



SPIRITUAL DIRECTION TRAINING PROGRAM

OVERVIEW OF THE PROGRAM

Formation, training and supervision in the theory and practice of spiritual direction. Participants learn to listen more deeply to God, self, and others.

The first year of the program focuses on one's inner journey and formation. Each participant will journey more deeply into the contemplative way of prayer and their own encounter with God. St. Clement of Alexandria said, "The greatest of all lessons is to know one's self. For if one knows himself, he will know God; and by knowing God, he will be made like God." Knowing oneself and knowing God precedes our ability to understand others. Participants also begin to listen more deeply to others.

The first year of the program focuses also on discernment. Participants will engage in a process of clarifying and confirming their calls to enter in the formation year of the program. At the end of the first nine months, each participant, along with the staff, will together discern the path ahead.

The second year of the program is formational and practical. It focuses on developing skills and discernment. Under supervision, participants will give and receive spiritual direction. Students will read and write reflection papers based on their reading and what they are learning. Students will also reflect on the following example questions:
What does it mean to be a contemplative spiritual director?
What does it mean to hold sacred space for the other?
What does hospitality look like in spiritual direction?

Starting at the beginning of the program, each participant will be required to meet monthly with a spiritual director. All applicants, if not already doing so, are encouraged to start direction before the program begins. Journey Center of Chicago can assist with referrals if needed.

While we recognize that people come from a variety of faith traditions, this training is Christ-centered: we use the Old and New Testaments as our sacred texts and teach ancient and modern Christ-centered spiritual practices. Applicants from ALL faiths and spiritual paths are welcome; there is a historical tradition of spiritual directors being trained where

the roots of spiritual direction are found (Christianity) and then taking the gifts of spiritual direction back to their own faith communities.

TIMELINE AND PROGRAM COMPONENTS

(Until we are past Covid-19 and all have received a vaccine, the program will be online)

Year One: The Inward Journey

The first year is a formation year to develop one's contemplative life and to deepen self-awareness. It focuses on developing and deepening discernment, listening skills to God, oneself, and others.

June 3-5, 2021, June 10-12, 2021: Course One Online Intensive

- The course will focus on listening to God, the self, and the other.
- Participate in worship and listening groups.
- Participate in contemplative practices to experience a variety of prayerful pathways, increase discernment, and provide self-care.
- Develop and practice listening skills through listening groups.
- Explore the Enneagram for increased self-awareness.
- Participate in classroom discussions on related topics.
- Become familiar with the ministry of Spiritual Direction.

August 2, 2021 – March 31, 2022: Course Two Online

- Read assigned books and write reflection papers.
- Journal online and participate in listening groups for training and nurture for mutual encouragement, support and feedback.
- Explore an area of related interest with approval and write reflection paper (to be shared later with cohort)

Year Two: Forming and Practicing as a Spiritual Director

June 2-4, 2022, June 9-11, 2022 Course 3 Online Intensive

- Beginning with a daylong retreat, the focus is on practicing and experiencing giving and receiving direction.
- Participate in worship and spiritual direction triads.
- Maintain a self-supervision journal, which includes reflecting on supervision received.
- Participate in classroom discussions on spiritual direction topics.
- Write assigned reflection papers

August 1, 2022- March 31, 2023: Course 4

- Meet with two directees 9 times
- Meet with a supervisor 8 times (supervisor must be approved by staff)
- Meet with peer supervision group 5 times
- Write verbatims for supervision
- Maintain a self-supervision journal to record what you are learning about yourself as a director.
- Explore an area of interest and write about it (topic to be approved of by staff)

May 15, 2023

- Write a reflection paper on one's sense of call as a spiritual director.
- Fill out self-evaluation and submit to staff.
- Ask supervisor to fill out evaluation and submit to staff.

Year Three: Further Tools and Reflection

June 1-3 2023- June 8-10, 2023: Course 5 Third Year Online Intensive

The last intensive offers some further tools and reflection on oneself as a spiritual director, exploring one's sense of call in spiritual direction, as well looking at the practicalities in setting up one's spiritual direction ministry or practice. Group spiritual direction will also be introduced and practiced.

Participants who complete the program will receive a certificate in spiritual direction.

COST: The cost of this two-year program is **\$3000 per year** (\$250 per month), which covers tuition, materials, retreats and group supervision. Additional costs include travel and lodging if applicable, meals, books, your sessions with your own spiritual director throughout the

program and individual supervision (during the second year of the program). *We can design a payment plan that fits your needs.*

APPLICATION PROCESS:

- **Contact Rev. Eva Sullivan-Knoff, Spiritual Direction Training Program Coordinator, with any questions** at any point in the application process at info@journeycenterofchicago.org
- Applications are being accepted now. **The application deadline is May 1, 2021. Please forward the reference forms to your references. Everything must be submitted online by May 1, 2021 to info@journeycenterofchicago.org**
- **An interview will be scheduled after application is received.** The applicant has the opportunity to discuss details/questions and learn about the discernment process, as well as share about their own journey.
- You will know if you have been accepted into the program no later than **May 15, 2021.**

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