



Spiritual **DIRECTION**

Certification Training Program **The West Virginia Institute for Spirituality**

Each September a new group of candidates begin a three-part journey of development at The West Virginia Institute for Spirituality. This Spiritual Direction training program is a part time course of study that prepares spiritual directors for ministry in parish communities and religious congregations.

The West Virginia Institute for Spirituality is committed to the formation of competent spiritual directors. The on-going Associate Program provides “hands-on” experiences of praying with scriptures, a holistic approach to spirituality, and the tools and skills to qualify them for the Ministry.

The prerequisites include the following:

- Two years of on-going spiritual direction on a one-to-one basis.
- BA degree or equivalent life experience.
- Sufficient knowledge in the areas of theology, scripture, psychology and the spiritual life.
- 30 day directed retreat or full year 19th Annotation Retreat before or during program.
- Evidence of growth potential:
 - 1) intelligence and ability to articulate one’s own journey;
 - 2) simplicity and integrity/self-knowledge;

- 3) willingness to be of service to others founded on a sense of being called to this ministry; and
 - 4) awareness of “movements of the spirits” within one’s self.
- Evidence of serious commitment to the program:
 - 1) time/willingness to engage in study;
 - 2) ability/readiness to name one’s own experience, reflect on it and speak of it; and
 - 3) active participation in group and individual activities of the classes.

Components of the Spiritual Direction Training Program are:

- Individual supervision: (8) 90 min. sessions
- Peer group supervision: presentations
- Practicum: offering spiritual direction and the Ignatian Spiritual Exercises in groups and individual sessions
- Workshops on spiritual direction sessions
- Reading/discussion sessions
- Making two 3 Day Discernment Retreats
- Giving two 3 to 5 day retreats
- Develop an 8 day directed retreat
- Making an 8 day silent directed retreat

Criteria for Certification by The West Virginia Institute for Spirituality as a Spiritual Director:

- Completion of the training program.
- Demonstration of aptitude and readiness for the Ministry, especially:
 - a) Understanding of spiritual direction, theoretically and practically.
 - b) Skill and listening, responding, discerning.
 - c) Understanding of the spiritual life as it is lived.
 - d) Demonstration of a basic knowledge:

- i) Theology
- ii) Scripture
- iii) Psychology

- 100 - 150 hours of actual directing experience which is supervised by one of the staff or by a person recognized by the staff.
- 75 - 120 hours of experience of being supervised (including both group and individual supervision) with appropriate written materials.
- Written request for Certification, including a brief description of:
 - a) One's recognized skills and aptitudes for the ministry.
 - b) Awareness of one's growing edges to develop in this ministry.
 - c) One's experience of call to and desire for this ministry.
- Recommendation by the staff after successful completion of the program requirements and discernment by the staff with the individual.

Any candidate seeking graduate credit for this program, is advised to contact the WVIS Executive Director.

Tuition:

\$1,000.00 (USD) for each semester and
\$2,100.00 (USD) for the 19th Annotation (books not included)

No refunds if classes are missed or if candidate terminates program.

