



A LIST OF TRAINING COURSES IN SPIRITUALITY/SPIRITUAL DIRECTION

This list is of training courses in spirituality, spiritual direction and retreat giving. The inclusion of courses does not imply any particular recognition or accreditation by the Retreat Association. All the courses are open to clergy, laity and religious, and ecumenical participation is welcomed. Usually there is a selection process, which is primarily intended to help applicants to clarify their aims, ministry, and timing. Where no specific dates are given for 2025–26, or where the dates are past, please contact the named person for the most up-to-date information. NB any unconfirmed information is shown in blue text.

ENGLAND

Bath and Wells

Diocese of Bath and Wells

Exploring your spiritual journey

Aims: This introductory course allows participants to explore their personal spiritual journey with God and, therefore, grow in faith and self-awareness. The heart of the course involves experiencing, and practising, a variety of different traditions of Christian spirituality. This, in turn, should enrich your personal prayer life. Developing listening skills and supporting each other form a significant part of the course. There will also be an opportunity to draw up a simple rhythm of life. The course will introduce the subject and give guidance on how to find a spiritual director, accompanier or soul friend. Spiritual accompaniment provides support and challenge for spiritual growth. It can, therefore, play an important part in our spiritual journey.

Venue: Flourish House, Cathedral Park, Wells BA5 1FD.

Dates: Alternate Fridays during term time over one year. The next course will begin in January 2026.

Cost: £300 in termly instalments of £100. This includes the end-of-year retreat.

Contact: Rev Victor Barley, 01275 331086, victor.barley@tiscali.co.uk or Charmain Gilmour, 01749 588910, charmain.gilmour@bathwells.anglican.org
For more information visit: www.bathandwells.org.uk/events-and-training/exploring-your-spiritual-journey

Ministry of Spiritual Direction

Spiritual Direction Workshops

The Ministry of Spiritual Direction, which formerly held workshops at Flourish House, is discontinuing after June 2025.

Berks, Bucks & Oxon

The Spiritual Direction (SPIDIR) Network for Berks, Bucks and Oxon

'Holy Ground': an Ecumenical, Spiritual Direction Foundation Training Course

- Aims:** Holy Ground is an ecumenical spiritual direction training course for Christians who find themselves accompanying others on their spiritual journey. This may be in a formal capacity as a minister, pastoral assistant or mentor, or perhaps you have noticed that others turn to you as a listening ear. This foundation course is ideal for all those who would like to train in the ministry of spiritual direction whether ordained or lay.
- Venue:** Online, with three in-person days at Ripon College Cuddesdon, Oxford.
- Dates:** 25 September 2025 – 21 May 2026. 22 online evening sessions on Thursdays 6.30pm – 9.30pm, plus three Saturdays 10am – 4pm.
- Cost:** £1,100
- Contact:** Visit www.spidirnetwork.org.uk/holy-ground.html for full course details and brochure.

Watering the Garden: CPD

- Aims:** A short series of further training days for practising spiritual directors. Some of these events will also be suitable for directees or people who support others as prayer accompaniers in a less formal way. Each day addresses a particular topic relevant to the development of spiritual direction practice.
- Venue:** Online or at St Katharine's Parmoor, Frieth.
- Dates:** 9 June 2025: a day on discernment with Chris Blakeley.
10 November 2025: Contemplative photography with Audrey Hamilton.
- Contact:** www.spidirnetwork.org.uk/ongoing-training.html

Supervision Training

Supervision training for experienced spiritual directors is offered when there is sufficient demand. Please visit www.spidirnetwork.org.uk/supervision.html

Blackburn

Diocese of Blackburn

Exploring Faith Accompaniment (Spiritual Direction)

- Aims:** Our foundation-level, non-denominational course seeks to nurture deeper listening to and reflection on the movement of the Holy Spirit, to support the growth of faith and discipleship and to draw upon the wisdom and insights of Christian traditions of spiritual accompaniment and practice. We are now reviewing the format and content to ensure that it continues to support the development of a new generation of faith accompaniers with potential to serve the Church in the contemporary world.
- Venue:** TBC – Blackburn Cathedral or Whalley Abbey.
- Dates:** TBC
- Contact:** Rev Mary Ashton, spiritualdirection@blackburn.anglican.org,
Visit www.blackburn.anglican.org/spiritual-direction for the latest information.

Bristol

Diocese of Bristol

Spiritual Director Training Course

Aims: After a successful pilot course, we are aiming to offer further spiritual direction courses for those with considerable pastoral experience – and who may already in effect be acting as spiritual directors – but have not had any formal training. We are exploring how to deliver this effectively. The dates and format are not yet finalised, but please contact us if you would like to register your interest.

