

SPIRITUAL GROWTH MINISTRIES

SPIRITUAL DIRECTORS FORMATION PROGRAMME

This two-year programme is personally challenging and requires a significant commitment of time, resources and energy. It provides a safe, supportive environment in which to explore one's own faith, while gaining skills and confidence in companioning others on their spiritual journeys.

Spiritual Growth Ministries' formation programme for spiritual directors offers unique opportunities for personal spiritual growth and exploration *and* comprehensive immersion in both the theory and practice of spiritual direction. *Wairuatanga* is the term of the indigenous people of Aotearoa New Zealand for the two "waters" of the spiritual and the natural worlds and how they are present at all times in every aspect of life. This reflects the perspective of contemplative Christianity in which we pay attention to the "holy in the ordinary" and learn to respond appropriately to these divine moments or encounters. *Wairuatanga* is at the heart of spiritual direction and this formation programme.

Admission is by application and interview after which a place may be offered. Applicants are spiritually mature, and the programme focusses on development of informed and competent spiritual directors who may minister formally or informally in settings such as parishes, schools, chaplaincies, retreat centres, prisons, workplaces, in small groups or in personal *kanohi ki te kanohi* sessions/conversations in person or, increasingly, online.

Practical work includes the regular giving of spiritual direction under supervision, and is supplemented by reading, written assignments, and attendance at regular workshops. These events deepen participants' understanding of spiritual direction and offer plenty of opportunities to practice a wide range of relevant skills from experienced practitioners in a supportive environment.

ADMISSION TO THE PROGRAMME:

Applicants will have a depth of experience of the spiritual life along with

- experience of receiving spiritual direction
- experience of aspects of contemplative Christian spirituality and attending directed retreats
- a degree of wisdom based on life and faith experience
- some understanding of human developmental psychology
- some experience of being approached by others for help with their spiritual journey

Pre- or co-requisites for participation in the programme may include:

- undertaking a counselling or skilled listening course
- gaining familiarity with personality type theory through a Myers-Briggs Type Indicator and Enneagram workshops
- attending a workshop in Christian dreamwork
- engagement in some theological reading or study
- New Zealand participants only: attending a Treaty of Waitangi workshop
- Overseas participants engaging in awareness of colonization and/or where privilege and power is concentrated in your country
- attending a silent, directed retreat of at least five days duration

For some people a **FOUNDATION YEAR** will be suggested to enable adequate preparation before entry into the Formation Programme itself.

PROGRAMME CONTENT:

The *kaupapa* or foundational principle of the Spiritual Directors Formation Programme is to promote the growth of the participant both as a person and as a spiritual director. It consists of two inter-dependent parts - the theory and the practice of spiritual direction.

THEORY

This consists of eight modules with reading, study, reflection guides and written assignments covering the following:

- What is spiritual direction?
- Relationships in spiritual direction: the director and directee.
- Discernment.
- Prayer.
- Stages of spiritual growth.
- Psychological aspects of spiritual direction.
- Engaging Culture.
- A special interest project.

PRACTICAL WORK

- Continuing to receive one's own monthly spiritual direction.
- Giving spiritual direction regularly to another throughout the programme.
- Attending **20 individual supervision** sessions spread over the two years, including presentation of verbatim and case studies.
- Attendance at **all 10 workshops**. We offer 10 stand-alone workshop days Tāmaki Makarau/Auckland and, further south, workshops are offered in two-day blocks alternating between Te Whanganui-a-Tara/ Wellington and Ōtautahi/Christchurch. If most participants are in Te-Ika-a-Maui/North Island workshops will be in Auckland and Wellington.
- Attendance is required at the *Kōhanga Ako* (collaborative learning nest) July residential week in Year One. If this is not possible then acceptance into the programme may be deferred to the following year.
- Attendance at the second and final *Kōhanga Ako* residential weekend in November of Year Two.

Please note if a training workshop/event is missed it must be attended in person the next time it is offered or the following year to fulfil the programme requirements.

CONCLUSION OF THE PROGRAMME

In March, following completion of Year 1 and Year 2 course requirements, a letter of completion and a certificate indicating that all course requirements have been met are awarded.

Further queries should be directed to Fran Francis, Coordinator of the Spiritual Directors Formation Programme:

Email: fran.francis@sgm.org.nz Mobile: 027 4817 016

Outline of Year 1 and Year 2 Workshops, along with the current fee structure, are provided on the next two pages of this document.

