

HCM International

Spiritual Formation and the Art of Spiritual Direction

One-Year and Two-Year Program Information

HCM International's Certificate Program in *Spiritual Formation and The Art of Spiritual Direction* provides students with the contemplative experiences, knowledge, and wisdom necessary to deepen their awareness of God, self and others. The program uses a cohort format and offers both a one-year and a two-year option.

Students will learn to discern God's presence in all of life by:

- ❖ ***Positioning*** self and others before the transforming presence of God
- ❖ ***Connecting*** self and others with God's unconditional love
- ❖ ***Engaging*** the essentials of spiritual direction into life and practice

As students' awareness of God in all things deepens, their spiritual perspective is transformed, empowering them to *Rest in God's presence (Positioning)*, *Receive God's love (Connecting)*, and *Respond to God's voice (Engaging)*.

This unique program is designed for individuals who:

- ❖ *are hungry to experience deeper intimacy with God*
- ❖ *desire to grow in attentiveness to God's movement in their lives*
- ❖ *feel called to companion with others on their spiritual journey*
- ❖ *seek spiritual community and mutual support with others of shared calling*

Because the skills necessary to attentive listening are learned best in a secluded space away from the busyness and distractions of daily responsibilities, **two 4-night/5-day and two 5-night/6-day** residencies form the core of the one-year program with an emphasis on personal formation and the relationship of spiritual direction to spiritual formation. In addition to the four residencies of the one-year program, the second-year program deepens this experience to include two intensive praxes and an enterprising period that focus more intensely on the skills and training of the spiritual director.

Both programs are guided by experienced faculty and consist of peer interaction between residencies using virtual formats. Content is designed to heighten the training experience as students integrate spiritual formation principles and practices. The residencies offer a time for personal spiritual formation and equipping in the skills, literature and practices of contemplative spiritual direction. Between residencies, students are engaged in their own spiritual direction and, under faculty supervision, offer spiritual direction as directors-in-training for optimal learning, reflection and growth.

In year two, the praxes that follow the fourth residency are a time of deepening development and skills integration in the ministry of spiritual direction. Under the

supervision of a skilled spiritual director, individuals completing this phase of training *and* two Continuing Education events (2-day) sponsored by HCM International will be fully endorsed by HCM International as a spiritual director. *Note: Registration fees for Continuing Education events are separate from program fees. Students completing year two will also meet the requirements for membership in ESDA (Evangelical Spiritual Directors Association), in which they may choose to participate.*

At each residency, students will engage in readings, selective disciplines and practices of life beneficial to maturing them into Christlikeness based upon the theme of each residency. They will focus on the dynamics of personal formation as they cultivate deeper intimacy with Christ in prayer and learn how to integrate spiritual formation as a vital part of everyday life and ministry. The Journey Guide/Syllabus (provided to students upon admittance unless otherwise requested) will outline all assignments and expectations. Between each residency, students will engage in a monthly virtual journey group where they will further reflect on how they are integrating the teachings of the residencies and engaging the readings – identifying places of tension, growth and invitations to greater awareness. They will also reflect on their experience of prayer and receiving direction. Additionally, each residency will offer skills-development and practice-based assignments.

Pre-Residency

There is a pre-residency requirement for *both* the one-year program and the two-year program.

One-Year Program Pre-Residency

This thirty-day period begins at least one month prior to the first residency and allows students to engage in formative exercises, readings, reflections, disciplines and practices that will broaden and deepen their understanding of spiritual formation and spiritual direction, preparing them for the program's core residencies.

Students are encouraged following the model of *Moment By Moment: A Retreat in Everyday Life* and will reflect and journal on their awareness of God's movement in every moment of their lives. They will also be required to read an introductory book (to be selected from the pre-residency reading list) and submit a reflection paper based on the readings and weekly work from *Moment by Moment*. All assignments and requirements are outlined in the Journey Guide/Syllabus.

Two-Year Program Pre-Residency

This three-month pre-residency is an extended orientation to the work of personal and ongoing formation that guides the life and work of the spiritual director and positions the student for a deepening formative and learning experience through the ensuing residencies. In addition to the work outlined in *Moment By Moment: A Retreat in Everyday Life*, students will read three books from specific focus areas, maintain journal reflections and listen to program podcasts. The reading assignments and podcasts communicate God's deep longing for intimacy with us. A summative reflection of the

pre-residency experience is to be submitted prior to the beginning of the core residencies. All assignments and requirements are outlined in the Journey Guide/Syllabus.

