Avila Institute for Spiritual Formation is collaborating with the [Heart of Christ Spiritual Direction Program](http://heartofchristspiritualdirection.com/) to offer training in Spiritual Direction for Avila Students.

The program consists of two phases: **Phase one** with Avila Institute, and **Phase two** with Heart of Christ. A separate application is required to enter Phase II with the Heart of Christ. This application can be found on Heart of Christ’s website (link) and may be submitted once at least two of the required Avila courses are completed and the spiritual exercises are approved.

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
* Breaking the Chains that Bind Us: An Introduction to Moral Theology
* Introduction to Spiritual Direction

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

* The 30-day version, OR
* The 19th Annotated version (30-36 weeks)

It is essential that a complete, supervised experience of the Spiritual Exercises of St. Ignatius is completed. For the 19th annotated, this includes weekly accompaniment of the individual retreatant by a director.

All applicants should consult with the Directors of Heart of Christ before embarking on the Exercises for approval of the version selected. It is recommended that this take place a year prior to when you plan to begin with Heart of Christ. For example, if you plan to attend Heart of Christ in June, you should embark on the Exercises no later than the previous October

If you have completed the exercises within the last five years, contact the Directors to confirm whether the version you used will satisfy the requirement.

Phase II:

Includes onsite classes in June (Friday through Friday) in Ann Arbor, Michigan, twice monthly meetings online from September through May, and onsite classes the following June (Monday through Friday)

**June training at Heart of Christ in Ann Arbor, Michigan (Friday-Friday):**

* Course on Virtues or Advanced prayer
* Listening skill presentations and practice
* Reflecting techniques
* Role playing
* Other related topics

**Two online meetings per month (1st and 3rd Thursdays, Sept-May) 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

**The following June training at Heart of Christ in Ann Arbor, Michigan (Monday-Friday):**

* Course on Virtues or Advanced prayer
* Listening skill presentations and practice
* Reflecting techniques
* Role playing
* Other related topics