are the image, and sometimes it feels more like an octopus.

- **Janet Perucca-Kleinhofer**02:25:57

Very interested in receiving the model of peer supervision for The Exercises that Catherine offered to share.

- **Diana Carmona**02:26:11

Any suggestions for a group spiritual directors in peer supervision group w 10-12 members ? there seems to be gravitation towards advice giving

- **Meg Scott-Johnson**02:26:37

Could we meet quarterly to continue these learnings and conversations with Maria and each other?

- **Maryanne Stanislaw**02:33:20

I am interested to receive the peer supervision for the Exercises the Catherine offered.

- **Laura P.**02:34:16

Thank you, Lauren!

- **Helen Beairsto**02:35:06

Thank you Lauren there is a difference.

- **Diana Carmona**02:35:39

Could we have information about available supervisors for on-line supervision?

- **Nancy Small**02:36:22

Replying to "Could we have inform..."Yes, we will be sharing some resources about this shortly.

-  **Ellen Tomaszewski and Maria Roach**02:38:40

I belong to the school of spiritual directional the Franciscan University of Steubenville. its a 3-year program and is excellent for supervision and spiritual direction, and specifics regarding spiritual direction vs. counseling, etc. (Maria Roach)

-  **Maryanne Stanislaw**02:40:09

Is there a program focused on supervision for Directors of the Spiritual Exercises?

-  **Nancy Small**02:40:15


Here are definitions Maria shared at the beginning of today's program:

Definition of Spiritual Direction: a compassionate, contemplative, evocative process of theosis, in which a spiritual directee and director reflect together on the directee's experience, noticing and responding to the Mystery God in the present moment. This process yields greater consciousness of the sacred across every dimension of experience and arena of life; improves discernment; and increases

freedom to respond to God with generosity. --Maria Tattu Bowen © 2023 - please use only with citation.

Definition of supervision (adapted from Mary Rose Bumpus' definition in Supervision of Spiritual Directors: Engaging in Holy Mystery) Supervision is a compassionate, contemplative, evocative process of theosis between peers, in which a spiritual director and supervisor reflect together on the director's experience of offering spiritual direction, noticing and responding to the Mystery God in the present moment. This process yields greater

Tara Owens02:40:58

Reacted to "Here are definitions..." with 

- **Ingrid Clemmensen**02:42:08

I am also interested in supervision for directors of the spiritual exercises. Could you comment on this need?

- **Karen Felicidadario**02:42:19

For some reason the chat will not allow copying of the above definitions. Is it possible to have these included in an email?

-  **Meg Scott-Johnson**02:43:04

Please to Karen's request!

-  **Nancy Small**02:43:26

- Some of you are asking about supervision that relates to directors of the Spiritual Exercises. Here's information that was shared in one of the small groups:

Some of the people in my small group would like to hear more about supervised group supervision/consultation format that I have offered/created for groups of directors offering the Spiritual Exercises based on Christian Life Community meeting format and Spiritual Exercises director supervision with Fr Richard Soo, SJ. Here is the agenda I send to the directors to help them prepare for the sessions. We met by Zoom because directors came from across the US and Canada.

Our meetings are usually 60-75 minutes but I have booked a 90-minute session, if we need it. To help you prepare your sharing, below is the format for our sessions:

1. Opening Prayer
2. Check in - name and how are you feeling as you come to the meeting?
3. Share your own consolations of directing your retreatant (can be a description and then a word or phrase that sums it up)
4. Share your own desolations of directing your retreatant (can be a description and then a word or phrase that sums it up.)
5. Second round of listening - union of minds and hearts or any common words, themes, images, movements
6. Describe where your retreatant is in the Exercises (e.g., Week 3, Week 4 and how the transition between phases has gone if they have transitioned) and how it is going.
7. Opportunity for consultation
8. Announcements
9. Appropriation of graces: identify one grace you received during the meeting
10. Closing Prayer

From:

Catherine M. Kelly, M.Div.
Director of Spiritual Formation, Retreats and CLC
St. Mark's Parish - UBC
Vancouver, BC, Canada

- **Vanessa Caruso**02:49:15

Three people have asked about resources for conducting that initial interview with a prospective directee. This episode of our podcast talks more about that (Starting a Spiritual Direction Relationship): <https://soundcloud.com/user-931156994/starting-a-spiritual-direction-relationship-season-2-episode-1> and Tara's ministry Anam Cara has these questions for a prospective director (good for us directors to consider!): <https://anamcara.com/11-questions-to-ask-a-prospective-spiritual-director/>

- **Martha Robbins**02:50:34

Reacted to "Three people have as..." with 🙏

- **Penelope**02:50:56

Can the titles and authors of the 2 books just mentioned, re multicultural spirituality, be added to the chat? Thank you!

- **Vanessa Caruso**02:51:30

Yes! Here is Embodied Spirits: <https://www.christianbook.com/embodied-spirits-stories-spiritual-directors-color/9780819228932/pd/228930>

- **Vanessa Caruso**02:51:47

And here is Kaleidoscope:

<https://www.google.com/url?q=https://www.christianbook.com/kaleidoscope-broadening-palette-art-spiritual-direction/inedadesanya/9781640651647/pd/651647&sa=D&source=docs&ust=1683833540975234&usg=AOvVaw3DlfQjv3bn6pS5avwFRiaD>

- **Vanessa Caruso**02:52:12

And here is the Spiritual Directors of Color Network:

<https://www.google.com/url?q=https://sdcnetwork.org/&sa=D&source=docs&st=1683833559399734&usg=AOvVaw1GnXufUS7-fXnP6kPiz-KF>

- **Vanessa Caruso**02:52:30

Here's the program in Spanish we found:

<https://www.google.com/url?q=https://mercy-center.org/programs/programas-en-espanol/profundizando-y-practicando/&sa=D&source=docs&ust=1683833584864575&usg=AOvVaw1P8pBFjQ6buFTzvTuOkAgQ>

- **Diana Carmona**02:53:31

Could you elaborate about bias and it's impact in the session -- & how to stay rooted in compassion

- **Nan Bouche**02:54:47

What would be a reasonable stipend for supervision?