It is anticipated that during the pre-residency students will begin to pay attention to and notice that every moment is filled by the loving and gracious presence of God, but we miss out on these “God moments” due to our busyness and lack of awareness. The exercises and reflective experiences will assist students in recognizing the importance of creating space for God so that they may fully benefit from the formation aspects of the program. This is a time of noticing how our preoccupations often keep God at a distance so that we are not present to his invitation to find our true home in his heart.

One-Year Program: Certificate in Spiritual Formation and the Art of Spiritual Direction

The one-year program consists of a pre-residency that introduces students to the rhythm and concepts of spiritual formation and spiritual direction. The pre-residency work provides the opportunity to experience in part what can be anticipated in the residencies. In each residency, students will develop spiritual community, interact with course content, share in a dyad or triad learning exchange and participate in group spiritual direction experiences. Between residencies, students will engage with their journey group (a smaller sub-group within the learning community that allows for deeper discussion and integration of spiritual formation principles and content). Students in the one-year program are required to be actively receiving spiritual direction and will begin their training (working with directees) after Residency 2. Additionally, students should have attended the Formational Prayer Seminar and will be required to complete two personal retreats (of which one should be directed) prior to the completion of the program.

Pre-Residency Requirements (basic description above):

- ❖ **Readings:** See Journey Guide/Syllabus
- ❖ **Podcasts:** See Journey Guide/Syllabus
- ❖ **Pre-Residency Workbook:** *Moment by Moment: A Retreat in Everyday Life* – maintain a reflective journal of your experience with this text. In your journal, respond to any insights, thoughts or feelings you may have, paying special attention to how the encouraged disciplines and practices may be either formative or equipping. *Note: These entries are not assignments to be submitted to your advisor, but you are accountable for completing this work and responding to your experience in a reflection paper to be submitted at the end of the pre-residency. A form will be provided to guide you in writing your reflection paper.*
- ❖ **Reflection Paper:** Identify your readings for the month. Discuss how you have interacted with the readings to include what you have learned, invitations to

growth, places of resistance and challenge, questions, puzzles, celebrations, personal goals and objectives as they relate to your formation. Identify how you have engaged *Moment by Moment*. Share your insights in this reflection paper (3–4 pages, double-spaced) and submit us at direction@hcminternational.org.

Residencies

❖ **Residency One: Developing Awareness**

Increasing our awareness of God in all things is the focus of this residency. Students will explore practicing the awareness of God's presence and engage in awareness exercises and skills development that promote attentiveness as they discover God's yearning to be in our hearts and realize that our lack of awareness prevents us from fully living in God's love. Lectures, experientials, journey group experiences, skills, disciplines, readings and assignments will be around this theme.

❖ **Residency Two: Surrendering to Love**

This residency focuses on increasing our awareness of God within our own selves. Our surrender to love is not just about accepting Christ's Lordship, but it is also about our surrender to his values and his acceptance of us. It is an acknowledgment that we do not secure our relationship by *doing*. Being is enough. Lectures, experientials, journey group experiences, skills, disciplines, readings and assignments will be around this theme.

❖ **Residency Three: Practicing Hospitality**

"To welcome the stranger is to acknowledge him as a human being made in God's image; it is to treat her as one of equal worth with ourselves – indeed, as one who may teach us something out of the richness of experiences different from my own."

~ Ana Maria Pineda ~

Increasing our awareness of God in others is the theme of this residency. Scripture teaches the moral imperative of hospitality: "love the alien as yourself" (Leviticus 19:34). Hospitality is about loving others and welcoming the stranger, the guest and those who may be different from us. Hospitality is about belonging and seeing all through the lens of Christ's love. Lectures, experientials, journey group experiences, skills, disciplines, readings and assignments will be around this theme.

❖ **Residency Four: Transformative Service**

Equipping our students for transformative ministry is the focus of this residency. Being attentive to God's loving presence within each of us, we explore more deeply the work of spiritual direction as assisting others to pay attention to, to notice, and to become more aware of God's gifts within and God's desires and purposes for our lives. Lectures, experientials, journey group experiences, skills, disciplines, readings and assignments will be around this theme.

Two-Year Program: *Advanced Certificate in Spiritual Direction*

The two-year program is designed for those who would like to pursue *advanced* training in spiritual formation. It is specifically geared to individuals who feel called to the ministry of spiritual direction. As such, students in this program will engage readings that are more in-depth and specifically focused on the work of spiritual direction. As ongoing formation is important, students will continue in personal direction, as well as one-to-one work with directees. Students will also practice experientials, spiritual disciplines, and engage in a deeper level of group spiritual direction and skills development. The second year Praxes experience consists of peer supervision, dyad or triad experiences under faculty oversight and spiritual mentoring. Year two culminates with an Enterprising experience in which students will develop the rubric for their ongoing ministry of spiritual direction or for developing their own spiritual direction practice. Students completing year two are eligible for endorsement through HCM International* and for membership and recognition in the ESDA (Evangelical Spiritual Directors Association). Students in the two-year program are required to complete a personal discernment retreat, lead a spiritual direction retreat, and conduct one spiritual direction group prior to the completion of the second year of the program.

