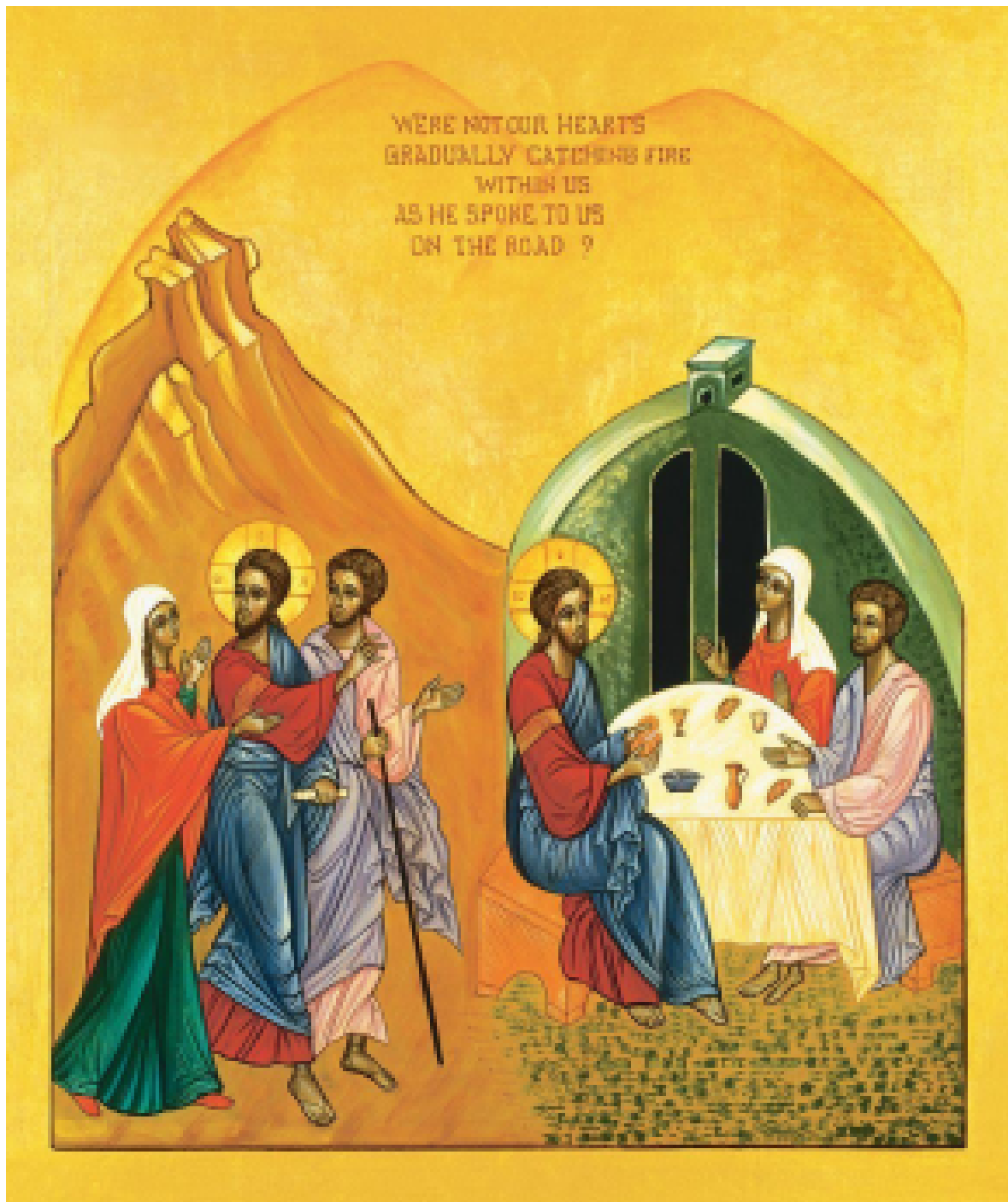


## INTERNSHIP IN SPIRITUAL DIRECTION



*Archdiocesan Spirituality Center  
of New Orleans*



### **AN INTERNSHIP IN SPIRITUAL DIRECTION**

Among the variety of conversational ministries through which faith is shared and strengthened is the ministry of spiritual direction. Spiritual direction is distinguished from preaching, catechesis, pastoral counseling, and spiritual friendship because this faith conversation has as its purpose discernment.

