

A programme for

# Spiritual Accompaniment

Canterbury & Rochester Dioceses



Diocese of *Rochester*  
called together





## 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

**Dates for the next course and application forms can be obtained from:**

Ethlyn Roy-Johnson, Administrator: [training@rochester.anglican.org](mailto:training@rochester.anglican.org)

Please return the applications to:

Please mark as **Confidential** and return to:

Susanne Carlsson, St Andrew's, 34 Swan Street, West Malling.  
ME19 6LP.

## 1. Interviews

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

### **Canterbury**

Diocesan House, Lady Wootton's Green,  
Canterbury, CT1 1NQ

### **West Malling**

St Benedict's

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

## 2. Timetable

### **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**

A General Introduction to Spirituality and Spiritual Accompaniment

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

**Module 1**  
**Introduction – What is Spiritual Accompaniment?**

**Module 2**  
**Biblical Spirituality**

**Module 3**  
**Traditions in Christian Spirituality (Pt 1)**

**Module 4**  
**Listening Skills in Spiritual Accompaniment**

**Module 5**  
**Traditions in Christian Spirituality (Pt 2)**

**Module 6**  
**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

### 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 £250 per person per year**

- **Programme Dates:**

- **Year 1**

Module 1 – What is Spiritual Accompaniment?

Module 2 – Biblical Spirituality

Module 3 – Traditions in Christian Spirituality (pt1)

Module 4 - Listening Skills in Spiritual Accompaniment

Module 5 – Traditions in Christian Spirituality (pt2):

Module 6 – Discernment in Spiritual Accompaniment

Module 7 – Interviews and ending

- **Year 2**

6 Modules and a weekend retreat

### **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

## **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)

**Joel Love**                          Vicar of the Parish of Rochester