



TOGETHER IN THE MYSTERY

## **Grief and Spiritual Direction:**

*Supervising Spiritual Directors Who Accompany Those in Grief Towards Meaning Making*

With Michelle Bodle (see [below](#) for bio)

Friday Feb 9, 16, 23rd\* | 10-11:30am PT on Zoom

\*Feb. 23rd for Supervisors Only

\$46 for first 2 sessions; \$69 for all 3

[Register Here](#) for first two sessions

[Supervisors Also Register Here](#) for the additional last session

NOTE: *1st hour of each session will be recorded, and TIM will certify the number of contact hours for this workshop!*

### **A Sneak Peak:**

#### **Week 1: The Role of the Spiritual Director in Witnessing Grief**

- Grief Defined:
  - Focus on expanding our definition and understanding of grief in order to allow spiritual directors and supervisors feel better equipped to accompany those who are grieving.
  - Primary material will be from the work of Alan Wolfelt and David Kessler with emphasis on Elisabeth Kübler-Ross's research.
- Do's and don'ts of accompanying those in grief
- Exploration of what it means to witness someone's grief
- The relationship between suffering and grief
- How images of the Divine can be impacted by the experience of grief
- Primary materials will be from the work of David Kessler, Frederick Schmidt, Alan Wolfelt and Fran Tilton Shelton

#### **Week 2: Making Meaning in Spiritual Direction**

- Setting aside the Westernized notion of "good grief" in order to allow grief to unfold in a healing way
- Reclaiming the dignity of grief
- The role meaning making and potential applications in spiritual direction and supervision
- Primary material will be from the work of Alan Wolfelt and David Kessler

## Week 3: Supervision and Grief

- What are the ethical considerations
- Items in the toolkit
- Engaging grief through the aid of a CRF

### Meet Michelle Bodle



Michelle Bodle is an ordained elder in the United Methodist Church and runs [Abide in the Spirit](#), a ministry focused on creating sacred spaces for holy listening through spiritual direction, supervision, and particular seasons of need.

She graduated in 2023 from Fordham with the Advanced Certificate in the Supervision of Spiritual Directors, where her capstone project explored making meaning in grief and spiritual direction.

She graduated in 2022 with her DMin from Wesley Theological Seminary in Church Leadership, where her project paper focused on the impact of group spiritual direction on young clergywomen.

She additionally holds a certification in Spiritual Formation from Drew Theological School (2012), an MDiv from Drew Theological School (2011), and a BA from Houghton College (2007).

Her Spiritual Direction Training was through the Center for Spiritual Formation (2013).

Michelle is one of the spiritual director supervisors for this course and can be reached at

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