**Endorsement will be maintained by earning ongoing CEUs.*

Pre-Residency Requirements (basic description above):

- ❖ **Readings:** See Journey Guide/Syllabus
- ❖ **Podcasts:** See Journey Guide/Syllabus
- ❖ **Pre-Residency Workbook:** *Moment by Moment: A Retreat in Everyday Life* – maintain a reflective journal of your experience with this text. In your journal, respond to any insights, thoughts or feelings you may have, paying special attention to how the encouraged disciplines and practices may be either formative or equipping. *Note: These entries are not assignments to be submitted to your advisor, but you are accountable for completing this work and responding to your experience in a reflection paper to be submitted at the end of the pre-residency. A form will be provided to guide you in writing your reflection paper.*
- ❖ **Summative Reflections:** Identify your readings for the three-month pre-residency. Discuss how you have interacted with the readings to include what you have learned, invitations to growth, places of resistance and challenge, questions, puzzles, celebrations, personal goals and objectives as it relates to your formation. Identify how you have engaged “Moment By Moment” and insights gained from the podcasts. This is to be 5 – 7 pages double-spaced and is to be submitted to the SF-SD Certificate Program at direction@hcminternational.org

Residencies

- ❖ **Residency One: Developing Awareness**
See description on page 4.
- ❖ **Residency Two: Surrendering to Love**
See description on page 4.
- ❖ **Residency Three: Practicing Hospitality**
See description on page 4.
- ❖ **Residency Four: Transformative Service**
See description on page 4.

Spiritual Direction Praxes & Enterprising

The ministry of spiritual direction is a calling and gifting of the Holy Spirit. Individuals who sense this calling will greatly benefit from the specialized attention and training of the praxes in spiritual direction. The praxes are a time of deepening development and skills integration in the ministry of spiritual direction. Under the supervision of a skilled spiritual director, individuals completing this phase of training *and* two Continuing Education events (2-day) sponsored by HCM International will be fully endorsed by HCM International as a spiritual director. The praxes are designed to adhere to the training minimums put forward by ESDA (Evangelical Spiritual Directors Association). The praxes consist of additional required readings, dyad or triad work in the area of spiritual direction, journal reflections, monthly peer group supervision, audio and video recordings of actual spiritual direction sessions, and verbatim submissions. The Praxes are followed by an Enterprising period in which students are encouraged to develop or expand their ministry of spiritual direction.

- ❖ **Praxis I**
 - Spiritual Direction Skills Development – dyad/triad work
 - Give Spiritual Direction to 2 directees each month (audio taped)
 - Spiritual Direction Verbatim (1 paper/month on a SD session)
 - Peer Supervision with Faculty Direction (2-hour call per month)
 - Read one book per month
 - Reflection paper (personal formation, response to reading, etc.)
 - Personal spiritual development through monthly Spiritual Direction and spiritual disciplines
- ❖ **Praxis II – Contains all of the work of Praxis I, plus highlighted items**
 - Spiritual Direction & **Formational Prayer** Skills Development – dyad/triad work
 - Give Spiritual Direction to 2 directees each month (audio and **video** taped)
 - Spiritual Direction Verbatim (1 paper/month on a SD session)
 - Peer Supervision with Faculty Direction (2-hour call per month)
 - Read one book per month

- Reflection paper (personal formation, response to reading, etc.)
- Personal spiritual development through monthly Spiritual Direction and spiritual disciplines
- Development of a working model of Spiritual Direction (SD)-Spiritual Formation (SF) Engagement

❖ **Enterprising**

- Spiritual Direction Ministry Plan
- Directed Personal Discernment Retreat
- Direct a Spiritual Direction Retreat (summarize this experience in a paper)
- Direct a Spiritual Direction Group (summarize this experience in a paper)
- Peer Supervision Group in July to review SD retreat and SD group experiences
- Read 2 books of choice on Retreats and Enneagram
- Personal and professional ongoing growth and development
- Engaging practice/ministry of Spiritual Direction
- Association Connection (HCMI – ESDA)
- Attend 2 HCM International Continuing Education Events (2-day)