

Some important Information about the Courses on Spiritual Direction & Counselling Psychology

Some Salient points of the Course:

1. It is primarily oriented to **FORM** the Spiritual Directors and Counsellors. It means that the participants will be challenged internally to unlearn many things and relearn many others. It needs openness to the prompting of the Spirit as the course moves on. “Old wine-skins will not hold the New wine” that will be supplied in abundance.
2. It is primarily a process oriented course. It means that the participants will be facilitated to face the inner movements (pleasant and unpleasant ones) one will experience during the course. God works through these movements experientially.
3. It will be participatory and interactive process as inputs are given. It won't be just inputs from the resource persons.
4. There will be daily assignments which will take just 15 minutes a day. These assignments can be highly challenging and disturbing and promoting growth.
5. Meaningful movies will be shown now and then after supper. They will be entertaining, enlightening and challenging.
6. The course orients the participants to **Spirituality** and not to Religiosity or Piety.
7. It is secondarily oriented to **TRAIN** the Counsellors or Spiritual Directors. Systematic Training in Counselling and Spiritual skills will be imparted. It involves lot of practices – learning by doing. Training is cerebral while Formation touches the whole person.

Important Requirement on the part of the Participants:

1. Socialization is only on Rest Days. On working days socialization is highly discouraged. This applies to the visit of guests too. The Rest Days will be normally on Sundays.
2. There will be **silent Adoration** for 45 minutes on all working days in the evening before supper. All are expected to spend time personally before the Eucharistic Lord during the Adoration.
3. These courses are residential and intense and interconnected and the participants are not expected to miss any session without the knowledge and permission from the Programme Director.
4. The sister-participants are encouraged to bring few sets of lay dress.
5. Bring your toilet articles. Towels and bed sheets will be supplied.

6. There are a lot of historical and modern places to visit in the twin cities (Hyderabad & Secunderabad). The centre will organize a bus for a day visiting important places in the cities. The bus charges will be paid by the centre. The entrance tickets will be your responsibility. The entrance tickets are very nominal as most of the places are managed by the Government. Bring some extra money for this purpose and other personal visits to other important places during the break days.
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