

A programme for

# Spiritual Accompaniment

Canterbury & Rochester Dioceses

2020-2022





## Background

**There is a discerned need in both Canterbury and Rochester Dioceses to support ordained and lay people in**

- a deeper awareness of the presence of the Triune God in their lives
- a growing discernment of God's will
- a clear link with the greater *Missio Dei* as a Christian community in the world
- a stronger web of relationships with the whole created order

## Aim

Responding to these needs, the Aim of this programme is to develop reflective practitioners in the spiritual accompaniment of others, aware that we are members of a community of practice to whom we are accountable in exercising our ministry and lives.

## Exploring a Calling to Spiritual Accompaniment

What are the dioceses looking for in people who are considering whether God might be calling them to this ministry?

The two main areas are:

### **Spirituality**

You should show commitment to a spiritual discipline, involving individual and corporate prayer and worship, including a developing pattern of disciplined daily prayer, Bible study and regular receiving of Holy Communion. Your spiritual practice should be such as to sustain and energize you in training and ministry. You should demonstrate a connection between your prayer life and daily living and show an understanding of God's activity in your life.

### **Personality and Character**

You should show an appropriate degree of self-awareness and self-acceptance, and sufficient maturity to sustain the inherent demands of this ministry. You should be able to face change and pressure in a flexible and balanced way. You should be a person of integrity and be seen as such by others. You should demonstrate a desire and capacity for further self-development and growth.

# Entry to the Programme

## 1. Registration Criteria

*It is a requirement that participants –*

- Will have had some experience beforehand in receiving spiritual direction or accompaniment
- Must be in spiritual direction *during* Programme
- Have the written support of one's spiritual director
- Are recommended by their Parish Priest, or Bishop/Archdeacon
- Submit an Application and attend an Interview
- Have a full-disclosure CRB check before commencing training
- Are formally registered on the Programme before attending

*Participants are encouraged to have completed a recognised course on either of the following **before** entry to the Programme –*

- **Myers Briggs**
- **Enneagram**

## 2. Application and Registration

**Application forms from**

<https://www.canterburydiocese.org/our-life/spirituality-discipleship/spiritual-accompaniment/>

Or contact:

Susanne Carlsson  
[susannecarlssons@hotmail.co.uk](mailto:susannecarlssons@hotmail.co.uk)  
07795167603

Closing date for applications is 30<sup>th</sup> of June 2020

## 1. Interviews

Applicants are asked to meet with members of a pre-course interview panel on **one** of the following dates:

**Canterbury 8<sup>th</sup> of Sept 9.00am- 1.00pm**  
St Benedict's Centre  
52 Swan Street  
West Malling, ME19 6JX

**Chatham 11<sup>th</sup> of Sept 9.30am – 4.00pm**  
Diocesan House, Lady Wootton's Green,  
Canterbury, CT1 1NQ

A time will be allocated; please indicate on the Application Form which you would prefer to attend.

## 2. Time Table for 2020 (page 7)

## Programme Overview

The programme is structured as a series of linked and developmental modules, delivered part-time over a period of two years.

**Year 1** is a General Introduction to Spirituality and Spiritual Accompaniment. During this year the faculty discern with each student whether a student should continue to year 2. Completion of Year 1 is mandatory for admission to Year 2.

**Year 2** is concerned with Vocational Formation for Spiritual Accompaniment for those who have successfully completed year 1.

# **YEAR 1**

## **PROGRAMME 2020-2021**

A General Introduction to Spirituality and Spiritual Accompaniment

There are 6 modules over six Saturdays during the year (from 9am-4pm):

### **Module 1**

**7 November 2020, St Benedict's Centre, West Malling**  
**Introduction – What is Spiritual Accompaniment?**

### **Module 2**

**12 December 2020, St Benedict's Centre, West Malling**  
**Biblical Spirituality**

### **Module 3**

**30 January 2021, St Benedict's Centre, West Malling**  
**Traditions in Christian Spirituality (Pt 1)**

### **Module 4**

**27 March 2021, St Benedict's Centre, West Malling**  
**Listening Skills in Spiritual Accompaniment**

### **Module 5**

**24 April 2021, St Benedict's Centre, West Malling**  
**Traditions in Christian Spirituality (Pt 2)**

### **Module 6**

**19 June 2021, St Benedict's Centre, West Malling**  
**Discernment in Spiritual Accompaniment**

## Year 1 Programme Hours

**Formal training** takes place over 6 Saturdays.

**Personal study** for reading, preparation, personal reflection, prayer, and work on building-up a portfolio – journal writing, collecting and preparing training materials, etc

## Year 1 Assessment

- **Personal:** Each student keeps a personal learning Journal throughout the programme, and compiles a Portfolio of materials used. The Portfolio (together with any relevant extracts from the student's learning Journal) is presented at the end-of-year interview with a member of the programme.

