

**Catholic Archdiocese of Adelaide:
Spiritual Directors' Formation Program**



**PROGRAM OUTLINE
HANDBOOK 2024**



At 'Bethany', Mary MacKillop Precinct, 4, High Street, Kensington, South Australia.

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History:

In the late 1990's Fr Kevin Canty cm (working first with Sr. Joan Ryan sgs, then Sr. Lianella Girardi rsj), facilitated a program for the formation of Spiritual Directors, initially under the auspices of the Adelaide Catholic Diocesan Spiritual Directors' Association, then through the ACD: Catholic Theological College. In 2003, Sr. Carina Flaherty ibvm became the facilitator of the program and remained so until 2011 when Valerie De Brenni took on the role. In 2013, when the ACU and the Archdiocese of Adelaide entered a partnership, the Spiritual Directors' Formation Program no longer was attached to the CTC/ACU. It is presently offered under the auspices of the Catholic Archdiocese of Adelaide. Upon satisfactory completion of the Program participants receive a Certificate of completion from the Catholic Archdiocese of Adelaide. In 2020 we undertook to apply for formal recognition from AECSD (Australian Ecumenical Council for Spiritual Direction) and were granted this accreditation.

Contemplative ethos underpinning the formation program

The Archdiocese of Adelaide Spiritual Directors' Formation Program is a two-year program underpinned by Ignatian spirituality. This contemplative spirituality encourages a reflective approach to living, insists that God is present in our world and active in our lives, inviting us into response. It uses a contemplative form of prayer and has a reverential attitude towards creation. This contemplative spirituality is a pathway to deeper prayer, good decisions guided by keen discernment, and an active life of service to others.

This model of formation aims to integrate a contemplative stance in the student and the adoption of a contemplative stance towards the directee. It is evocative because its underlying philosophy is to evoke personal and spiritual growth in the student which will flow on to the directee.

We believe that Spiritual Direction is a vocation, consequently our program is designed to help individuals who are feeling drawn to the ministry of spiritual direction to explore their desire and abilities for this ministry and to discern if indeed God is calling them to this ministry.

This program is financed by the Catholic Archdiocese of Adelaide but welcomes applications from those belonging to other Christian denominations. We value diversity and the on-going sense of collegiality that grows from the shared experience of learning within a community of people who share a common goal.

Program Structure

This two year structured program explores the ministry of spiritual direction particularly within the context of Ignatian spirituality and is made up of both theoretical (**CA 1/2: The Ministry of Spiritual Direction**) and practical studies (**CPR 01/2: The Ministry of Spiritual Direction: Practicum and Supervision**) conducted in a contemplative learning environment. It explores the theology, focus, process and current models and definitions of Spiritual direction. It gives focus to the experience of spiritual direction from the standpoint of both the director and the one directed. Emphasis is given to the personal transformation of participants in the program because the personal experience and growth of the spiritual director is seen as a key source of knowledge for one engaged in the ministry of spiritual direction. Learning processes include lectures, written assignments, designated readings, triads, group discussions, role plays, theological reflection, prayer and supervision.

This 2 year Program includes:

1. Outcomes-Based Contemplative Learning (Thursday evening) comprising 62 three hourly sessions
2. Outcomes-Based Contemplative Learning of 4 intensives (Fri evening /Saturday) per year in a structured program with lectures, readings, discussion, workshops and
3. A spiritual direction practicum with 28 contact hours of one-to-one supervision between a participant (supervisee) and a supervisor, in addition to peer supervision and supervisory learning in a group context, and the completion of at least 70 hours of giving Spiritual Direction plus
4. Participation in a silent directed retreat during the two-year program (not included in the contact hours above)

Outcomes based Contemplative Learning (CA 1 Ministry of Spiritual Direction)

Program Outline Year 1

Topics: Term 1

Outline of the Program: Expectations, assessment

Our own spiritual journey

What is spiritual direction? - terminology, language, experience

Contemplation and the contemplative attitude

The place of desire in Spiritual direction

Topics: Term 2

Biblical and theological foundations of spiritual direction

Contemplative listening

Human experience of God-the centrality of Religious Experience

The Spiritual direction relationship

Helping people to pray / Prayer as relationship

Topics: Term 3

History of spiritual direction in the Christian tradition

The initial interview

Fostering the contemplative attitude

Criteria for evaluation Religious Experience

Code of ethics for spiritual directors

Topics: Term 4

The importance of supervision

Movement and counter-movement

Reflections on social identity

Spiritual direction and the new cosmology Part 1

Distinguishing between spiritual accompaniment and psychological counselling

Outcomes based Contemplative Learning (CA 02: The Ministry of Spiritual Direction)