Contact: Visit www.bristol.anglican.org/spiritualityspiritualdirection for the latest updates, or contact Rev Dr Minty Hull at araminta.hull@bristoldiocese.org

Cambridgeshire

The Cambridgeshire Courses in Spiritual Direction

The Art of Spiritual Direction

Aims: This two-year course aims to offer participants a wide range of experience in ways of praying, traditions of Christian spirituality and the ministry of spiritual direction. Participants are required to have a Christian faith and some sense of vocation, as well as recognition and acceptance of people from a wide diversity of backgrounds. The success of the course is dependent on the enthusiasm, generosity and flexibility of the course members toward each other and the tutors and a general acceptance that we are all working toward the one goal, that of serving God in this ministry. There are no academic requirements and members of any Christian church are welcome to apply.

Venue: The Stable Rooms, St Andrew's Church, Histon, with a weekend at Launde Abbey, Autumn 2027.

Dates: Fortnightly meetings on Mondays 10.45am – 3.45pm during term time, from September 2027 to May 2028.

Cost: c. £1,500

Contact: To register your interest, please email ccsd.secretary@gmail.com

Cheshire

Chester Diocese

Diocesan Spirituality Group and Spiritual Accompaniment Network

Spiritual Accompaniment, Learning Together

Aims: SALT (Spiritual Accompaniment Learning Together) is a formational programme for those called to spiritual accompaniment. Planning their learning with a mentor, each participant will learn from the community of companions, through many different learning encounters, including: face-to-face teaching, apprenticeship, personal directed private study and the use of a learning platform. We are seeking to develop an innovative and sustainable course model which will allow for continuous training, rather than a course with a definite beginning and end, so it will be possible to join at different times.

The course will offer two years of formation. Of these, the first year will be mentored/informed/taught around the participant's own private study. Mentoring will

continue in the second year, which will also include some initial engagement with the practice of spiritual accompaniment. This will be closely monitored and the subject of personal reflection.

These 'years' are open to negotiation, as some participants arrive already highly experienced and do not require a protracted course, and others will need a longer period of training/induction before joining the network. A group has already 'completed' after one year.

Venue: Foxhill House WA6 6XB; online; various venues in Cheshire.
Dates: A rolling programme, at least until 2026 (Started in September 2023).
Cost: No charge for those within the Diocese of Chester.
Contact: Andrew Rudd, spirituality@chester.anglican.org

Cumbria

Cumbria Ecumenical Spirituality Group

Aims: Cumbria Ecumenical Spirituality Group exists to offer soul care to all in Cumbria who desire to know God more intimately. CESG works under the auspices of Churches Together in Cumbria and seeks to deepen experience of Christian prayer by offering retreats, short courses and spiritual direction. A network of spiritual directors is supported by CESG through resource and retreat days, and a 'matching' service seeks to find directors for people enquiring about receiving accompaniment.

Contact: For general enquiries contact: CESG Administrator, Jo Maybury
assistantcesg@gmail.com
For enquiries regarding the network or matching: Ruth Lee sd.cesg@gmail.com
Website: cesg.org.uk

Derby

Diocese of Derby

The Art of Spiritual Accompaniment

Aims: This is an experiential course for both lay and ordained people exploring listening, prayer, discernment and accompanying others in the Christian life, organised by The Spirituality Network within the Diocese of Derby and the Nottingham and Derby Methodist District, but open to all. We aim to enable you to grow in self-awareness and discernment about your own life and to develop your ability to recognise the signs of God's prompting, calling, activity and movement in the lives of others that will enable you to travel alongside them as spiritual companions. You will have learnt this by exploring the practice of spiritual accompaniment, exploring the relationships between personality, prayer, Christian growth and development, learning how to apply the insights above to the lives of others and by deepening your skills of listening and discernment.

Venue: TBC
Dates: The 2025 course has now finished and dates for the next one are not yet finalised. Please let us know if you are interested so we can gauge numbers.
Cost: Previous courses have cost £250. Discretionary grants are available.
Contact: Rev Canon Cameron Butland, cameron.butland@derby.anglican.org,
derby.anglican.org/en/faith-and-life/spirituality-1.html

Durham

Exploring Spiritual Accompaniment

- Aims:** A two-year programme of formation that provides an opportunity for personal spiritual development, as well as offering practical and experiential training in the skills applicable to accompanying others on their faith journey. Our approach to spiritual accompaniment is ecumenical, drawing on a broad range of Christian wisdom and spirituality, as well as being informed by the Guidelines for Spiritual Directors and the Guidance for Developing Formation Programmes for Spiritual Directors, both published by the Retreat Association. A key principle undergirding the course is that it should be congruous with the process of spiritual accompaniment itself. Rather than only training in skills or knowledge, it should in addition be seen as a process of discernment and formation in the charism of this distinctive ministry. The course will comprise eight modules taught over two academic years. Each module will include a significant element of self-directed learning. This will provide an opportunity to reflect on matters considered between sessions, as well as enabling a focus on the development of listening skills and the practice of accompaniment. Further details may be found here.
- Venue:** St Antony's Priory, Durham.
- Dates:** The next course will begin in September 2025. Applications are now invited.
- Contact:** Michael O'Halloran, St Antony's Priory, 74 Claypath, Durham DH1 1QT, 0191 384 3747 michael.ohalloran@stantonyspriory.org, www.stantonyspriory.org

