

Center for Women's InterCultural Leadership Grant Report Template

Activity/Program Title: **Spiritual Counseling Facilitator Training**

Activity/Program Dates: **September 22-24, 2004**

Number of Attendants: **1 from SMC (75 total at the Conference)**

Which of the following CWIL goals do you think this activity/program met?

- Bringing Diverse People Together/Crossing Boundaries**
- Enriching SMC Environment for the Development of Women Leaders**

How did this activity/program meet the goals you checked?

Enhanced appreciation for diversity, as we work daily with students from various faith backgrounds, and ways to best engage in the topic of spirituality with each student and help them to find ways to relate with other women, faculty and staff on campus in the realm of spirituality. Intentional about tending to the needs of all faith walks within our counseling services.

Gained additional tactics for counseling women to embrace all aspects of themselves in a holistic manner (spiritual, intellectual, physical, emotional) so as to further their capability to be strong, successful women in leadership.

Please describe any new collaborations (on or off campus) that resulted from this activity/program.

Provided four in-service trainings to the Counseling & Career Development staff on ways to further incorporate spirituality into our discussions with students, assess the impact of spirituality in their daily lives and understand students' connections of grief and loss with their spiritual beliefs.

What were the highlights of the activity/program?

- **Learning additional ways to evoke a discussion on spirituality through an individual's own spiritual language.**
- **Developing tools and techniques for exploring and enhancing spirituality through our physical, emotional, social and mental selves.**
- **Examining the beliefs and values of many religious traditions (Catholic, Christian, Jewish, Muslim, Hindu and Buddhist Perspectives and Native Americans, Earth Religions and Pagan Beliefs).**
- **Gaining spiritual principles that transcend religious traditions (e.g. How to pray/meditate with someone of any faith or belief).**
- **Designing a personal spiritual self-care program.**

What would you do differently next time?

I wouldn't change a thing. It was a powerful form of experiential learning.

What are the next steps for this activity/project?

Continue to incorporate the components of the training in our counseling work with students.

Please share any success stories that resulted from this experience: **Students becoming more confident in how they understand and explain their spiritual foundation and the impact it can have on their daily decision making and life-long goals.**