

Year One: Institute for Spiritual Direction (ISD)

	Spiritual formation pillar	Theological formation pillar	Pastoral formation pillar	Human formation pillar
September 2027	Intro to Liturgy of the Hours	Spiritual Theo Part 1: Life of the Trinity and Called to Communion	What is Spiritual Direction, importance of receiving it	Living in the tension
October 2027	Lectio Divina prayer method (importance of praying daily with scripture)	Spiritual Theo Part 2: Called to Holiness; Grace and Response; Theological virtues; 3 Ways – Stages of the Spiritual Life (Purgative, Illuminative, Unitive)	Writing your salvation history and sharing your salvation history	Attentive listening skills
November 2027	ARRR prayer method (importance of relational prayer)	God the Father; our identity as beloved sons/daughters; Relationship-Identity-Mission flow; Providence; Sin and Merciful Father. Part 2: Our Father prayer & the Life of Prayer	False images of the Father; Wounds and doubts concerning our identity (ex: you are good, worthy, loved)	Integration of all four pillars
December 2027	Eucharistic Adoration	Incarnation: Jesus fully human, fully divine; The Word made flesh; Phases of meditative prayer	Teaching others how to pray: Lectio Divina and relational prayer (ARRR method)	Living life of grace
January 2028	Mass as sacrifice; unite our offering to Jesus'	Paschal Mystery I: Passion and Cross; redemptive suffering; theological virtue of faith	Preparing for the first spiritual direction meeting; Spiritual Guidance Observation Form	Forgiveness
February 2028	Imaginative Prayer	Paschal Mystery II: Tomb; dark night; theological virtue of hope	Professional aspects of spiritual direction, boundaries, abuse	Art of asking good questions; listening skills

			prevention; focus on prayer in meetings	
March 2028	Application of Lectio Divina, ARRR relational prayer, Imaginative prayer, Eucharistic adoration, living the offertory in the Mass	Further integration of the previous spiritual theology talks	Experience being in spiritual direction with a guide in the setting of a retreat	Reading material beforehand from "Personal Prayer" about "praying as human beings" - we bring our humanity with us in prayer.
April 2028	Prayer of the senses	Paschal Mystery III: Resurrection; Ascension; Pentecost: theological virtue of charity	How to accompany long-term; self-awareness; when counselling is needed instead	Christian anthropology: intellect, will, passions, emotions, desires

Summer Break – Reading assignment - "Spiritual Direction: A guide for sharing the Father's love" by Fr. Thomas Acklin & Fr. Boniface Hicks

Year Two: Institute for Spiritual Direction (ISD)

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September 2028	Awareness of the Holy Spirit	Holy Spirit and the Theology of Spiritual Direction. Interior movements of thoughts, feelings and desires.	Distinguishing and practicing various approaches of offering spiritual direction	Be aware and name interior movements, especially feelings.
October 2028	Examen Prayer	Discernment of Spirits, desolation and consolation	Application of Rules of Discernment of spirits - Practicum	Listening to and understanding emotions and their message
November 2028	Genuine repentance and how this helps prepare	Moral Conversion and the Spiritual Life	Accompaniment of someone who is	Virtues: practical living of the human virtues

	for the Sacrament of Reconciliation		struggling with sin, attachment, and addiction	(prudence, fortitude, temperance, justice)
December 2028	Resistance to God and common difficulties in prayer	Liturgy and the Spiritual Life. Sacraments. The Paschal Mystery and the Christian cycle of life.	Accompaniment of someone in marriage, lay vocation	Disturbances in the relationship between director and directee
January 2029	Rosary and relationship with Mary	Ecclesiology, Mary and the Spiritual Life. Consecrated life – monastic history and living poverty, chastity and obedience.	Accompaniment of someone in vocational discernment. Ongoing support for living out one's vocation.	Vulnerability and intimacy – dynamic with God and with others
February 2029	Taking devotionals deeper and receiving the graces from them	History of Christian Spirituality and the impact of these spiritualities	Challenging cases that may arise in accompaniment – scrupulosity, cohabitation, irregular unions, homosexuality, gender dysphoria, etc.	Walking with someone who is living a challenging situation or is the loved one of someone who is struggling
March 2029	Conclusion of the ISD spiritual journey	Synthesis of the theological journey	Review of pastoral content and applying what we learned in ongoing spiritual direction	How to keep growing and the importance of supervision and support. Balanced life-style to avoid burnout.