## Progression to Year 2

Year 1 serves both as an introduction to Christian Spirituality and as a time of exploration of one's calling to a role in Spiritual Accompaniment for the benefit of others.

At the end of year 1, each student meets with a member of the programme Faculty to explore their experiences and development over the past year, and also to discern whether continued training as a practitioner in spiritual accompaniment is the appropriate path to follow.

The final decision whether a student progresses to Year 2 is taken by the Faculty.

## YEAR 2 PROGRAMME 2021-2022

### Vocational Formation in Spiritual Accompaniment For Developing Reflective Practitioners

#### Year 2 involves

- the student **receiving personal spiritual accompaniment** during Year 2
- **6 Saturdays** teaching and exploring in more depth the practice of spiritual Accompaniment
- **Supervision:**
  - i) receiving one to one supervision**  
(3 x 1hr = 3 hrs).
  - ii) giving accompaniment**  
(3 people x 8 consultations x 1 hr = 24 hrs).
  - iii) receiving group supervision**  
(5 x 2 hrs = 12hrs).
- **Reading and preparation** (60 hrs).
- **Writing a report of 3,500 words** on an aspect of Spiritual Accompaniment practice (36 hours for Journal writing, preparation, reflection and writing).

Choose an aspect of Spiritual Accompaniment you are interested in or find difficult, reflect on your own experience of this aspect during the year through using your journal, what you have been learning in the supervision and literature on the subject.

#### On Completion of the Programme

A main aim of the sponsoring dioceses is to increase the provision of trained spiritual accompaniers who are available to support licensed and other ministers.

To assist this, those who successfully complete both years of training:

- **Receive Certification** to show completion of the Programme
- **Join a diocesan List of Practitioners** in Spiritual Direction & Accompaniment
- **Accept Accountability** through supervision under another practitioner for their ministry and continued professional development



## Key Information at a Glance

- **Programme Cost is £240 per person p.a.**

- **Programme Dates:**

- **Year 1 (2020-2021)**

7 November 2020: Module 1 – What is Spiritual Accompaniment?

12 December 2020: Module 2 – Biblical Spirituality

30 January 2021: Module 3 – Traditions in Christian Spirituality (pt1)

27 March 2021: Module 4 - Listening Skills in Spiritual Accompaniment

24 April 2021: Module 5 – Traditions in Christian Spirituality (pt2):

19 June 2021: Module 6 – Discernment in Spiritual Accompaniment

- **Year 2 (2021-2022)**

1-3 Oct 2021 Retreat

13 November 2021

15 January 2022

26 March 2022

21 May 2022

9 July 2022

### A typical Saturday Module

9.00 Arrival and coffee  
9.20 Prayer Exercise  
10.00 Group Work  
11.00 *Coffee*  
11.15 Session One  
12.15 *Lunch*  
13.45 Session Two  
14.45 *Coffee*  
15.00 *Session 3*  
16.00 Close & Depart

### Venue for Saturdays

**St Benedict's Centre  
52 Swan Street  
West Malling, ME19 6JX**

### Registration and Further Information

**Susanne Carlsson**

[susannecarlssons@hotmail.co.uk](mailto:susannecarlssons@hotmail.co.uk)

**07795167603**

## **Programme Faculty**

### **Programme Coordinators and Module Tutors**

**Chris Dench**                      Diocesan Director of Formation and Ministry  
(Rochester Diocese)

**Susanne Carlsson**              Diocesan Advisor for Spirituality and Spiritual  
Direction (Rochester Diocese)

**Peter Ingrams**                    Diocesan Local Ministries and Growth  
Advisor and Coordinator for the Diocese of  
Canterbury