A directee engages a director in order to deepen one's awareness of God's presence in one's life. It is this desire for intimacy with the Lord that creates the situation of spiritual direction. Together, the directee and director discern the presence and movement of God in the life of the directee.

Although the honing of skills is a part of the formation of a spiritual director, the essential formation comes from God's gift and the spiritual hunger of the intern. When God has gifted a person with faith and discernment, a training program can help that person recognize, strengthen, and purify the gift of discernment.

This training is done with a wisdom community of faith and discernment.

### **DEVELOPMENT OF A DIRECTOR**

1. The Archdiocesan Spirituality Center Internship in Spiritual Direction incorporates a broad reflection on the ministry of spiritual direction within the context of today's church.
2. The Internship follows the methodology of discernment found in the Spiritual Exercises of St. Ignatius of Loyola. This methodology is used for the directing of retreats as well as ongoing spiritual direction.
3. Within the Internship, a process of individual and group discernment assists the participants to discern if they are called to the ministry of spiritual direction or to another form of conversational ministry (e.g., catechesis, spiritual conversation, etc.). This discernment also considers the areas of spiritual direction to which each feels called.

## **PREREQUISITES**

### **1. A Life of Prayer**

Faith expressed in a life of personal prayer is the foundation for doing spiritual direction. Facility in an interpersonal expression of scriptural prayer is necessary in guiding the deepening prayer of others.

### **2. A member in good standing with one's Church.**

### **3. The Gift of Discernment**

Spiritual Direction is a process of discernment: distinguishing God's voice both within and around us from the many other voices that call to us.

This spiritual discernment is built upon a number of natural abilities:

- Focus: the ability to stay with the core experience and movement of God
- Objectivity: empathy without enmeshment
- Recognition of connections, correlations, and dissonance
- Sensitivity to interior movements, along with the ability to articulate interior understanding
- Prudence: good judgment

Discernment, like all gifts, comes in degrees. Some facility in the abilities above is necessary for the ministry of spiritual direction and for the internship.

### **4. Personal Experience of ongoing spiritual direction**

The intern's personal experience of spiritual direction establishes the context of the entire formation program. Applicants must be in spiritual direction for two years prior to entering the internship.

### **5. Directed Retreat based on the Spiritual Exercises of St. Ignatius**

The Internship requires at least one Directed Retreat of 8 or 5 days. There are three retreats offered by the ASC Internship programs of 5 days duration.

### **6. Making the Spiritual Exercises of St. Ignatius**

The Internship works out of the participants' experience of the Spiritual Exercises of St. Ignatius. The one who directs the intern needs to be knowledgeable of the Spiritual Exercises and experienced in directing them. They need to guide the intern through the whole of the Exercises.

There are two formats for the making of the Spiritual Exercises:

- “30-Day Retreat”: Exercises are made in solitude over a period of thirty days.
- “19<sup>th</sup> Annotation”: Exercises are made in the flow of the retreatants’ daily life over a period of about seven (7) months. **This must be one-on-one with one’s spiritual director, not in a group. The retreatant usually meets with his/her director weekly.**

## 7. Adequate Theological Background

Every spiritual director works from and mediates a faith tradition. The Internship focuses on the Theology of Discernment and builds on an overall theological formation. A bachelor’s degree in Catholic theology fulfills this requirement. At a minimum, the individual must have courses in the following areas:

- The Creed
- Catholic Understanding of Scripture
- Christology
- Sacraments and Worship
- Personal Morality
- Social Morality
- Introduction to Church History
- Ecclesiology and Mission of the Church

These courses are often included in courses offered for DRE requirements.

Or has completed the formation program for ordination into the permanent diaconate as deacon or as the wife of a deacon.

\*The **Diocese of Baton Rouge** Requires 24 hours of **undergraduate** theology courses from an accredited Catholic University, and to complete the Safe Environment Program for Youth and Vulnerable Adults through the Child and Youth Protection Office of the Diocese of Baton Rouge.

## 8. Present and Future Ministry which Includes Some Form of Spiritual Direction

Who is asking the applicant for this service? Does the applicant foresee that by the second year of the Internship he/she will have people coming to them for spiritual direction?