Essex

The Essex Course in Spiritual Direction

- Aim:** For those engaged in a ministry of spiritual direction, prayer accompaniment or listening. The course will provide an opportunity for members to grow in spirituality and personal development. Through shared experience participants will be challenged to deeper awareness and effectiveness as they help others discover what God is doing in their lives. The Essex Course in Spiritual Direction (previously known as the Pleshey Course) has run for over thirty years and provides the core skills and experience to prepare participants to offer the ministry of Spiritual Direction or some form of Christian accompaniment in their various contexts.
- Venue:** The Schoolroom and Chapel, 4 Main Rd, Chapel Row, Woodham Ferrers, near Chelmsford CM3 8RN
- Dates:** The team is currently on sabbatical. Further information about the next course will be posted on the website when available.
- Cost:** TBC but the previous course cost £200.
- Contact:** cisd-essex@outlook.com. Please visit www.spiritualdirectionessex.co.uk for announcements about future courses.

Diocese of Chelmsford

Becoming a Spiritual Companion

- Aims:** The Scriptures give us the model of being a spiritual companion or as it is otherwise known, a spiritual director or soul friend. Two disciples walking along the Emmaus

Road when Jesus comes and joins them in their journey of transformation. In order to resource this ministry, the Diocese of Chelmsford offers a modular course in Spiritual Companionship which is set within accountability to the Bishop of the Diocese and the mission and ministry training team. This way of being formed as a spiritual companion offers an accessible and adaptable approach for people with differing work, family and personal patterns of life. There are 4 core modules, involving one evening meeting per week for 5 – 6 weeks.

- Venue: The Diocesan Offices, New St, Chelmsford; St Michael's, Manor Park; St Andrew, South Shoebury; Bulmer Village Hall, Sudbury.
- Dates: Details of forthcoming modules can be found at:
<https://www.chelmsford.anglican.org/vocations-and-discipleship/exploring-vocations/become-a-spiritual-companion>
- Cost: £30 per module.
- Contact: To book a place or to get further information, please contact Rev Ann Coleman at annvcol@gmail.com, 01277 821366.

Devon and Cornwall

South West Ministry Training Course

The Emmaus Spiritual Direction Course

- Aims: Welcoming people from across Cornwall and Devon, this programme is for those sensing a call to listening ministry and a desire to deepen their own spiritual journey. Year 1 is for those who are sensing a call to accompany others in the ministry of spiritual direction. It offers a foundational understanding of spiritual direction with a focus on listening skills and spiritual conversation. Participants' own spiritual journey is deepened through an introduction to Christian spirituality and they are supported in an ongoing discernment of their call to accompany others in faith. Year 2 is for those who have discerned a call to the ministry of spiritual direction. Participants develop advanced listening skills and good practice in supervision, whilst further deepening their own spiritual journey and awareness of the major Christian Traditions. Participants are supported in a final discernment process which may lead to an invitation to join the diocesan networks for spiritual directors in Truro and Exeter.
- Venue: In-person gatherings at Marjon University, Plymouth.
- Date: September 2026 – July 2027. A residential weekend is followed by monthly gatherings, some online via Zoom and some in person.
- Cost: £1,100 per year. There may be some grants available for those who have been accepted onto the course.
- Contact: For more information and an informal conversation, please contact: Rev Janette Mullet janette@asht.org.uk or Rev Rachel Bennetts rachelmbennetts@gmail.com, swmtc.org.uk/emmaus-spiritual-direction-course

Gloucestershire

The Gloucestershire Spiritual Direction Trust supports:

A Companion's Way: An Introduction to Spiritual Direction

- Aims: To enhance the natural gifts of those who find others turn to them for accompaniment on their Christian journey and who feel called to this ministry. The course has undergone an exciting and thorough review process to ensure it is fit for the task of

training people to listen deeply and authentically to those seeking such companionship on their journey through life. It aims to encourage personal growth and develop participants' gifts in listening and discernment, as well as broadening understanding of different prayer traditions and psycho-spiritual themes.

Venue: Fortnightly online learning days and eight in-person events over the two-year course, including three residential weekends at venues in Gloucestershire.
Dates: February 2026 – November 2027.
Cost: £1,900 (£475 per semester).
Contact: Visit www.acompanionsway.org or email Caroline Gilderdale at companionsway@gmail.com

Hertfordshire

Diocese of St Albans

Holy Listening – A Training Course for Spiritual Direction

Aims: To equip with necessary skills and competencies those who have discerned a calling to offer the ministry of spiritual direction. The course is ecumenical, open to lay and ordained. Maximum number 18. Those participating will be expected to be seeing a spiritual director, and to have seen them for a minimum of at least three sessions before 'selection' as well as be committed to attending all sessions of the course.

Venue: Online and at St Paul's Church, St Albans.
Dates: A course is currently in progress until February 2026.
Cost: £800
Contact: psrgchair@stalbans.anglican.org, 01727 854 532,
www.stalbansdiocese.org/ministry/support-and-wellbeing/prayer-and-spirituality-resourcing-group

Kent

Dioceses of Canterbury and Rochester

Programme for Spiritual Accompaniment

Aims: To develop reflective practitioners in the accompaniment of others, aware that we are members of a community of practice to whom we are accountable in exercising the ministry. 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.

