



Diploma in Spirituality Handbook Applied Youth Ministry

Part 1: Programme Details

Name of Organisation: The Shekinah Programme

Course Title: Diploma in Spirituality – Applied Youth Ministry

Programme Directors: Sr. Jennifer Perkins Fr. John Horan

Contact Details: Mobile: 0868428260 E: shekinahyouthmin@gmail.com

Address: 40, Morehampton Road, Donnybrook, Dublin 4.

Location of the Programme: Avila Carmelite Centre, Bloomfield Avenue, Donnybrook, Dublin 4

NFQ Level: 7 Special Purpose Award

Credits (ECTS): Certificate year 20 credits Diploma year 20 credits **Total 40 credits**

Academic Year: 2017- 2018

Course Description

This course in applied youth ministry explores the development of a comprehensive retreat methodology for our contemporary youth culture. Its values are rooted in a theological and pastoral vision of Christian Spirituality. Apart from helping participants to develop foundational understandings for retreat youth ministry the skills of the course are transferable to varied pastoral work with youth. Reflective practice and theological reflection will be integral to the programme.

Programme Aims and Objectives

Aim and focus of course:

To provide the participants with a foundational, authentic, theological, scriptural, spiritual and psychological basis from which to design and deliver youth retreat experiences.



Course Objectives

At the conclusion of this course, participants should be able to

- Design and conduct faith-based retreat programmes for adolescents.
- Identify the relevant characteristics, skills and practices applicable in youth retreat experiences today.
 - Identify a variety of ways to nurture a living relationship with the triune God in the lives of adolescents.
 - Integrate and transfer theological reflection into their work as reflective practitioners
 - Analyse and critique “post-modern” culture and develop some strategies for faith formation with adolescents in a post-modern world.

Course Topics

1. **Adolescent psychology with focus on identity, gender, sexuality, and boundaries. Influence of culture and postmodern world on the spirituality and practice of young people today**
2. **Reflective practice and theological reflection**
3. **Foundation skills and methodologies in facilitating youth retreat experiences**
4. **Practical approaches to youth pastoral and retreats. Use of music and drama**
5. **Classroom dynamics**
6. **Techniques, Skills and Background involved in practice of Christian Meditation & Mindfulness**
7. **How an understanding of a rapidly changing culture informs skills-set of a youth retreat facilitator**
8. **The central role of Jesus**
9. **Images of God in the old and New Testament**
10. **The Universe Story and Ecological awareness**

Workshop Presenters and Course Topics

Dr. Claire Hayes: Adolescent psychology with focus on identity, gender, sexuality, spirituality and boundaries

Dr. Jack Finnegan: Spirituality/psychology of young people today and where research says they are at. The influence of culture and the post modern world, marginalisation of the institutional Church

Mr. Declan Brown (Mir Retreat Centre): The use of psychology in designing a youth retreat programme

Dr. Kevin Egan: Reflective practice and theological reflection



Fr. Joey McGrath, Ms Aoife Walsh: Drama and practical approaches to youth retreats

Mr. Ciarán Coll: Practical use of music in retreat facilitation

Ms Mary Fitzgerald (Hibernia College): Classroom dynamics

Br. Richard Hendrick: Mindfulness, prayer and the contribution of the Christian mystics

Dr. Oliver Brennan: How an understanding of a rapidly changing culture informs the skills-set of youth retreat facilitators