Spiritual Growth Ministries

Spiritual Directors Formation Programme Workshops

YEAR ONE:

WORKSHOPS IN TĀMAKI MAKAURAU/AUCKLAND

February	WHAT IS SPIRITUAL DIRECTION?
March	EXPLORING SPIRITUAL/RELIGIOUS EXPERIENCE
April	RELATIONSHIPS IN SPIRITUAL DIRECTION
September	RESISTANCE & FEELINGS IN SPIRITUAL DIRECTION
November	WHO IS GOD FOR THE DIRECTEE?

FOR THE CENTRAL/ SOUTHERN GROUP: Workshops 1 and 2 are held as a two-day block in Te Whanganui-a-Tara/Wellington in February. Workshop 3 is either Christchurch (if numbers of South Island attendees are sufficient otherwise Wellington) and finally, Workshops 4 and 5 are back in Wellington in September. A version of this rhythm is repeated in Year Two. Participants are welcome to attend any workshop at the location and date which suits them best. Please understand our final cohort details for the year are often not clear until close to commencement. Venues and timetables need to be established well before that. Our principle is to hold workshops in locations accessible for the majority of participants.

KŌHANGA AKO RESIDENTIAL EVENT (six days) held in July at St Francis Retreat Centre, Auckland.

Topics covered include Contemplation, Working with Difference, Prayer & Personality, Discernment, Sexuality and Spirituality; Power, Ethics & Boundaries, Dreams & Spiritual Direction.

Practical work includes role plays, observed practice of spiritual direction in triads, engagement in a variety of approaches to prayer, discussion of the giving and receiving of spiritual direction along with opportunity to lead contemplative prayer for the group.

YEAR TWO:

WORKSHOPS TĀMAKI MAKAURAU/AUCKLAND

February	PERCEIVED ABSENCE OF GOD
April	THE DEVELOPING JOURNEY
June	JUSTICE ISSUES IN SPIRITUAL DIRECTION
August	LOSS, GRIEF & ABUSE ISSUES IN SPIRITUAL DIRECTION
October	DEEPENING OUR WORK AS DIRECTORS

November

KŌHANGA AKO CREATIVITY AND SPIRITUALITY CLOSING WEEKEND
RESIDENTIAL EVENT at St Francis Retreat Centre, Auckland.

PROGRAMME COSTS FOR 2024/25 COHORT

APPLICATION FEE (non-refundable) \$50.00 if before 20 September, otherwise \$100.00.

YEAR ONE (2024) NZD \$4,557.00 (inclusive of GST and the Year 1 Kōhanga Ako residential week accommodation and tuition costs).

YEAR TWO (2025) NZD \$4,183.00. (This does **not** include the fee for the second Kōhanga Ako weekend in November of Year Two. Estimated at \$368.00 but may be subject to change)

*GST at time of publication is 15%

New Zealand residents/citizens may apply to SGM for some support funding. Direct your enquiries to our administrator admin@sgm.org.nz to see if you are eligible. These funds are provided by the manaakitanga (loving support) of the contemplative Christian community in Aotearoa New Zealand.

Payment options are full payment, 3 monthly or monthly instalments. Fees for overseas applicants are the same as for local applicants. NB: Changes to fee payment structures may be introduced for the new intake in 2025. This won't affect 2024/25 participants.

The SWIFT code is WPACNZ2W and the bank account is 030166 0198782 00. The physical address of the bank is:

Westpac Branch Howick
19 Wellington ST
Howick
Auckland 2014
New Zealand

OTHER EXPENSES TO NOTE:

To the above you will need to add the cost of:

- books (approx. \$200) – we recommend digital formats for economy
- supervision spread over two years (20 sessions at approx. \$80.00 per session, although costs vary according to individual supervisors)
- your own spiritual direction (again, costs will vary)
- travel to and from workshops
- travel to and from the Kōhanga Ako Residential Event (Year One) and Kōhanga Ako final weekend (Year Two) in Auckland
- a five to seven-day silent, directed retreat (if not already attended)
- any co-requisite workshops (e.g., Dreams, MBTI, Enneagram, Treaty of Waitangi, theology, or skilled listening).

FUNDING:

The Spiritual Directors Formation Programme is anchored in formation rather than education, therefore StudyLink funding through NZQA is not available. We encourage you to explore the options closest to you. For example, denominational training funds, local congregations, trusts, or educational funds may be able to provide assistance with costs.