Venue: St Benedict's Centre, 52 Swan Street, West Malling, ME19 6JK.
Dates: 20 September 2025 – 19 June 2027.
Costs: £350 per year.
Contact: Susanne Carlsson, susannecarlssons@hotmail.co.uk, 07795 167603,
www.canterburydiocese.org/our-life/spirituality-discipleship/spiritual-accompaniment

Spiritual Direction Aylesford

- Aims:** The Aylesford training programme is ecumenical and teaches both the theory and practice of spiritual direction. It aims to deepen understanding of the process of spiritual growth and the insights of different spiritual traditions. The course offers a supportive environment where you will learn to give and receive accompaniment. This one-year course runs each year either starting in September or January. The course is supported by the Carmelite community at Aylesford Priory, Kent. The course is a continuation of the inspiring Franciscan programme, which ran for over 20 years in Canterbury.
- Venue:** Aylesford Priory, Kent, ME20 7BX.
- Dates:** TBA either starting in January 2026 or September 2026. There are three residential weekends (Friday/Saturday) and nine Saturdays.
- Cost:** £1,800. This includes all meals during the course and overnight accommodation on the three Fridays.
- Contact:** For more information please email tpsdayslesford@gmail.com or visit www.spiritualdirectionaylesford.co.uk

Lincoln

Diocese of Lincoln

Sharing the way

- Aims:** A part-time course designed to develop the skills and potential of people who have a calling to spiritual direction. The course requires: application, interview and references, compulsory attendance. The course is provided free of charge and participants may claim travel expenses. At the end of the first year, people may be recommended by the discernment panel to continue to year two. In year two they will be allocated to a supervision group, work with a mentor for 12 months and meet regularly with the Spirituality Adviser for observed group work. At the end of this process they may be recommended to the Diocesan Bishop to be added to the diocesan directory, but the course is not intended as an automatic qualification to be a director. The course is developed in association with IME, CMD, Formation and Discipleship, and Ministry Training.
- Contact:** Rev Canon Dr Hugh Jones, hugh.jones@lincoln.anglican.org, 01522 504039, www.lincoln.anglican.org/mission-ministry-discipleship/prayer

Liverpool

Diocese of Liverpool

Spiritual Direction training course

- Aims:** The course offers a variety of experiences that will be part of each participant's spiritual journey. Designed to be experiential, the intention is to enable in the participants the growth and development of appropriate inner awareness, gifts and insights, for the ministry of listening to others and of Spiritual Direction. The course meets 2 or 3 Thursdays per month from 10am–4pm.
- Venue:** The Cenacle, Tithebarn Grove, Liverpool L15 6TW, with a residential retreat at Foxhill Retreat Centre, Frodsham.
- Dates:** 11 September 2025 – 26 March 2026. Residential 17-19 October 2025.
- Cost:** TBC on application but previous courses have cost £400.

Contact: Rev Dawn Harrison, spiritualdirectors@liverpool.anglican.org, 0151 705 2177,
liverpoolcofe.org/rule-of-life/spiritual-direction

London

The London Centre for Spiritual Direction (LCSD)

Encounter

Aims: The Encounter course is a transformative 3-year formation programme in spiritual accompaniment, rooted in Christian tradition and informed by contemporary psychological insights. Led by a team of experienced Spiritual Directors, the course offers a balanced approach combining teaching seminars, small group work, and supervised practice. It is designed to equip participants with the skills and insights needed to guide others on their spiritual journeys, with a focus on deep, experiential learning, personal reflection, peer support and practical experience.

Venue: Online, with three intensive days at The Royal Foundation of St Katharine's, London.

Dates: Year 1 starts with a day intensive on 27 September 2025, followed by online meetings every Tuesday from 6 – 9pm. Applications close 1 July 2025.

Cost: £1,600 per year.

Contact: Course Administrator (Encounter) roanna.quirke@lcsd.org.uk
www.lcsd.org.uk/encounter

The London Jesuit Centre

Ignatian Spirituality Course – The Art of Spiritual Direction

Aims: Formation and training in spiritual direction based on the Spiritual Exercises of St Ignatius of Loyola. Its purpose is to form participants in the art of spiritual direction and equip them to give the Spiritual Exercises in their various forms. It is an ecumenical Christian course and is open to people of goodwill from all traditions. Year 1 may be taken independently as a foundational course in Ignatian spirituality and spiritual direction.

Venue: In person at: The London Jesuit Centre, Mount Street, London W1K 3AH. There is also an identical version of the course which may be taken online.

Dates: The 3-year course (next intake October 2025) is held one weekday per week during term time, 11am-4pm.

Cost: £1,700. Small bursaries are sometimes available to UK students via the Society of Retreat Conductors.

