

Contemplative Communication in Spiritual Caregiving

The discipline of professional spiritual caregiving is both a quality of being in the world and a collection of techniques and skills. Contemplative spiritual caregiving is neither science nor art, but a craft that combines theoretical, technical, theological, and philosophical principles with inner intuition, skillful communication, and a dynamic ability to reside in the present moment. This class examines the nature of human communication and the ways that our habitual patterns of listening, speaking, and making meaning are shaped by our familial and cultural heritage. By learning and practicing contemplative approaches to attending others, students bring awareness to their personal communication styles and cultivate skillful means in helping relationships. Through student presentations of family maps and process exercises built on these presentations, we explore the many faces and aspects of caregiving through the lens of family systems.

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