Program Outline Year 2

Topics: Term 1

The life of Ignatius of Loyola

Introduction to *The Spiritual Exercises*

Ignatian spirituality

Reflections on social identity

Topics Term 2

Psychological dimensions in spiritual life and spiritual direction

Discernment of spirits

Responding to consolation and desolation

Development of relationship and resistance

Particular issues/problems /concerns

Topics Term 3

When dreams are brought to spiritual direction

The skills of supervision

Transference and counter-transference

Practical helps in prayer

Spiritual direction and the new cosmology Part 2

Topics Term 4

The skills of supervision

Darkness, pain and intimacy with God

Disturbances in the spiritual direction relationship

Narrative in spiritual direction

CA01/02 (The Ministry of Spiritual Direction)

Learning Outcomes

By the completion of the program students will:

Learning outcome 1:1

- understand the contemporary ministry of spiritual direction and reflect upon their own experience of being directed.

Learning outcome 2.1

- have knowledge of, and personal transformational engagement with, the biblical, theological and Ignatian basis to the ministry of spiritual direction and reflect upon how these influence their own attitudes and responses to God, to others and to the cosmos.

Learning Outcome 3.1

- Understand contemplative listening and reflect upon the skills required by a spiritual director, particularly contemplative listening, what is meant by fostering a contemplative attitude, and how the focus of spiritual direction is religious experience.

Learning outcome 4.1

- Be familiar with the Code of Ethics for Spiritual Directors and the implications of such a code.

Learning outcome 5.1

- Grow in understanding of prayer, the discernment of spirits, and how one can become a discerning person through spiritual direction.

Learning outcome 6.1

- Understand the requirements for training and formation in this ministry, the need for and process of group and individual supervision.

Learning Outcome 7.1

- Understand the psychological dimensions of the spiritual life and of spiritual direction.

CPR 01/2: The Ministry of Spiritual Direction: Practicum and Supervision

This program incorporates a regular time of prayer, reflection and sharing. Participants learn to direct through active engagement in the work of spiritual direction with weekly supervision of actual direction sessions and regular personal spiritual direction. Verbatims are used as the basis for role-playing actual direction sessions.

The Practicum involves guidance through the process of spiritual direction, and giving spiritual direction, with supervision, starting with 1 or 2 and building up to 4-5 directees. 70-80 hours of spiritual direction are required for the successful completion of the program. There is fortnightly individual supervision during each semester and supervision during breaks when required.

Learning Outcomes:

By the completion of the program students will:

Learning outcome P1:1

- hold a contemplative attitude to themselves and adopt a contemplative stance to their directees.

Learning outcome P2:1

- integrate a contemplative approach into their lives demonstrating a clear understanding of, and personal transformational engagement with, the principal spiritual practices consistent with the Ignatian contemplative ethos and develop proficiency in utilising these spiritual practices.

Learning outcome P3:1

- understand the focus and tasks of the spiritual director, especially developing the ability to listen deeply, to attend to what they hear, evoking from directees the lessons learned and discoveries made, about God's action in their lives.

Learning outcome P4:1

- be able to lead others in a variety of prayer and the contemplative traditions

Learning outcome P5:1

- develop competency in providing spiritual direction, developing their own gifts and special strengths in this ministry, and recognise the areas in which they will continue to need further development

Learning outcome P6:1

- understand and comply with National Guidelines and Code of practice for spiritual direction.

Program Requirements

- a) It is expected that participants will have completed previous tertiary study in areas that support this program (e.g. theology, Scripture, spirituality) or will have considerable pastoral experience. This study is a particular requirement for catholic participants in order to be formally listed by the Archdiocese of Adelaide as a spiritual director.
- b) It is required that participants have spiritual direction themselves for at least 12 months before entering this program. It is helpful to have made at least one silent directed retreat before application is made. Applications are welcome from people across Christian denominations. Only up to twelve people are accepted into each program.

c) Course commitment

4 semesters over two years, including 4 Intensive weekends (Friday evening/Saturday).

Weekly commitment (contact hrs) during semester are as follows:

Meet 5.00pm-8.00pm one night a week during term (See Appendix 4A/B)

Meet with supervisor once a fortnight during semester (1 hr)

Meet with directees for spiritual direction (2-3 hours a month)

d) Application

For the Application form and process please see P. 15-17 of this Handbook.

