

Training in Spiritual Accompaniment

Exploring Spiritual Accompaniment is a one-year course, based in the Ignatian tradition, that provides both an opportunity for personal spiritual development, as well as offering practical and experiential training in some of the skills applicable to accompanying others on their faith journey. The programme includes taught input, personal reflection and group work, individual mentoring and the compilation of a portfolio of resources.

The course is recognised by the major Christian denominations and is led by an ecumenical team, comprising: Ruth Grant, Revd Paul Tyler and Sister Sheila McNamara RSCJ.

Course Content

The course runs on 18 Tuesdays, fortnightly, 10am-4pm, and two weekends, one of them residential. Participants will need to attend at least 16 out of 18 sessions and both weekends in order to fulfil the requirements of the course. The course will explore the following topics:

- Theory and practice of Spiritual Accompaniment
- Contemplative listening
- Images of God
- Ignatian discernment
- Myers-Briggs Personality Type Indicator
- Sexuality and Spirituality
- Good practice and Supervision
- God in the dark times
- Tools for personal and spiritual development
- Safeguarding

Further Information

Exploring Spiritual Accompaniment does not lead to a professional qualification: participants are invited to approach the course as part of their own process of discernment and development.

All those who go on to accompany others are asked to adhere to the Retreat Association Spiritual Direction Guidelines. They will themselves have a Spiritual Director and will also be expected to attend regular supervision, either as part of a group or as an individual (we offer both at St Antony's).

Course Dates for 2019-20 Tuesdays, 10am-4pm

2019

October 8th, 22nd

November 5th, 19th

December 3rd, 17th

2020

January 14th, 28th

February 11th, 25th

March 10th, 24th

April 21st

May 5th, 19th

June 2nd, 16th, 30th

Residential weekend: 25-27 October (at Minsteracres); non-residential weekend: 20-21 June.

Course Fees: £750 (suggested donation), for the full year.

Application Process

Potential applicants need to have experience of being accompanied by another for at least a year and should be able to demonstrate a deep commitment to their own faith journey and personal prayer life. Acceptance onto the course is subject to interview and references.

For further information and application details, contact Ruth Grant: ruth.grant@stantonyspriory.org