## 9. Ability to Attend All Aspects of the Program and To Do the Required Study

## 10. Go through an application and interview process which includes 3 recommendations.

## **THREE AREAS THAT OFFER THE PROGRAM:**

Two years of ten monthly sessions August - May:

1. Weekend: Meets second Saturday (9:00am – 5:00pm) of each month, August–May at the A.S.C. in **Metairie**; begins in August 2026
2. Weekday: Meets the first and second Tuesday (4:00 - 8:00pm) of the month, August–May, at Franciscan University, **Baton Rouge**; begins in August 2027
3. Weekday: Meets third Wednesday (9:00am – 5:00pm) virtually each month, this will be a hybrid course with two in-person meetings and one in-person retreat and one hybrid retreat. August–May, **Virtual based in Lafayette/Alexandria LA**; begins in August 2026

Composition of the three tracks is based upon the schedules of the participants, theological background, pastoral experience, male-female ratio, etc...

### **BRIEF DESCRIPTION OF THE PROGRAM**

**First Year:** Study of the Theology of the Spiritual Exercises of St. Ignatius Loyola

- Discussions
- Study
- Reflection
- Prayer
- Case Studies
- Role Playing

**Second Year:** Verbatim of spiritual direction with feedback from supervisors and peer group. Discussion of specific topics relating to spiritual direction led by experienced guest directors. Some topics may include:

- The Director-Directee Relationship
- When God Seems Silent
- Ethical and Moral Issues Relating to Spiritual Direction
- Directing 19<sup>th</sup> Annotations
- etc...

The second year is the practical year in which the Intern will direct 3 persons/month with supervision.

- Guidance in a process of self/group evaluation.
- Final evaluation of the intern's individual gifts and areas of growth as a spiritual director by the supervisors.

**Summers:** Each Summer directing of a 5-Day Directed Retreat

- Practicum year of directing: 3 persons/month with supervision
- Retreat with supervision.
- Guidance in a process of self/group evaluation.

- Final evaluation of the intern's individual gifts and areas of growth as a spiritual director by the supervisors.

### **FEES**

\$850 per semester (5 months) + \$750 summer retreats

The tuition fees do not include textbooks or \$150 registration fee. Adjustments and scholarships regarding the tuition are available.

### **STAFF**

**Ingrid Cannella** is a Certified Spiritual Director in Central Louisiana, where she works in coordination with her pastor and bishop. As a cradle Catholic, she is an active member of her local church, involved in a variety of ministries. Additionally, she is semi-retired from work as a Licensed Professional Counselor-Supervisor and Marriage and Family Therapist and is a certified Compliance Officer working in the Behavioral Health Care field. After many years of providing behavioral health services, God drew her to Spiritual Direction through a local deacon, and she finds joy and gratitude participating in the ministry of spiritual direction. Currently, she is serving on the LASD Board. Ingrid received her certificate in spiritual direction from the Archdiocesan Spirituality Center in 2020 in the Diocese of Lafayette and is continuing her studies through Creighton University in Omaha.

**Stephanie Clouatre Davis** is an Ignatian-trained spiritual director, teacher, and retreat facilitator. She is the Program Director at The Archdiocesan Spirituality Center. She is on the staff at St. Scholastica Academy, Ignatian Ministries, and an associate with the Dominican Sisters of Peace. In her more than 28 years of ministry, she has directed hundreds of retreats and spoken at many conferences for adults, teens, and young adults. Stephanie holds a Master of Religious Education from Loyola's Institute for Ministry in New Orleans and a Certificate in Spiritual Direction from the Archdiocesan Spirituality Center in New Orleans. She spends many of her days walking with people in spiritual direction and lives in Covington, Louisiana with her husband.

**Becky Eldredge** is an Ignatian-trained spiritual director and retreat facilitator passionate about helping clergy, religious, and lay leaders live and lead with Christ. She is founder of Ignatian Ministries and author of three books: *Encounter Grace* (Loyola Press, January 2026), *The Inner Chapel* (Loyola Press, April 2020), *Busy Lives & Restless Souls* (Loyola Press, 2017). She accompanies people through spiritual direction, resources, professional development offerings, and retreats rooted in the Spiritual Exercises of St. Ignatius. Passionate about Ignatian spirituality and teaching people how to pray, to discern and to accompany others. She holds a Certificate in Spiritual Direction from Spring Hill College, a Masters in Pastoral Studies from Loyola University in New Orleans, and a Masters in Education from Louisiana State University. She is married to Chris, and they have three children.