Fees and Charges:

Tuition Fees are \$1,300.00 per year. (At this stage) This fee covers all handouts, booklets, and supervision costs, but does not cover required text books. Students may apply to pay yearly fees in two instalments of \$650.00. If a student withdraws from the program after the first two weeks of term of year 1 or year 2 they forfeit the \$450.00 paid for that term. The cost of the retreat in year 2 is approximately \$750.00 this covers accommodation and direction costs. (This may increase subject to an increase in Retreat House or spiritual direction fees).

Personnel

Formation Team

Val De Brenni

Dip. T, 1968, Grad Dip R.E, 1984; (UniSA); B Th 1994; M Ed 2000 (UniSA); M Th St 2007, (Catholic Theological College: Flinders University); Cert. Supervision (Melbourne College Divinity 2011).

Experience as a Spiritual Director

Undertook Spiritual Direction formation through the Archdiocese of Adelaide Spiritual Directors' Formation Program in 2007/2008, then was mentored by Sr. Carina Flaherty ivbm in 2009/10 as Program Assistant. Have been a spiritual director for 14 years. Facilitating directed retreats for the last 9 years

Experience in Supervision of ministry and adult education

Undertook supervision training (Grad Cert: Supervision) at Melbourne College Divinity, Janet Ruffing (2009), Maureen Conroy (2010) both with full practicum and at Supervision Workshop & Practicum - Lucy Abbott-Tucker (2013) (Institute for Spiritual Leadership, Chicago & Barnabas Ministries).

Has extensive experience in Adult Education, with eighteen years of experience as a Consultant in Religious Education and Spirituality, with the Catholic Education Office, S.A. and twelve years of experience as a lecturer/tutor at St. Francis Xaviers' Seminary and then the Catholic Theological College, ACD Brooklyn Park, S.A. Currently am a Team member of the Mary MacKillop Precinct: Centre of Education, Spirituality and Hospitality.

Supervisor /administration: Lesli Townsend

Experience as a Spiritual Director

Undertook Spiritual Direction Training Archdiocese of Adelaide Spiritual Directors' Formation Program 2013/14, graduated in 2014.

Has consistently been engaged in receiving peer and individual supervision since 2015

Experience in Supervision of ministry

Has five years of experience of leading group supervision

Ongoing professional development

Christian Training Centre, Mapodo, New Guinea.2000-2009. Assisted in Adult Education, Biblical Studies, Pastoral Care.

2016-18 Employed by Calvary Hospital initially in art activity, currently in pastoral care.

Member of ESDA since 2014 has attended professional development:

Attended Margaret Silf Conference, Nunyara, 2018

Attended 'Healing Trauma' Workshop, Maureen Conroy, Wellington, New Zealand, 2015

Ignatian Spiritual Exercises, Loyola Centre, Norwood, S.A. 2015

Training in 'Debriefing for cross cultural workers, Aldinga, May 2016

Stephie Brabin

Cert Sp Dir

Supervisor Level A: Arrupe Program

Experience as a Spiritual Director

Training 1997- Introduction to the Practice of Spiritual Direction

1998-Practicum in the Ministry of Spiritual Direction

2013 sponsored by the Australian Jesuits to attend a 4 week workshop conducted in Rome 'Our Way of Accompanying others in the Ignatian Tradition'

Practising as Spiritual Director since completing Certificate, a team member of Loyola CIS.

Facilitating directed retreats for the last 20 years.

Experience in Supervision of ministry

Involvement with the Jesuit College of Spirituality has been through the Arrupe Formation Program with the support of Sentir and Loyola CIS. For eight years responsible for facilitating and providing the practical opportunities and supervision required for 10 students from SA throughout their 3 year program. Her training included:

-Summer School on the Spiritual Exercises – Sr. Judith Roemer (USA) x 2-2002 -2004

-Supervision Workshop with full practicum – Sr. Janet Ruffing RSM (USA) – 2009

-Workshop with Maureen Conroy RSM, and invited to facilitate small group and was supervised by Maureen.

- From 2009 until the end of 2016, worked as facilitator on two intensives annually, (Spiritual Exercises Theory and Practice) for Arrupe students conducted at Campion CIS, Melbourne
- In March 2017 received accreditation as a level A Supervisor with the Jesuit College of Spirituality.