Contact: info@artsd.org.uk, www.artsd.org.uk

CPD Workshops for Spiritual Directors

Aims: We offer a number of online or in-person workshops to enable spiritual directors to refresh their skills and take a deeper dive into particular topics of interest. Details of the 2026 workshops will be added to our website when available.

Venue: Online or at The London Jesuit Centre, Mount Street, London W1K 3AH .

Dates: tbc

Contact: Please visit www.londonjesuitcentre.org/whats-on/for-spiritual-directors for the latest information, and to sign up to our email list for spiritual directors.

Leading Groups in Prayer

- Aims:** This course is ideal for prayer guides or spiritual directors who would like to learn how to plan and lead retreats for groups. We will also work with the School of Prayer resources developed to use in parishes, and will offer practice in leading different types of Ignatian prayer.
- Venue:** The London Jesuit Centre, Mount Street, London W1K 3AH
- Dates:** Six Wednesday evenings, Nov. 2025 and Jan. 2026
- Contact:** Please visit www.londonjesuitcentre.org/whats-on/for-spiritual-directors for the exact dates.

Spiritual Conversation

- Aims:** This introductory course is suitable for a wide range of people including those who work in pastoral settings (hospital & prison visitors, chaplains, clergy, Eucharistic ministers, catechists) and anyone who is simply interested in having deep life-giving conversations with others. This course offers practical experiential training in listening and discernment through listening practice, observation and feedback. We work with a model of accompaniment which is rooted in the Exercises of St Ignatius of Loyola and which focuses on noticing how God is at work in an encounter between people and on an Ignatian understanding of discernment of spirits. This is the core of formal Ignatian Spiritual Direction but is also a model which can be applied in a whole range of contexts.
- Venue:** The London Jesuit Centre, Mount Street, London W1K 3AH.
- Dates:** Three blocks of three days (Thurs-Sat 10.30am-4.30pm) during May, June and July 2026.
- Cost:** £300. Some assistance is available for those in low incomes.
- Contact:** For further information and to book, please visit: www.londonjesuitcentre.org/whats-on/for-spiritual-directors

London – South

SPIDIR

Spiritual Direction Course

- Aims:** Topics covered in this two-year course include the nature and purpose of spiritual direction; prayer; discernment; resistance; life choices; resources and approach; the spiritual direction relationship; rules of life; vocations; supervision and safeguarding; conflict; stages on the journey; retreats. Course members will be asked to share their own understanding concerns as an important part of the learning process. There will be interviews to discuss the appropriateness of the course before membership is finally decided.
- Venue:** London location to be confirmed.
- Dates:** The course for 2024-2026 has unfortunately been cancelled. Please visit our website for the latest updates.
- Cost:** In the past this has been £400 per year including residential.
- Contact:** Email spidircourse@gmail.com. Further information is available at spidir.org.uk/courses

Manchester

Salford Prayer Guides

Prayer Companionship Experience

This ecumenical course is available mainly online with some retreat experience face-to-face. Please contact us to express interest. Dates and venues on request and on SPG Facebook page.

Contact: Mary Nono, 07538573621, mary@nono.org.uk

Norwich

The Norwich Centre

A Journey to Spiritual Accompaniment

Aims: Spiritual accompaniment can be described as the art of providing the optimum conditions and personal qualities for the deepest form of spiritual exploration with another person, whatever form their spirituality takes. The purpose of this course is to explore those conditions and qualities, drawing on insights and inspiration from ancient and contemporary world spiritualities, together with psychological understandings and environmental mindfulness. We offer a training approach to Spiritual Accompaniment which is both ‘interspiritual’ and ‘integrated’, underpinned by the Person-Centred Approach to counselling, and informed by teachings from major traditional faiths and philosophies from both East and West. This course may appeal to people from a diverse range of backgrounds and faith traditions or spiritualities. Previous participants have included teachers, health practitioners, therapists, counsellors, healers, poets, and ministers. The course comprises a series of weekend sessions and one residential week.

Venue: The Norwich Centre, 7 Earlham Road, Norwich, NR2 3RA, with a residential week at The Othona Community, Bradwell-on-Sea, Essex, CM0 7PN.

Dates: 6 February 2026 – 13 December 2026. (Residential: 19 – 23 March 2026.)

Cost: £2,900 (including all food and accommodation for the residential week).

Contact: training@norwichcentre.org, 01603 617709, www.norwichcentre.org/our-courses-workshops-events

Oxford

Centre for Applied Carmelite Spirituality, Oxford

Spiritual Direction Formation Programme (Carmelite Tradition)

Aims: The Spiritual Direction Formation Programme (Carmelite Tradition) builds on an interpretation of the experience of journeying towards intimacy with God as expressed in the life of the Carmelite saints and deriving principles from this for the growth and flourishing of the spiritual life. The programme, therefore, has its foundation in the spirituality of the Carmelite tradition. At the heart of this spirituality is a prayerful listening and response to the God who befriends us and an expression of this experience through a life of contemplative awareness and friendship with one another. Being a Carmelite or even familiarity with Carmelite spirituality is not necessary to be part of the Programme. Simply a heartfelt desire to draw from the rich tradition of Carmelite spirituality in deepening one’s own bond with God and to walk with others as they journey through life.

