



New Vision Interspiritual Seminary

NVIS THIRD YEAR SPIRITUAL COUNSELING PROGRAM

September 2015 to May 2016

Instructors: Rev. Susan Mufson, LCSW and Rabbi Roger Ross, BA Psyc.

OVERVIEW OF THIRD YEAR CURRICULUM

All classes are held the second Saturday of each month, September to May from 10 am to 4 pm, either at the NVIS Space 13 Fairmont St. Elmsford, NY 10523, or at Rev. Sue's office in NYC.

MODULE 1 — September 12, 2015 - Rev. Susan and Rabbi Roger (NVIS Space)

AM: *Orientation, Overview of Program, Class Sharing*

PM: *Listening To The Silence- 'Reading The Energetic Unspoken*

Energetic Listening Skills, Sitting in the Silence, discussion of 'Intuitive' Practice, Practice session

MODULE 2 — October 10- Rabbi Roger (NVIS Space)
Boundaries and Relationships

A discussion of "Boundaries" and your relationship to them, how to 'hold your own' and how to help your clients 'disentangle' harmful relationships; Practice Session

MODULE 3 — November 14- Rev. Susan (NYC)
Deep Listening

More And Practical Applications

MODULE 4 — December 12 - Rabbi Roger (NVIS Space)

The Use of Prayer and Meditation in Counseling

Experiential Spiritual Exploration of your Acquired Minister's tools in actual Counseling Sessions; Practice Session

MODULE 5 — January 16, 2016- Rev. Susan (NYC)
Supervision

Alignment for the counseling relationship and interaction. Qualities of a supervisor. Differentiating between supervision, consultation and mentoring. deep discussion about transference and counter-transference issues. Practice Session

MODULE 6 — Feb. 13 - Rabbi Roger and Dean Deb (NVIS Space)

AM: *Higher and Lower Self Awareness and Integration*

Experiential process work that gently begins to uncover awareness of how we get 'caught' in patterns of hopelessness and degradation. How to see the self-judgment that keeps the client from moving past the guilt, shame, rage etc.

PM: *The Empathic Self*

Discussion and experiential practice to discover your empathic side and how to use it for helping others and not getting stuck in it.

MODULE 7 — MARCH 12 - Rev. Susan (NYC)
Spiritual Practice -Yours and Theirs

Does yours impact theirs and vice versa?
What place do your beliefs have in a counseling session?

MODULE 8 — APRIL 9 - Rabbi Roger (NVIS Space)
Finding The Challenge

Helping you to help your client identify the challenge. You will learn how to listen with an awareness of the "skip" in the client's story, bringing you to the deeper energetic pattern of dysfunction or avoidance. Practice Session

MODULE 9 — MAY 14 - Rev. Susan and Rabbi Roger (NVIS Space)

Presentations and Closing
Papers due



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ASSIGNMENTS

Spiritual Reflection Papers

Each month there will be a 3 page Spiritual Reflection paper on: either your readings for the month or on the discussion/experience of the class topic for the month.

(As you may remember from your Seminary experience, the depth of your understanding of the topic is directly related to your personal life connection to it. It is important to work with each topic and journal and write about it from your own perspective)

End of Year Project/Paper

Due at the last class in May 9

Personal Spiritual Counseling Sessions

It is mandatory that each student receive three (3) sessions of Spiritual Counseling from a Spiritual Counselor of your choice during the school year.

A letter will be turned in from that counselor stating that the sessions were completed.

If you choose Rabbi Roger, Rev. Susan or Dean Deb, the sessions will be \$45 each. Otherwise it is up to the individual counselor and you to decide the fee.