Guest Presenters

Noela Maletz M Soc Sc; B.A; Dip Ed (Counsellor/Supervisor)

‘About Grief’, ‘The process of grieving’, The difference between grief and depression’.
Transference and counter-transference.’
Building self-awareness

Sr. Mary Cresp rsj

Integrating faith and spirituality
Spiritual direction and the new cosmology

Sr. Lianella Girardi rsj

The Practice of Thresholds and discernment
Contemplative prayer

Rev Francis Bartlett

Meditation through music

Fr Michael Trainor

Biblical foundations for Spiritual Direction

Bishop Greg O’Kelly sj

Ignatian Spirituality

Appendix 1:



CATHOLIC ARCHDIOCESE OF ADELAIDE SPIRITUAL DIRECTORS' FORMATION PROGRAM

Application Form

Surname: _____

Given names: _____

Residential Address: _____

Postal Address (if different from above)

Phone (Home) _____ (Business) _____

Email _____

Mobile _____

Date of Birth _____

Secondary Education: Name of College _____

Tertiary: Name of University, qualifications and date _____

Appendix 2

CATHOLIC ARCHDIOCESE OF ADELAIDE SPIRITUAL DIRECTORS' FORMATION PROGRAM

Application Process

1. Complete the Application form
2. Complete Reflection Paper:

In about 1000 words (on separate sheet) please reflect upon: your family context, how you understand your relationship to Church and any previous experience you have had that may develop skills pertinent to Spiritual Direction. Explain why you feel drawn to begin this formation program.

3. Arrange letters of recommendation:

You will require two letters of recommendation, one of these should preferably be from your parish priest or a person in leadership within the church. We recommend that you do not ask your spiritual director for a letter of recommendation as this may blur the director/directee relationship. These should be sent directly to the contact below.

See Appendix 3 for guidelines, these should be forwarded to those who have agreed to support your application.

4. You will receive a letter acknowledging your application
5. The spiritual direction team involved with the program will read and discuss your application. If successful you will be invited to the next level of discernment and will be required to attend an interview.
6. You will receive a letter giving verification of your acceptance/non-acceptance into the program.

All paperwork to be emailed directly to bbenci@adelaide.catholic.org.au or sent hard copy to: Bruno Benci, Archbishops Office, GPO BOX 1364, Adelaide S.A. 500

Appendix 3

Guidelines for those writing a recommendation for application into Catholic Archdiocese of Adelaide Spiritual Formation Program.

The following are aspects that may help to guide you as you reflect upon the suitability of the person you have agreed to recommend:

1. Does this person express a sense of call to the ministry of spiritual direction?
2. Do they demonstrate a capacity to listen empathetically and sensitively?
3. Do they have enough life experience to enable them to respond with wisdom to people from diverse lifestyles and with different levels of experience?
4. Do they show an openness to learning from their and others' lived experience?
5. When reflecting upon this person do you see evidence of a maturing spirituality and openness to other worldviews?
6. Does this person demonstrate a commitment to prayer and reflection?
7. Has this person been engaged in receiving spiritual direction for some time?

Appendix 4B

**SPIRITUAL DIRECTORS' FORMATION PROGRAM,
SEMESTER 1 2024**

	TERM 1	Session	Time
February	Thursday 1/2	1	5pm – 8pm- Bethany
	Thursday 8/2	2	5pm – 8pm- Bethany
	Thursday 15/2	3	5pm – 8pm- Bethany
	Wednesday 21/2	4	5pm – 8pm- Bethany
	Thursday 29/2	5	5pm – 8pm- Bethany
March	Thursday 7/3	6	5pm – 8pm- Bethany
	Thursday 14/3	7	5pm – 8pm- Bethany
	Thursday 21/3	Intensive	5pm – 8pm- Bethany
	Friday 22/3	Intensive	5pm – 8pm- Bethany
	Saturday 23/3	Intensive	9.30 – 4pm- Bethany
	Thursday 28/3 Holy Thursday	Break	
April	Thursday 4/4	8	5pm – 8pm- Bethany
	Thursday 11/4	9	5pm – 8pm- Bethany
	TERM 2	Session	Time
May	Thursday 2/5	1	5pm – 8pm- Bethany
	Thursday 9/5	2	5pm – 8pm- Bethany
	Thursday 16/5	3	5pm – 8pm- Bethany
	Thursday 23/5	4	5pm – 8pm- Bethany
	Thursday 30/5	5	5pm – 8pm- Bethany
June	Thursday 6/6	6	5pm – 8pm- Bethany
	Thursday 13/6	7	5pm – 8pm- Bethany
	Thursday 20/6	8	5pm – 8pm- Bethany
	Thursday 27/6	9	5pm – 8pm- Bethany
July	Thursday 4/7	Intensive	5pm – 8pm- Bethany
	Friday 5/7	Intensive	5pm – 8pm- Bethany
	Saturday 6/7	Intensive	9.30 – 4pm- Bethany

