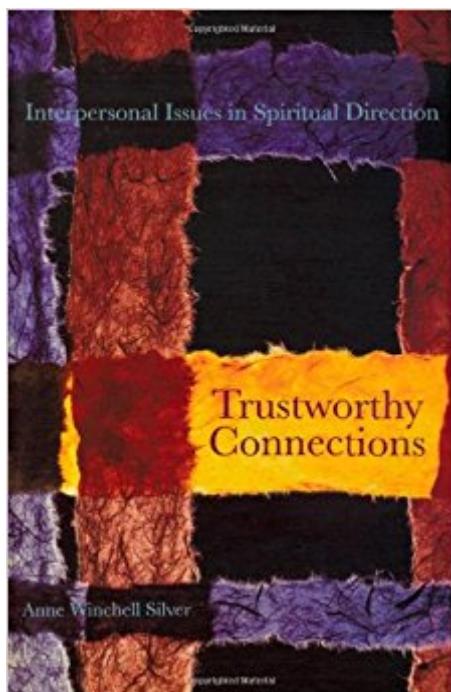


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# Trustworthy Connections: Interpersonal Issues In Spiritual Direction



## Synopsis

Although God is at the center of the process of spiritual direction, the more readily visible participants are human beings. Like all other people, directors and directees are subject to relationship dynamics. Trustworthy Connections identifies some issues and challenges that can arise in spiritual direction relationships and offers resources for further consideration and reflection. The topics and examples are focused on traditional one-to-one spiritual direction, although some are also relevant to group direction and direction by correspondence. Trustworthy Connections is designed for use as a reference and a springboard for discussion for spiritual directors and anyone else who is interested in spiritual direction. Like the process of spiritual direction itself, this book is about asking questions, discussing ideas, and suggesting alternatives rather than giving advice or getting answers.

## Book Information

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## Customer Reviews

... a practical guide to spiritual direction. . . . Silver's focus is on the basics of traditional, one-on-one spiritual direction with all its relational challenges. I am impressed with the thoroughness of this practical guide. (Kriss Erickson Presence: An International Journal of Spiritual Direction) For those who practice the art of Spiritual Direction, there has been an ongoing difficulty in how one will learn more about the call and work of spiritual companioning those who seek to know what God is doing in their lives. Two schools of mentoring are available: one that sees the call of the spiritual director as a charism or gift from God and helps the director to go deeper into his or her

spiritual life as well as the tradition and practice over the centuries. The other school sees the gift or call into spiritual direction from a more clinical mode of training, as a set of skills and practices to be learned. Ann Winchell Silver . . . helps the reader to see it is not an ‘either/or’ proposition but a ‘both/and’ situation. Believing in the grounding of this call in the Holy One, she balances this spiritual calling with sound suggestions for its practice . . . everything from the space one uses for direction to ethical guidelines and what to look for in a spiritual director. (Rev. Al Keeney Living Water/Episcopal Life)

Anne Winchell Silver draws upon more than thirty years of experience as a member of the counseling faculty at Kingsborough Community College in the City University of New York. She studied at New York University, Fordham University, and the General Theological Seminary’s Center for Christian Spirituality, and lives in Brooklyn, New York.

As the practice of spiritual direction is growing in religious communities that have no history of that mode of spiritual dialogue, it is essential to approach it with mindfulness and awareness. This book clearly and honestly addresses the complexities of the interpersonal issues that are involved. It reflects literacy in both the spiritual and the psychological arenas. The concepts discussed are sometimes difficult to address, but the writing is direct and easily understandable. I learned a lot from this book.

Beautifully written; straight forward and addresses everything you need to know about being a spiritual director. Silver explores each side of issues and address the pros and cons of each. Silver gives you the tools you need to begin spiritual direction, as well as exploring issues that would benefit even the most seasoned director. This book was obviously written by an author who has many years of experience as a spiritual director, and as a psychologist she is able to explain how spiritual direction is different than therapy in a very focused, straight forward, and clear way . I would highly recommend this book! It is a must for anyone who is called to be a spiritual director...you owe it to yourself and to your directees to read this book and use it as a tool and reference throughout your ministry.

Accessible, practical, realistic, engaging!

This is the book I wish I had before I began Spiritual Direction. I recall being able to ask only the

most general questions. I had read a number of books about Spiritual Direction (I prefer Spiritual Companionship) but had read nothing of the nature of the actual interactive relationship. The chapter on What to expect from SD I found very helpful in retrospect. The issues around dual relationships (pastor/director) etc is well addressed and the book contains the codes of ethics of the two major organizations of SD's. I highly recommend this to anyone considering spiritual direction or already in it, or considering becoming a director.

A great resource for beginning spiritual directors and a refresher for the more seasoned ones. Easy to read and filled with practical guidance and questions for further thought. I selected this book for a graduate level Spiritual Directors training class for those exploring this ministry.

This book is loaded with important information about the practice of Spiritual Direction. The author shares examples at the beginning of each chapter which help to explain the kinds of ethical situations she is considering in the chapter. I have not found a book yet which deals with these aspects of being a Spiritual Director and yet they are crucial parts. Thanks for choosing to write the book!

A helpful guide for those starting as a spiritual counselor.

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