

## Spiritual Direction Training

Avila Institute for Spiritual Formation is collaborating with the Heart of Christ Spiritual Direction Program to offer training in Spiritual Direction for Avila Students.

The program consists of two phases: Phase one with Avila and Phase two with Heart of Christ.

### Phase I:

- Four 6-week online courses through the Avila Institute for Spiritual Formation
  - Foundations of Prayer and Union with God
  - Discernment of Spirits I
  - Discernment of Spirits II
  - Introduction to Spiritual Direction

In addition, students must complete the Spiritual Exercises of St. Ignatius either:

- The 30-day version, or
- The 19<sup>th</sup> Annotated version
- A version completed within the last 5 years is acceptable

### Phase II - includes

an onsite visit in June (Fri to Fri),  
twice monthly meetings online from September through May, and  
an onsite visit the following June (Mon-Fri)

- June training at Heart of Christ in Ann Arbor, Michigan (Friday-Friday)
  - Course on Virtues or Moral Theology or Advanced prayer (depending on the year)
  - Listening skill presentations and practice
  - Reflecting techniques
  - Role playing
  - Other related topics
- Two on-line meetings per month (1<sup>st</sup> and 3<sup>rd</sup> Thursdays) focusing on:
  - Spiritual direction principles and techniques
  - Listening skills and role play
  - Training in verbatims
  - Daily prayer with assigned scripture
  - Practicum from January through April
- June training at Heart of Christ in Ann Arbor, Michigan (Monday-Friday)
  - Course on Virtues or Moral Theology or Advanced prayer (depending on the year)
  - Listening skill presentations and practice
  - Reflecting techniques
  - Role playing
  - Other related topics

## **Cost of program**

Courses with the Avila Institute - **\$600** (\$150 x 4)

Courses with Heart of Christ – **\$1,200**

1st June-\$400

Thursday meetings on-line throughout the year-\$400

2<sup>nd</sup> June-\$400

June prices include breakfast and lunch

**TOTAL = \$1,800**

## **Additional Costs**

The program does not include:

- Transportation to and from Ann Arbor, Michigan and the Heart of Christ School
- Housing in Michigan (may have limited housing options, if needed)  
(Hotels and restaurants are available nearby)
- Dinner while in Michigan
- Technology and internet needed for virtual courses and meetings