The programme is accredited by the St Mary’s University Twickenham, London. At the successful completion of this two-year programme participants receive a Post Graduate Diploma in Spiritual Direction.

Venue: Online, with two intensive residentials per year at either Oxford, UK or Illinois, US.
Dates: September 2025 – June 2027.
Cost: £2,150 per year.
Contact: UK enquiries – sdfp@carmelite.org.uk
US enquiries – Candida Kirkpatrick, candida.cacs@gmail.com or visit carmelite.uk.net

Salisbury

Sarum College

Sarum Course in Spiritual Direction

Aims: The first year is on personal experience; participants are invited to hone their self-awareness and listening, as preparation for listening to others with discernment. Days at Sarum will include input, space for personal reflection and working in smaller groups. There are some assignments which may include reading, writing a reflection, or sharing something which has been prepared. During the second year, participants continue to develop their practice, paying particular attention to their skills, good practice, and a growing sense of what their own vocation may be in this area.

Venue: The course is available either on site (begins October 2025) at Sarum College, Cathedral Close, Salisbury, or as a mixed online/residential mode with venues including the College and St Padarn's Institute, Cardiff (begins January 2026).

Dates: On site 30 October 2025 to 19 March 2027. Mixed mode 8 January 2026 – 12 May 2027. See full schedule at: www.sarum.ac.uk/learning/spiritual-direction/#sd-onsite

Cost: On site £2,230. Mixed mode £2,250.

Contact: Clair James, cjames@sarum.ac.uk, 01722 424800.
www.sarum.ac.uk/learning/spiritual-direction

Nottinghamshire

Southwell and Nottingham Diocesan Spirituality Group

Introduction to Spiritual Direction

Aims: An introductory course for those wanting to accompany others on their discipleship journey. We would expect those coming on the course to have been receiving regular spiritual accompaniment themselves for a minimum of 12 months. Whilst most sessions will take place in person, some will be by Zoom. There will be some pre-course reading as well as follow-up activities to be completed between sessions. This course runs over two terms and there is an expectation that participants will try and attend all sessions and set time aside for reflection and preparation. Sessions will involve small group work and all participants will be expected to join in, both sharing their own thoughts and experiences (as appropriate) and listening to others. The course will also involve meeting with a course mentor and reflecting on your own journey. For those successfully completing the course and fulfilling the Diocesan requirements for safeguarding, there will be an opportunity to apply to become part of the Southwell & Nottingham Spiritual Director team.

Venue: Jubilee House, Salford.

Dates: 13 September 2025 – 24 March 2026.

Cost: £200. S&N Clergy and Licensed Lay Ministers (Readers) are eligible for Diocesan funding towards this. If cost is a concern, please contact us to discuss.
Contact: Pauline Thomas pauline.thomas@southwell.anglican.org .
learning.southwell.anglican.org

Suffolk

Diocese of St. Edmundsbury and Ipswich

The Diocesan Spirituality Group can advise on training options for those exploring a calling in spiritual accompaniment. Please visit www.cofesuffolk.org/deepening-faith/spirituality/spiritual-direction- to download an information leaflet, or email Rev Carla Hampton at spiritual.direction@cofesuffolk.org

Warwickshire

Diocese of Coventry

The Art of Spiritual Accompaniment

Aims: To provide a learning environment that enables participants to explore the basic knowledge, skills and attitudes needed to accompany another in their spiritual journey. Open to all Christian traditions.
We hope to run this course in 2026–2027. To express interest and hear about our planned ‘taster day’, please use the contact details below.
Contact: David Jessett, d.jessett@btinternet.com, coventry.anglican.org/your-faith/spirituality/the-art-of-spiritual-accompaniment.php

West Midlands (Birmingham)

Birmingham Forum for Spiritual Directors and Companions

Spiritual Accompaniment

Aims: This ecumenical course is for those who find that others naturally turn to them to talk about their lives and faith. Led by experienced facilitators, it offers knowledge, critical awareness and skills for spiritual accompaniment, and encourages each person to grow and develop their gifts in this ministry. By the end of the course, participants will have broadened and deepened their understanding of Christian traditions of prayer, explored the meaning of their own faith and that of different approaches, and developed a reflective approach to their calling as a spiritual companion.
Venue: Some sessions will be held online and others at a Birmingham venue tbc.
Dates: 16 September 2025 – 22 September 2026. The course consists of 14 Tuesday meetings, 10am – 3.30pm, over three terms, plus a Saturday retreat at the beginning of the second term.
Cost: £510, payable in 3 termly instalments.
Contact: Rev Canon John Austen, johnausten151@hotmail.co.uk, 0121 554 8882,
www.cofebirmingham.com/info-for-leaders/clergy-authorized-lay/spiritual-direction

Applications are due by the end of May 2025, though late applications may be considered if places are still available.