Dr. Finola Cunnane: Central role of Jesus

Ms Julieann Moran: Images of God in the Old and New Testament

Dr. John Feehan: The universe story and ecological awareness



SHEKINAH
YOUTH MATTERS

Programme Structure Diploma 2017 - 2018

Time	Session 1 Sep 16	Session 2 Sept 30	Session 3 Oct 14	Session 4 October 21	Session 5 Nov 18	Session 6 Dec 2	Session 7 Feb 10	Session 8 March 3	Session 9 March 10	Session 10 April 14
9.30-10.00	Meditation Ice Breaker	Meditation Ice Breaker	Meditation Ice Breaker	Meditation Ice Breaker	Meditation Ice Breaker	Meditation Ice Breaker	Meditation Ice Breaker	Meditation Ice Breaker	Meditation Ice Breaker	Meditation Ice Breaker
10.00-11.00	How adolescent developmental theory can inform our understanding of adolescents & how best to support them Part 1 Dr. Claire Hayes	Spirituality of YP today Influence of culture & post modern world Marginalisation of Institutional Church Dr. Jack Finegan	Reflective practice and theological reflection Part 1 Dr. Kevin Egan	Reflective practice... Part 3 Dr. Kevin Egan	Practical approaches to youth pastoral and retreats Use of drama in proclaiming gospel message Part 1 Aoife Walsh Fr. Joe McGrath	Skills, techniques & background in practice of Christian Meditation and Mindfulness Practical Approaches Part 1 Br. Richard Hendrick:	How an understanding of a rapidly changing culture informs the skills-set of youth retreat facilitators Dr. Oliver Brennan	The central role of Jesus in applied youth ministry Part 1 Dr. Finola Cunnane	Images of God in the Old and New Testament Part 1 Julieann Moran	The universe story ecological awareness Part 1 Dr. John Feehan
11.00-11.15	Coffee/Tea Biscuits	Coffee/Tea Biscuits	Coffee/Tea Biscuits	Coffee/Tea Biscuits	Coffee/Tea Biscuits	Coffee/Tea Biscuits	Coffee/Tea Biscuits	Coffee/Tea Biscuits	Coffee/Tea Biscuits	Coffee/Tea Biscuits
11.15-13.00	Understand Adolescents Part 2 Dr. Claire Hayes	Influence of culture & post modern world Dr. Jack Finegan	Reflective practice... Part 2 Dr. Kevin Egan	Reflective practice Part 4 Dr. Kevin Egan	Practical approaches... Part 2 Aoife Walsh Fr. Joe McGrath	Meditation practical approaches Part 2 Br. Richard Hendrick	Cultural perspectives and skills Part 2 Dr. Oliver Brennan	The central role of Jesus... Part 2 Dr. Finola Cunnane	Images of God... Part 2 Julieann Moran	The universe story... Part 2 Dr. John Feehan
13.00-14.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch



14.00-14.15	Ice Breaker	Ice Breaker	Ice Breaker	Ice Breaker	Ice Breaker	Ice Breaker	Ice Breaker	Ice Breaker	Ice Breaker	Ice Breaker
14.15-16.15	Helping to understand and support Adolescents Part 3 Dr. Claire Hayes	The use of psychology in designing a youth retreat programme DeclanBrown	Reflective practice and theological reflection Dr. Kevin Egan	Reflective practice Part 5 Dr. Kevin Egan	Practical use of music in applied youth ministry Ciaran Coll	Classroom dynamics Mary Fitzgerald	Cultural perspectives and skills Part 3 Dr. Oliver Brennan	The central role of Jesus Part 3 Dr. Finola Cunnane	Images of God... Part 3 Julieann Moran	The universe story... Part 3 Dr. John Feehan
16.15-16.45	Evaluation Prayer	Evaluation Prayer	Evaluation Prayer	Evaluation Prayer	Evaluation Prayer	Evaluation Prayer	Evaluation Prayer	Evaluation Prayer	Evaluation Prayer	Evaluation Prayer



Modules and Learning Outcomes

Module 1: How adolescent developmental theory can inform our understanding of adolescents and how best to support them

Sessions 1& 2

Learning outcomes

Students will

- Demonstrate an understanding of the complex period that is adolescence and the relevant learning theorists
- Describe how youth ministers can help adolescents cope with the challenges they may face, such as anxiety, depression, bullying and alcohol or substance abuse
- Appraise and critique the implications of contemporary culture in dealing with young people in retreat and pastoral situations
- Identify the main characteristics of today's understanding of the spiritual, psychological and social development of adolescents
- Identify ways of engaging with young people who are disenchanted with the institutional Church and who no longer practice their faith

Module 2: Becoming a reflective practitioner and learning to do theological reflection

Sessions 3 & 4

Learning outcomes

Students will

- Identify different levels of reflection with regard to their own work and that of others
- Identify the process of 'theological reflection' as the common methodology of theological thinking
- Assemble and apply a method of theological reflection understanding its strengths and weaknesses
- Compare and contrast the difference between descriptive and reflective writing
- Integrate theological reflection into their work as reflective practitioners