- **Vanessa Caruso**02:55:58

Good question Nan. I have seen everything from \$60-\$150 for supervisors (in USD). How about others?

- **Martha Robbins**02:56:11

Pneuma Institute offers training in giving the Spiritual Exercises in Everyday Life (SEEL) which includes personal supervision. PneumaInstituteSDL.org

- **Diana Carmona**02:56:19

Thanks @

- **Karen Felicidadario**02:56:29

Could you expand a bit on Self-Supervision? I have not heard that term before today.

- **Alice Nahas**02:56:40

In Arkansas, common for \$40-60 per hour.

- **Laura P.**02:57:26

Likewise in my experience, Alice.

- **Vanessa Caruso**02:57:28

Here is some Fordham info: Fordham's Advanced Certificate in Supervision Information: [https://www.fordham.edu/graduate-school-of-religion-and-religious-education/admissions/application-requirements/Online Application Form:](https://www.fordham.edu/graduate-school-of-religion-and-religious-education/admissions/application-requirements/Online%20Application%20Form) https://gradadmissions.fordham.edu/apply/?_ga=2.210549271.325194616.1683818597-147896889.1674508367 More info on ACS and forms needed here: <https://www.fordham.edu/graduate-school-of-religion-and-religious-education/admissions/application-requirements/>

- **Alice Nahas**02:57:46

Reacted to "Likewise in my exper..." with ❤️

- **Vanessa Caruso**02:58:11

Maria's Fordham email: mbowen10@fordham.edu

- **Liz Buzone - Miami, FL**02:58:13

Replying to "Here is some Fordham..." "First link did not work?"

- **Vanessa Caruso**02:58:46

Here's a whole episode on self-supervision 😊: <https://soundcloud.com/user-931156994/self-supervision-three-association-season-2-episode-4>

- **Vanessa Caruso**03:00:10

Three Association Podcast: Find episodes on Boundaries, Starting & Ending a Spiritual Direction Relationship, Confidentiality, and more:
<https://www.threeassociation.com/>

-  **Karen Felicidadario** 03:00:41
Reacted to "Here's a whole episo..." with 
- **Ellen Tomaszewski and Maria Roach** 03:01:03
What is the name of the podcast please?
- **j** 03:01:22
how to access podcast? Will all of this be sent with the recording today?
We'll be launching the new season of the podcast later on this year.
- **Laura P.** 03:02:23
Any suggestions about helping directors-in-training to find directees, pre-graduation?
- **Vanessa Caruso** 03:03:56
@Laura P Finding Seekers is a great book about this!
<https://www.amazon.com/Finding-Seekers-Spiritual-Direction-Employment/dp/1937002187>
- **Maria Tattu Bowen** 03:03:58
Please feel free to contact Maria Tattu Bowen: mbowen10@fordham.edu or Maria@togetherinthemystery.org
- **Alice Nahas** 03:04:51
Replying to "Any suggestions abou..." "You might contact your pastor, priest and let them know what you are offering.
- **Nancy Small** 03:04:56
If you are a spiritual director in the Jesuit East province seeking a virtual supervision group or individual supervision, please contact nsmall@jesuits.org.

If you are a trained supervisor in the Jesuit East province who is available for individual or group supervision, please go to <https://www.surveymonkey.com/r/5PVL2WL> to be added to our list of available supervisors.

- **Vanessa Caruso**03:05:20

Mailing list: <https://www.togetherinthemystery.org/>

- **j**03:05:28

do other Jesuit provinces in different part of the US offer programs like yours? can Midwest people hop on board with your offerings

- **Diana Carmona**03:09:44

WONDERFUL [RESENTATION- desire for more formations w you Maria

- **Diana Carmona**03:11:06

]

- **Kevin O'Brien**03:13:00

Replying to "do other Jesuit prov..."We're not aware of a similar initiative to ours in The other Jesuit provinces. You are more than welcome to participate in our online programs. Be sure to register with us to stay up to date on our programs.


Link to be listed in the OIS database of Ignatian Spiritual Directors:

<https://jesuitseastois.org/ois-catalog-of-spiritual-directors>

Link to OIS spiritual director mailing list:

https://visitor.r20.constantcontact.com/manage/optin?v=001nxNUBQroFr0SaKu7V_sciu6-41Z1Cd2SI8-ETgFq1uPOgRwnoMbFjw-2OiCOOFyZCCA-rS4wFJKMRdlQ3pmfeEWUbbp2pkuFf4IvNhu16ImQ5WZJvMRcNaZc5yIYJPgHOv-CrhBPqBuLxTaM3okGHoQRrSo0Ax56t7IvQqMwEcmMV0moKj1Q%3D%3D

- **Karen Felicidadario**03:13:20

Reacted to "We're not aware of a..." with 

- **Ellen Tomaszewski and Maria Roach**03:15:13
Thank you.