

soul care

Spiritual Direction Training

Philosophy

The Soul Care Spiritual Direction Training is based upon a small group circle model. With a maximum of 12-14 participants, the training is grounded in relationship, interaction, discussion and experience. Rooted in a 2-year foundation of Anam Cara and Cloister (Soul Care Spiritual Formation Programs), there is an understanding of inner work, shadow work, stillness, prayer and listening that this program is built upon. The Spiritual Direction training is based upon the understanding that the deepest learning happens through relationship, modeling and experience.

Spirituality

Rooted in a Christian mystical tradition, this training is based upon the unconditional and merciful Love that the mystics experienced and expressed in their lives and writings. It is the belief that we come from this Love and we are being re-membered into this Love. Through Spiritual Direction, we are committed to creating a space where this Love is palpable and accessible to all. We believe this Love is healing and transformative and invites us all to live our lives in freedom and fullness.

Faculty

Cathy AJ Hardy is the founder and director of this program. Arlana Knuttila is the assistant director. Gillian Drader will specialize in the area of supervision. Other mentors and teachers will be invited into the learning circles to bring their area of expertise.

Themes

Through the Anam Cara and Cloister circles, much was explored in the areas of contemplation and personal growth. We will seek to deepen our commitment to contemplation practices within the Spiritual Direction training context and continue to commit ourselves to a lifestyle of inner work and transformation. Our training will also guide participants to greater learning regarding the history of Spiritual Direction, psychology, dreamwork, and more. A full list of themes and dates are provided in a separate document.

Practices

Participants will be required to practice a rhythm of contemplation, monthly Spiritual Direction, meeting in pairs monthly, interacting with an on-line forum (base-camp), reading monthly requirements and writing a monthly reflection. They will also be required to begin the process of offering Holy Listening to others by Month 6 of the process.

Finances

Deposit – \$200 non-refundable upon acceptance into program

Preliminary Intensive, (for those joining without Anam Cara and Cloister)

6 two hour sessions: Cost TBA

Monthly Fee: TBA

The monthly fees include two monthly gatherings, an on-line gathering community site, supervision, three one-on-one discernment processes and much more. There will be an extra cost for accommodations three times a year when we gather in person. This fee will be communicated as we are able.

The monthly fee does not include your Spiritual Direction appointment. You will need to pay this separately wherever you are seeking Spiritual Direction.

Scholarships may be available -please let us know if you would like to reach out about this.

Entry Requirements

- Completion of Anam Cara and Cloister Programs
- OR a minimum of two years of spiritual formation with 2 letters of reference
If applying without experience in Anam Cara/Cloister, you will be requested to participate in an Anam Cara/Cloister intensive.
- Minimum 2 years of experience in Spiritual Direction
- Discernment Process at time of application for applicant and Soul Care.

Format

Our training will be a circle format. We will have in-person gatherings and other gatherings will be held on-line to accommodate distance learners. We will meet bi-monthly for learning and practicing together what we are learning. More information TBA.

Completion Requirements

Written reflection assignments on monthly basis.

Some reflections will be based on experiences and some will be based on readings.

2 other experiences of Spiritual Direction beyond your regular Spiritual Director

Participation in Retreat

Participation in Monthly Group events which will include diads and triads.

Completion of Reading Materials

3 Discernment Sessions - First Discernment Process to be done prior to first group gathering