Module 3: Enhancing skills and practice in facilitating youth retreats

Sessions 5, 6 & 7

Learning outcomes

Students will

- Identify the skills and practice to engage in a multi-disciplinary approach to youth ministry.
- Illustrate the value of facilitation skills over a teaching or preaching method
- Identify the skills needed to develop an understanding of group management and boundaries
- Evaluate the key areas needed to enhance skills and practice in youth ministry
- Examine ways of finding language and symbols to engage young people with gospel and faith values
- Identify the relevant professional protocols when dealing with schools or parishes
- Significantly enhance their effectiveness in ministering to adolescents through a deeper understanding of the challenges and opportunities inherent in a rapidly changing culture

Module 4: Approaches to theology, scripture and spirituality

Sessions 8, 9 & 10

Learning outcomes

Students will be able to

- Examine and describe the person of Jesus of Nazareth and be able to help young people develop a relationship with the living Christ
- Examine ways of finding language and symbols to engage young people with gospel and faith values
- Relate the practice of meditation to an understanding of the Christian mystical tradition
- Examine how the image of God developed in the Old Testament and how it achieved its fullest expression in the person of Jesus
- Discover the connection between the practice of our faith and the universe in the light of 'Laudato Si'



Module 5: Practical Placement:

Students will organise, prepare, facilitate and evaluate at least 4 youth retreats in a school or parish setting. This can be achieved on an individual basis or as part of a team of 2 and will be supervised by the course facilitators. All aspects of the practical placement will be presented in a portfolio.

Learning outcomes

Students will

- Show knowledge, ability and comprehension of the characteristics involved in preparing a youth retreat programme
- Demonstrate their ability to apply their knowledge and comprehension of the necessary elements in a retreat programme to address the complexities of the current cultural situation for today's youth
- Demonstrate their ability to design and implement an effective evaluation methodology for their work
- Demonstrate their ability to design and implement a personal theological reflective practice for their work

Admission Criteria

Each applicant must have completed the certificate course and the required diploma application form and will be interviewed before the beginning of the course.

Course Pre-Requisites:

- Ongoing commitment to their Christian Faith
- Some theological foundation (either academic or adult level of faith development)
- A good general knowledge of adolescent development stages and an ability to apply this knowledge in facilitating retreats
- An aptitude and openness in working with young people
- An openness to ongoing personal faith development and reflective practice
- To have successfully completed the certificate course

Students who received a certificate under the All Hallows administration can be admitted to the diploma course pending a written assignment.



Workshop dates:

September 16, September 30, October 14, October 21, November 18, December 2, 2017

February 10, March 3, March 10, April 14, 2018

Exam conference: First week of May

Graduation: May 18 (To be confirmed)

Cost of Diploma Year: €1,350. The fee covers hire of facility, insurance, tuition, administration registration and graduation expenses.

€100 will be given back to each student to cover the cost of their practical placement. All other financial costs incurred e.g. transport, hall hire, etc will be covered by the student.

Resources

- Students will be registered with St. Patrick's College and have access to Maynooth college library. They will also receive a student card.
- The trainers and presenters provide the students with a wide range of relevant materials such as bibliography, web sites, music, *you tube* and film as well as a number of creative activities

Venue

The course takes place in the Avila Carmelite Centre. Avila is located on Bloomfield Avenue, just off Morehampton Rd (N11) in Donnybrook. It is well served by public transport with bus routes 39A (Blanchardstown to UCD), 46A (Phoenix Park to Dun Laoghaire) and 145 (Heuston Station to Kilmacanogue) and the Aircoach Service (Dublin Airport to Sandyford bus stops) within a five-minute walk.

While close to main roads it is nestled away in an area that offers quiet and green spaces. The modern building, filled with light and surrounded by an extensive garden, offers an ideal space for quiet and reflection. The beautiful chapel is a place of welcome and prayer. Free parking and wifi is available.



Student workload and criteria for assessment

Students are strongly recommended to make use of the library, lecture notes and resources offered.

