

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 companionship others on their spiritual journeys.

Spiritual Growth Ministries' formation programme for spiritual directors offers significant opportunities for personal spiritual growth alongside a comprehensive exploration of both the theory and practice of spiritual direction and spiritual companionship.

Our programme is open to mature people and aims to produce informed and competent spiritual directors and spiritual companions who may minister formally or informally in settings such as parishes, schools, chaplaincies, retreat centres, prisons, workplaces, small groups and community centres.

Practical work includes the regular giving of spiritual direction under supervision, and is supported by reading and 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 in a safe and supportive environment.

CONDITIONS FOR ADMISSION TO THE PROGRAMME:

Participants are normally mature people with a grasp of the spiritual life, Scripture and theology, who will have

- Experience of receiving spiritual direction 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 workshop
- Attending a workshop in Christian dreamwork
- New Zealand participants only: a Treaty of Waitangi workshop
- Attending a five-day silent, directed retreat.

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

PROGRAMME CONTENT:

The Programme is intended to promote the growth of the participant both as a person and as a spiritual director. It is divided into two inter-dependent parts - the theory and the practice of spiritual direction.

THEORY

This consists of eight modules with reading, study and reflection guides and written assignments

- 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

- Receiving 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**. Held in two or three locations around the country determined by predominant locations of participants - usually Auckland, Palmerston North / Wellington or a South Island venue.
- Attendance at the July residential week-long training course in Year One.
- Attendance at the residential week-end event in Nov/Dec of Year Two.

Please note if a training workshop/event is missed it must be made up by 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 Phone: 027 4817 016

Details 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:

ONE DAY EVENTS (held at approximately these times)

Early Feb.	BEGINNING SPIRITUAL DIRECTION
March	EXPLORING SPIRITUAL/RELIGIOUS EXPERIENCE
April/May	RELATIONSHIPS IN SPIRITUAL DIRECTION
September	RESISTANCE & FEELINGS IN SPIRITUAL DIRECTION
November	IMAGES OF GOD

RESIDENTIAL EVENT (six days) held in July at Waikanae

Topics include: Contemplation, Deepening Religious Experience, Prayer & Personality, Discernment, Sexuality & Gender Issues, Power, Ethics & Boundaries, Dreams & Spiritual Direction.

Practical work includes: role plays, trios, and discussions about the giving and receiving of spiritual direction

YEAR TWO:

ONE DAY EVENTS (held at approximately these times)

Early Feb.	PERCEIVED ABSENCE OF GOD
March/April	THE DEVELOPING JOURNEY
May/June	JUSTICE ISSUES IN SPIRITUAL DIRECTION
July/August	LOSS & ABUSE ISSUES IN SPIRITUAL DIRECTION
Sept/Oct	DEEPENING OUR WORK AS DIRECTORS

WEEKEND CLOSING EVENT held in Nov/Dec

Topic: CREATIVITY AND SPIRITUAL DIRECTION, Closure and Commissioning

PROGRAMME COSTS 2019

APPLICATION FEE (non-refundable)	\$50.00 if before 20 September, \$100 if after that.
YEAR ONE	\$2,975.00
YEAR TWO	\$2,735.00

(all figures include GST)

*GST at time of printing is 15%

Subsidies of \$500 for New Zealand residents may be available from Spiritual Growth Ministries Trust through the support of the Christian community in Aotearoa.

Payment options are available including monthly instalments.

Additional to the course fees are the accommodation costs for the residential events:

Year One Residential Event – approx.	\$555.00
Year Two Closing Weekend – approx.	\$260.00

OTHER EXPENSES

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

- books (approx. \$200)
- supervision spread over two years (20 sessions at approx. \$65/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 Residential Event (Year One) and Closing Weekend (Year Two)
- a five-day silent retreat (if not already attended)
- any co-requisite workshops (e.g. Dreams, MBTI, Treaty)

Note:

Denominational training funds, local congregations, trusts, or educational funds may be able to provide assistance with costs.

Limited sponsorship may be available on application to Spiritual Growth Ministries. Contact Joanne Garton, SGM Administrator, at admin@sgm.org.nz.

National Coordinator

Fran Francis

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Spiritual Growth Ministries website:

www.sgm.org.nz