



**The Jesuit Institute—South Africa**

<http://www.jesuitinstitute.org.za/>

*Come and follow me*

*Training in  
Spiritual Direction*

The Jesuit Institute is offering a 2 year modular course in Spiritual Direction

Dates: This training will be offered in 8 modules spread over 2 years.

Dates: 2009 (Dates for 2010 still to be finalised)

January: 10<sup>th</sup> -17<sup>th</sup>

April 25<sup>th</sup> – 27<sup>th</sup>

August 8<sup>th</sup> – 10<sup>th</sup>

November 7<sup>th</sup> – 9<sup>th</sup>

Cost: R5,000.00 per year. Subsidies are available for those in need. Please apply.

Contact: Frances or Annemarie 011 403 3790 [cis@jesuitinstitute.org.za](mailto:cis@jesuitinstitute.org.za)

## **The Spiritual Direction Training**

The programme will now be offered over two years.

- The aim of the course is to train spiritual directors competent to give 8-day retreats and to give on-going spiritual direction.
- Those who successfully complete the two year programme become eligible to apply for a subsequent year of specialization training. This training is structured to equip successful candidates to give the Full Spiritual Exercises of St Ignatius

## **THE SPIRITUAL DIRECTORS TRAINING COURSE**

A thorough training for giving on-going direction and short residential retreats.

### **AIM OF COURSE:**

To assist in the formation of Spiritual Directors who will have the following qualities and motivations:-

- The desire to do this work
- The ability to reflect on spiritual and life experiences seeking always the 'magis'.
- A good image of God
- Integrity
- Psychological balance
- Maturity
- Sensitivity
- Empathy
- An ability to appropriately express vulnerability
- A prayerful and reflective approach to life
- Should be in on-going spiritual direction.

By the end of the course participants would be equipped to offer on-going direction in the Ignatian tradition and directed retreats including 8 day retreats.

### **CRITERIA FOR ACCEPTANCE ON THE COURSE**

1. The applicant should be a mature Christian and have done Journey into Prayer and the Prayer Guide Training courses or a course recognized by the team to be equivalent; or have appropriate experience in the area of Christian Spirituality
2. Should be recommended for the course by his or her spiritual director
3. Must have made at least one eight-day retreat given by a reputable director
4. Applicants will be selected based on their application form and an interview

### **ON GOING REQUIREMENTS**

Participants will be expected to fill the following requirements:

1. By the end of year one to have gained the experience of guiding on a Week of Guided Prayer.
2. By the end of year two to have guided on a second Week of Guided Prayer
3. To attend at least 80% of lectures, seminars etc and to fully participate in all aspects of the course including practical and theoretical training.
4. Written assignments must be satisfactorily completed and submitted by due date.

5. To give supervised on-going direction from Year 2

Participation in the course may be terminated if the participant is found not to be suitable for this ministry.

### **COURSE SYLLABUS**

#### **SKILLS – THEORY AND PRACTICE:**

- 1) Good listening skills focusing on listening in SD  
( mirroring, eye movements, developing rapport, listening for movements of the Spirit/discernment, transference and counter transference)
- 2) Appropriate ways of responding including the use of challenge in spiritual direction
- 4) Discernment in on-going direction
- 5) Application of Discernment Rules
- 6) Awareness of movements of the Spirit and of graces
- 7) Use of Scripture in SD and retreats
- 8) Methods of prayer including colloquy
- 9) The Examen – in depth
- 10) Recognizing and working with Image of God
- 11) Desire – helping Directee to discover their deeper desires and God's invitation
- 12) Application of Meyers-Briggs or Enneagram as a tool for SD
- 13) A range of approaches

All the above will be taught and then applied in practicums including fishbowls, role-plays etc

#### **THEORETICAL TRAINING:**

A history of Prayer Guiding / Spiritual Direction  
An understanding of the dynamics of Spiritual Direction in on-going spiritual direction  
An understanding of the dynamics of Spiritual Direction in the context of a residential retreat  
Distinguishing Spiritual Direction, Pastoral Counseling and Therapy  
Adequate knowledge of Scripture  
A basic introduction to major spiritualities eg Franciscan, Benedictine, etc  
Some fundamentals of Theology  
An understanding of Spiritual growth and development  
Ethics in SD  
The role of desire in prayer and Spiritual Direction  
The Enneagram / Meyers Briggs  
Journaling

#### **TOPICS FOR FURTHER SPECIFIC ATTENTION:**

Spirituality Issues – including poor image of God  
Inculturation  
Ecumenical issues  
Gender issues  
The use of ritual in Spiritual Direction  
Psychological issues – including transference and counter-transference, poor self image, abuse, depression, mid-life, life transitions, grief  
Moral issues – the role of the director

#### **PRACTICAL ASPECTS IN GIVING ON-GOING DIRECTION:**

Confidential note taking  
Supervision