- **Participation**

It is important that students attend all 10 workshop sessions. If someone is absent due to illness or other extenuating circumstances they will have to do an assignment pertaining to the particular section that they missed. They will also have to take responsibility for acquiring any relevant material pertaining to that session. Students who miss 2 or more sessions will not qualify for the diploma in that particular academic year. They may however repeat the missed courses in the following year and thereby qualify for certification

- **Continual Assessment**

Students will demonstrate their skills in leading meditation and prayer experiences, ice- breakers and involvements exercises. They will be encouraged to create audio visual presentations and demonstrate their ability to select appropriate media resources for appropriate age groups

Completion of required written work

Students are required to submit four 2,000 word papers under the following headings

- 1. Adolescent psychology: Dr. Claire Hayes**

“Adolescence is a wonderful period of life”

Do you agree?

How would you in your role as a youth minister help an adolescent cope well with the challenges of adolescence

Note: Students will be expected to answer this question drawing on their personal views and informed by reviewing the relevant literature in this area and referring to the contribution of developmental theorists such as Erick Erickson, Jean Piaget and Lawrence Kohlberg

- 2. Pastoral reflection and supervision: Dr. Kevin Egan**

Reflecting on Significant Learning Experiences (2000 words).

The instructions are:

- Choose a significant personal event in your life and write a reflection on the experience describing what happened, your understanding of the event and what you have learned from it. Write a theological reflection where you interpret the event in the light of your faith and cultural tradition.
- Choose a pastoral experience which had significant learning for you (the more recent the better). Describe the experience and reflect on what was happening for you and others. Write a theological reflection on the event describing how it contributed to your understanding of ministry and your sense of call.



iii. Write a short conclusion describing your experience of writing this assignment and the learning that emerged for you.

3. Youth culture – enhancing skills and practice: Dr. Oliver Brennan

Discuss the challenges and opportunities for religious faith among the rising generations in contemporary culture.

4. Images of God in Old and New Testament (Personal Encounter): Ms Julieann Moran

Reflecting on Significant Learning Experiences (2000 words).

- (i) What have I come to know of God for myself – that is by conviction, in an experiential way and how does this experience shape my approach to life and the lives of others?
- (ii) Where or how am I energised/inspired/hope-filled in my efforts to respond to God's call as a disciple of Christ?
- (iii) Where or how am I challenged in my efforts to respond to God's call as a disciple of Christ?

Dates for submission

Paper 1 (Module 1) submitted by October 8, 2017

Paper 2 (Module 2) submitted by November 5, 2017

Paper 3 (Module 3) submitted by March 2, 2018

Paper 4 (Module 4) submitted by April 21, 2018.

In the event of an inability to meet the required deadlines and extension may be granted in consultation with the lecturers and course directors. Failure to meet this deadline will result in reduction of marks.

Practical Placement

Students are required to organise, facilitate and evaluate at least 4 day-long retreats with both junior and senior cycle pupils in either school or parish settings. Refer to appendix for guidelines on appropriate protocol when approaching the school or parish.

Assessment procedures will be the same as for the certificate course. However a higher standard of professionalism will be expected.

The student will be required to present a short 'self evaluation' report at the end of each retreat day.

Weighting of marks

Papers 15 % X 4 = 60% **3 credits for each essay Total 12 credits**

Practical placement 4 retreat days = 40% **2 credits for each practical Total 8 credits**



External Examiner: Dr. Pat Nugent (Ph.D.), Education. His duties are as follows:

Ensure academic standards are maintained:

- the regulations governing examining are observed
- individual students are treated fairly

Together with the course directors he will attend an examination conference at the conclusion of course. He will review scripts and marks and send in a report to the academic council in St. Patrick's College Maynooth.

Programme Directors: Sr. Jennifer Perkins and Fr. John Horan. They engage in regular planning and evaluation meetings throughout the course.

They are clear that the service they offer is training. They do not assume responsibility for selection, approval, deployment, supervision or evaluation of retreat teams set up after training. They incur no ongoing responsibility for the people they train.

A brief evaluation will be carried out after each workshop training day.