**Wendy Enloe, MRE**, is the Director of Adult Faith Formation and a spiritual director at Our Lady of the Holy Rosary Catholic Church in St. Amant, Louisiana. She meets with individuals and retreatants for spiritual direction at Our Lady of the Holy Rosary and offers programs on Christian formation and spirituality. As an instructor for the Archdiocesan Spirituality Center Spiritual Direction Internship program in New Orleans and for the Diocese of Baton Rouge Ministry and Theology Certification program, Wendy shares her passion for spiritual direction, spirituality, and prayer with adults in their formation. Wendy holds a Master of Religious Education from Loyola's Institute for Ministry in New Orleans, a Certificate in Spiritual Direction from the Archdiocesan Spirituality Center in New Orleans, and a Graduate Certificate in Spiritual Direction from Creighton University.

**Ann LaBauve** is a spiritual director and member of the staff at the Archdiocesan Spirituality Center. She holds a bachelor's degree in special education and a master's degree in social work. She spent most of her career in the school system assisting families and staff working with children with special needs. Since retiring, she works as a spiritual director for individuals in on-going spiritual direction and directed retreats. She received a continuing education certificate in pastoral studies through the Loyola Institute for Ministry, a certificate in Spiritual Direction through the Archdiocesan Spirituality Center of New Orleans, and a graduate certificate in Spiritual Direction and Directed Retreats from Creighton University. Ann has a passion for working with those seeking a deeper relationship with God, as well as those in formation to become spiritual directors.

**Carol Olson** is a native of Lafayette, LA, and has a Bachelor's degree from LSU in special education and regular education. Having taught school for twenty-seven years, teaching both special education and religion to sixth and seventh graders at Our Lady of Fatima in Lafayette, Carol realized God's call for her to leave the classroom. She began the Archdiocesan Internship in 2017 and graduated in 2019. Shortly after graduation, Carol retired from teaching and enrolled at Creighton University, where she earned an additional certification in spiritual direction and an MA in Christian Spirituality. She also holds a Master's degree in Pastoral Studies from Loyola University's Institute for Ministry in New Orleans. Carol is a spiritual director in the Lafayette area, has been married for thirty-nine years, and has two sons and two adorable grandsons.

**Karen Tobin** is the Executive Director of the Archdiocesan Spirituality Center. She meets with retreatants and individuals for spiritual direction at the Spirituality Center. After retiring from a career in Physical Therapy, Karen shares her love of spirituality, spiritual direction, and prayer with adults in formation in the Archdiocesan Spirituality Center's Spiritual Direction Internship program. She is now the Executive Director of the Archdiocesan Spirituality Center. Karen has completed a Certificate in Spiritual Direction from the Archdiocesan Spirituality Center in New Orleans in 2022 and one from Creighton University in 2025. She is working toward a masters in Spirituality from Creighton University. Karen has three sons and lives in Metairie, Louisiana, with her two dogs and is awaiting the birth of her first grandchild.

**Mike Van Vranken** is an author and spiritual director, providing direction in both the Dioceses of Shreveport and Alexandria. He is a former adjunct professor for the Greco Institute for Adult Faith Formation for the Diocese of Shreveport. For several years he also gave parish missions, one- to three-day retreats, break-out sessions and keynote addresses throughout the South and Midwest to many groups, including the annual Ministry Conference sponsored by the Diocese and the University of Dallas. Mike earned his Master in Theological Studies from the University of Dallas and is currently enrolled in the Master in Christian Spirituality program at Creighton University. Mike completed the Archdiocesan Spirituality Center's Internship program in 2017.



For further information or to request an application, contact the New Orleans Archdiocesan Spirituality Center:

(504) 861-3254 [archspirctr@archdiocese-no.org](mailto:archspirctr@archdiocese-no.org)

visit our website: <https://nolacatholic.org/asc>

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