SPIRITUAL DIRECTORS' FORMATION PROGRAM, SEMESTER 2 2024

	TERM 3	Session	Time
July	*Wednesday 24/7	1	5pm – 8pm- Bethany*
August	Thursday 1/8	2	5pm – 8pm- Bethany
	Thursday 8/8	3	5pm – 8pm- Bethany
	Thursday 15/8	4	5pm – 8pm- Bethany
	Thursday 22/8	5	5pm – 8pm- Bethany
	Thursday 29/8	6	5pm – 8pm- Bethany
September	Thursday 5/9	7	5pm – 8pm- Bethany
	Thursday 12/9	8	5pm – 8pm- Bethany
	Thursday 19/9	9	5pm – 8pm- Bethany
September - October	Sunday pm 29/9 Saturday am 5/10	RETREAT	Venue: The Monastery Glen Osmond
	TERM 4	Session	Time
October	Thursday 24/10	1	5pm – 8pm- Bethany
	Thursday 31/10	2	5pm – 8pm- Bethany
November	Thursday 7/11	3	5pm – 8pm- Bethany
	Thursday 14/11	4	5pm – 8pm- Bethany
	Thursday 21/11	5	5pm – 8pm- Bethany
	Thursday 28/11	6	5pm – 8pm- Bethany
December	Thursday 5/12	7	5pm – 8pm- Bethany

Appendix 5: Summary of Assessment

Year 1

Assessment Type	Weighting	Contemplative learning Outcome/s Assessed
Reading in preparation for class discussion	20%	1.1 2.1 4.1 5.1 6.1 7.1
3 Reflection papers Chapters 1/2/3 Barry and Connelly	30%	1.1 2.1 3.1
Participation in weekly prayer and reflection	NGP/F	5.1 P4:1
Participation in group supervision/supervisory learning in a group setting	25%	4.1 6.1 7.1 P5:1
5 reflection papers (600-1000 word), based on your own experience of being directed and of directing.	NGP/F	1.1 3.1 5.1 P5:1
End of year evaluation paper (2000 words)	25%	1.1 2.1 3.1

Year 2

Assessment Type	Weighting	Contemplative learning outcome/s Assessed
Reading in preparation for class discussion	20%	1.1 2.1 4.1 5.1 6.1 7.1
Participation in weekly prayer and reflection	NGP/F	5.1 P4:1
3 Reflection Papers Ch 4,5,6 Barry and Connolly	30%	5.1 P3:1
Participation in group supervision/supervisory learning in a group setting	25%	4.1 6.1 7.1 P2:1
5 Reflection papers (500-1000 word), based on your own experience of being directed and of directing	NGP/F	1.1 3.1 5.1
Essay or Book review (2000 words)	25%	2.1 P2:1

Practicum

20 Verbatim papers over 2 years (NGP/F)

Give 70 hours of supervised spiritual direction over the two-year period (NGP/F)

Appendix 6

Process of Review of Participant

During this two-year program the following aspects of discernment are put into place with regards to the suitability of the person for the ministry of spiritual direction.

Process of Review of participant:

1. The language used in this program is 'discernment'. We believe that spiritual direction is a vocation and that this program helps discern suitability for call to this ministry. Consequently, we encourage a mind-set that requires openness and discernment.
2. When an application is put forward it includes two letters of recommendation. Those writing a letter are asked to consider seven questions that may help to guide the process. (See Appendix 3, Program Outline Handbook), the applicant also has an interview. These help the Team to discern the suitability of the applicant for participation in the Program.
3. In the first year a participant is required to write 8 reflection papers. At the end of the first year the participant writes a 2000-word paper that involves self-evaluation. A member of the Team meets with each participant to discuss areas of growth and success and areas that require further growth.
4. Each participant is involved in monthly spiritual direction and a fortnightly meeting with their supervisor. This assists the discernment process.
5. In the middle of the second year of the program the Team meet to evaluate each participant using the seven questions in Appendix 3; feedback from directees and feedback from supervisors. If there are any concerns a meeting is set up with the participant and these are discussed. The participant is encouraged to discern, over the next months, their own sense of vocation/lack of vocation and suitability using the questions from Appendix 3 and feedback from their directees and supervisor.
6. Generally, participants in the program after discernment are able to make an informed, discerned decision regarding their suitability as a Spiritual Director. In the event that there is a difference of discernment that will not be addressed by further training, the Team make the final decision in relation to the granting of a Certificate of recommendation.

Bibliography

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