Their duties are as follows:

- Organise course dates and book suitable venue
- Ensure course is adequately marketed
- Provide the external examiner with course handbook
- Engage suitable academic lecturers
- Answer phone queries with regards to the course
- Review application forms and organise interviews
- Book rooms for Interviews
- Interview prospective students
- Send character reference forms and letters to nominated referees
- Open and close each course workshop and monitor academic standards and practice
- Keep a record of attendance
- Ensure all scripts are handed in on time



- Deal with any-on-the-spot problems that arise throughout the course
- File all records of student's essays, evaluations and examination results
- Book date and venue for exam conference
- Book venue and catering for graduation
- Send in names of successful graduates to the administration office in Maynooth
- Evaluate programme

Programme administrator: Sr. Teresa Devine is the administrator of the programme. Her duties are as follows:

- Receipt and process student applications
- Receipt and lodge deposits and fees (2 instalments) Issuing and posting receipts for same
- Process invoices for facilitators fees and supplies
- Send in student names to theology office in Maynooth and process registration invoice received
- Prepare Income & Expenditure account for end of year
- Give support to the directors with regard to problems that may arise in regard to course administration
- The administrator keeps records of students' applications and monies paid

Safeguarding

The Shekinah course has been approved by the National Board for Safeguarding Children in the Catholic Church in Ireland. (www.safeguarding.ie)

All Shekinah students and trainers are, according to the document *Youth Retreats Ireland, Guidelines and Principles for Good Practice* (Irish Catholic Bishop's Conference 2010) recruited and vetted in accordance with Church and State guidelines (Garda and PSNI vetting and certification. At present this is done through St. Patrick's College Maynooth.

Moreover each student must sign a child protection declaration form before they undertake the course. This is particularly important for foreign students who may have difficulty getting Garda clearance in Ireland. Students wishing to practice in youth retreat ministry following their training are expected by all sponsoring bodies to have undertaken a recognised course in Child Protection in the diocese in which they wish to work. (*Retreats Ireland*, page 8)



Appropriate protocol when approaching school/parish in relation of facilitation of school retreats

- Personal call or telephone call to Principal or PP in school or parish when initiating preparation for school retreat
- Ensure they are given a copy of the Shekinah course you are involved in
- Provide them with the content and process of the retreat day (time table etc)
- Provide evidence of Garda/PSNI vetting

Teaching Methods

Due to the nature of the course and the wealth of knowledge and experience of the participants a variety of teaching methods are used.

- **Lecturing:** This method is used in order to help teach the significant content of basic theoretical concepts pertaining to the course material. All lecturers include discussion and offer students opportunities for clarification. Students are encouraged to ask questions, search for answers and arrive at conclusions
- **Peer Learning:** This is achieved through ice breakers, involvement exercises, Christian meditation and prayer practices presented by the students. They are challenged to be creative in designing their own retreat resources. These can be shared with the group. This together with discussion encourages critical thinking, problem solving, collaboration and various forms of communication. Inquiry is part of the learning process and creating something new. Reflection and continual evaluation is strongly recommended throughout this course
- **A project based learning approach:** This is achieved by means of the practical placement. Students are encouraged to adopt a team approach which fosters collaboration and allows them to actively participate in the learning process by talking with each other and listening to each other's points of view
- **Discussion and collaboration:** This establishes a personal connection between students and the topic of study and the practical experiences. It uses approaches to learning that are creative and collaborative rather than didactic, and also emphasises more equality between the facilitator and the young people. Students are given opportunities to use their existing foundation of knowledge/experience gained from life and apply it to their new learning experiences in the Shekinah course. Through practical retreat experiences, interacting with 'real' school/parish situations, students move from classroom and textbook mode to hands-on problem solving, where



they can recognise first hand that what they are learning applies to life and the pastoral context of working with young people

Each presenter will include some discussion and interaction with participants as to the practical implications of their lecture content.



SPCM CERTIFICATE ASSIGNMENT COVER SHEET

1. Please use **BLOCK** Letters and complete all sections of this form.
2. Please ensure that this form is securely attached to assignment/project

SECTION 1

Title of Certificate

Course Location

Academic Year

Tutor Name

SECTION 2

Student Name

(Please ensure that full name is entered and that it correlates with name given in Registration Form)

Student Number

Student Address

Student Tel. No.

Student Email

SECTION 3

Title of Assignment

(Please use terms as described in 'Assignments and Requirements', e.g. Project, Essay, Learning Journal.)



DECLARATION OF ORIGINALITY

I declare that this assignment is entirely my own work and all sources are credited

Student Signature

Date