Manresa Link

Prayer Guide Training Course

- Aims:** A course for those who would like to accompany others on short retreats in daily life, based on Ignatian Spirituality. The course is offered by Manresa Link – an ecumenical, Midlands based group, but is open to anyone from anywhere. It starts with ten weekly Saturday sessions (with a one-week break in the middle), each including prayer, input on some aspect of Ignatian Spirituality (e.g. desire, consolation and desolation, discernment), or input on things like listening skills, supervision, safeguarding, organising retreats. But the main focus in the weekly meetings is practice development in triads. This is a practice-based course. The Saturdays are followed by two four-week practice retreats in daily life, in which course participants take turns to be either a prayer-guide or a retreatant. To qualify for the course, you need to have done an Ignatian based retreat – whether in daily life or residentially. This can be arranged for you if you have not done such a retreat already.
- Venue:** St Mary's Convent, 98 Hunters Road, Lozells, Birmingham B19 1EB.
- Dates:** Starts 17 January 2026.
- Cost:** £200.
- Contact:** manresalink@hotmail.com. www.manresalink.org.uk/training1.html

West Midlands (Lichfield, Hereford and Shropshire)

Diocese of Lichfield

The West Midlands Courses in Spiritual Direction

Soul Food

- Aims:** A course for anyone who wants to grow in responsiveness to God. With an awareness of some of the Christian prayer tradition, tutors journey with participants to develop reflection (noticing movements of the Spirit), an awareness of personality and prayer, and the use of silence, solitude, the Bible and our imaginations as helps to develop intimacy with God.
- Venue:** Online, with 4 in-person days at a venue TBC.
- Dates:** 17 September – 19 November 2025.
- Cost:** £144 (if cost presents an obstacle, please apply anyway as we may be able to help).
- Contact:** Charles Ruxton, Diocesan Spirituality Adviser, charles.ruxton@trinitychurches.org. www.lichfield.anglican.org/mission/spirituality-resources/spiritual-direction-courses

Spiritual listening

- Aims:** For anyone who has done Soul Food (or equivalent) and wishes to become more able to make space for God in conversation with others. Participants need to be receiving spiritual direction (Help is given in finding a Companion if required).
- Venue:** St Aidan's Church, 10a Mount Rd, Penn, Wolverhampton WV4 5SW.
- Dates:** 19 October 2025 – 18 January 2026.

Cost: £288 (if cost presents an obstacle, please apply anyway as we may be able to help).
Contact: Charles Ruxton, Diocesan Spirituality Adviser, charles.ruxton@trinitychurches.org.
www.lichfield.anglican.org/mission/spirituality-resources/spiritual-direction-courses

The Art of Spiritual Direction

Aims: For some, a gift and calling to be a Spiritual Companion to others emerges. This course is for those in whom this calling is discerned and aims to develop the gift of enabling another person to attend to their relationship with God. It involves a growing personal awareness of the movements of the Spirit as well as openness to the ways in which God deals with another person. We use the Ignatian Spiritual Exercises as a guide. The course runs one day per month for a year plus a 3-day residential retreat.

Venue: TBC

Dates: Currently being planned for 2026.

Cost: £390 per term (3 terms) plus £300 for the residential.

Contact: Charles Ruxton, Diocesan Spirituality Adviser, charles.ruxton@trinitychurches.org.
www.lichfield.anglican.org/mission/spirituality-resources/spiritual-direction-courses

Yorkshire

Sheffield Diocesan Training in Spiritual Accompaniment

Spiritual Growth and Transformation (SG&T) (Part 1 of programme for potential Spiritual Accompaniers)

Aims: This course forms the first stage of the Art of Spiritual Accompaniment training as well as being a stand-alone experience. The course offers a process of prayer, listening and reflection through which participants are encouraged and enabled to draw closer to God. It is led by an ecumenical team. It comprises ten sessions, with a blended format of online and in-person

Venue: Whirlow Spirituality Centre, Whirlow Grange Close, Sheffield, S11 9SY and via Zoom.

Dates: November 2025 – May 2026.

Cost: £200.

Contact: suzanna.schofield@sheffield.anglican.org, 01709 309 147,
www.sheffield.anglican.org/learning/courses/spiritual-growth-transformation

The Art of Spiritual Accompaniment (ASA) Part 2 of programmed for potential Spiritual Accompaniers)

Aims: The aims of the course are to introduce spiritual accompaniment, enable growth in this area through prayer, listening and reflection; to develop discerning listening and to explore key themes of spiritual accompaniment. Personal preparation for the course is essential and the Spiritual Growth & Transformation course is designed for this purpose. The course comprises 12 one-day sessions (9.30am–4.30pm) over a period of 8 months.

Venue: Whirlow Spirituality Centre, Whirlow Grange Close, Sheffield, S11 9SY

Dates: This course is currently in progress; the next starting date will be in autumn 2026.

Cost: £200.

