



## **Spiritual Direction Training**

### **Philosophy**

The Soul Care Spiritual Direction Training is based upon a circle model of learning. With a maximum of 16 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 and Celtic tradition as well as drawing on wisdom from other spiritual traditions, 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. Our program is open to all those on a spiritual path.

### **Faculty**

Cathy AJ Hardy – Director and Founder  
Corrina Arnold MA MC RCC – Associate Director  
Beth Woelk M.SC – Associate Director  
Arlana Knuttila - Assistant Director

### **Wisdom Circle**

This circle offers wisdom, expertise and support to our Training program leadership and to the participants of our program.

Kathi Bentall  
Doreen Kostnuik  
Mary Boucher  
Elsie Goerzen

### **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 will be 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.

### **Finances**

Deposit – upon acceptance into program \$200 non refundable

Preliminary Intensive, September 2022 (for those joining without Anam Cara and Cloister)

6 four-hour sessions: \$600

Monthly Fee: \$350 (October 2023 – June 2025)

The monthly fees include two monthly gatherings, on-line gathering community site, supervision, three one-on-one discernment processes, Soul Care Community online meditations and much more. There will be an extra cost for accommodations two 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.

### **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 in August / September of 2023.
- 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 2 in-person gatherings per year 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. The main gathering will be on Friday afternoons from **1:30-6pm PST**. The two weekend gatherings per year (4 in total), will include a Friday evening session and Saturday day session.

Accommodation will be available through the Mark Centre and Rivendell Retreat Centre for Friday – Sunday for each weekend. Our training will begin October 2023.

### **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 Retreats

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

A minimum of 10 Spiritual Direction apprentice sessions