Contact: suzanna.schofield@sheffield.anglican.org, 01709 309 147,
www.sheffield.anglican.org/learning/courses/art-of-spiritual-accompaniment

Diocese of Leeds

Spiritual Direction Formation Programme

- Aims:** This 2-year formation programme aims to bring together those who sense they may have a gift or calling to accompany others on their journey with God through the ministry of spiritual direction. The programme is designed to inspire and help each participant to become more fully alive to God and to equip those who discern a calling to spiritual direction or accompaniment. We welcome applicants from all churches. In the first year there will be a focus on Spiritual Growth and Transformation. In the second year the focus will be on Equipping for the Ministry of Spiritual Direction. At the end of Years 1 and 2, there will be a discernment process regarding the calling to become a spiritual director.
- Venue:** There will be 8 in-person encounters at locations around the diocese (Saturdays 10am – 3.30pm), and 4 online meetings via Zoom (weekday evenings, 7 – 9pm).
- Dates:** 11 September 2025 – July 2027.
- Cost:** £250 per year.
- Contact:** charlie.scott@leeds.anglican.org, learning.leeds.anglican.org/course/spiritual-direction-formation-programme

Diocese of York

SPIDIR – An Ecumenical Course in Spiritual Direction

- Aims:** The course begins with Myers Briggs Personality Typing. Year 1 continues with a session on listening to God, others and ourselves and then a series of sessions on approaches to prayer and Christian spiritualities. Year 2 focuses more on self-awareness before God, spiritual conversations, informal spiritual accompanying of others and spiritual direction.
- Venue:** Most sessions are held at Wydale Hall, YO13 9DG.
- Dates:** The 2023-25 course is currently in progress. Sessions are usually 10am – 3.30pm on the second Tuesday of each month.
- Cost:** £375 per year. A limited number of bursaries for part of the cost are available for those on a low income.
- Contact:** Pam Lindsay, ptlindsay1@gmail.com. Please visit dioceseofyork.org.uk for further information.

St Bede's Pastoral Centre

Online Training in Spiritual Conversation Skills – Learning to listen and respond to others more deeply.

- Aims:** This 1-year online course takes place in an ecumenical context and is rooted in the Ignatian spiritual tradition. The key aims of the course are to become sensitive and alert to opportunities for spiritual conversation in everyday life, to have increased confidence to enter into spiritual conversations with others and to grow in being alongside others in a discerning way.
- Venue:** Online
- Dates:** The next course will start with an opening Saturday on 27 September 2025 and will then run one Tuesday evening per month, 7pm – 9.20pm, until June 2026.
- Cost:** £285, payable in termly instalments of £95.

Contact: Fiona Hill, Course Administrator, fiona@stbedes.org.uk, 01904 464900,
www.stbedes.org.uk/whats-on/training-in-spiritual-conversation-skills

Training in Spiritual Accompaniment

York Ignatian Spiritual Accompaniment Course (YISAC)

Aim: The course is ecumenical and aims to provide a foundation for learning to accompany others on their faith journey. It draws its inspiration from the Spiritual Exercises of St Ignatius of Loyola and is suitable for those who already have some background in spirituality and faith accompaniment.

Venue: St Bede's Pastoral Centre, 21 Blossom Street York YO24 1AQ

Dates: The next course starts in September 2026. The course will run one Wednesday a month over two years.

Cost: £600 a year, payable in termly instalments of £200.

Contact: Fiona Hill, Course Administrator, fiona@stbedes.org.uk, 01904 464900,
www.stbedes.org.uk/whats-on/training-in-ignatian-spiritual-accompaniment

SCOTLAND

Glasgow

Ignatian Spirituality Centre

Growth in Prayer and Reflective Living

Aims: A one-year online programme for those who want a closer relationship with God, who struggle with prayer, who want to make choices that are in tune with God's dream for the world. No expertise in prayer or reflection is required. The course is open to all, of whatever denomination or none. So come along, whether you have a specific reason for doing the course or simply want space to explore and reflect on your life in relationship to God, self and others.

Venue: Online via Zoom.

Dates: 9 September 2025 – 12 May 2026. The course runs on Tuesday evenings 18.45–21.15, plus 5 Saturdays 10.30am–4pm.

Cost: Suggested offering £600. Financial assistance may be available but please apply early.

Contact: admin@iscglasgow.co.uk, 0141 354 0077, www.iscglasgow.co.uk/gprl

Spiritual Conversation

Aims: This experiential course is based in the Ignatian tradition and explores the attitudes, skills and ways of listening and discerning found in good spiritual conversation. You will develop skills to enable you to enter into conversations embracing joy and sorrow, life and death, confusion and the making of good decisions, prayer and following in the way of Christ. The course will be of benefit to those working in caring professions and teaching, or those who simply want to be able to be alongside friends, family and church community at a deeper level. Participants should have completed the Growth in Prayer and Reflective Living Course or made the Full Ignatian Spiritual Exercises or taken part in some other equivalent experience.

Venue: Online via Zoom.

Dates: 20 September 2025 – 31 May 2026. The course runs over 10 weekends during this period.

Cost: Suggested offer £805. Financial assistance may be available but please apply early.

Contact: admin@iscglasgow.co.uk, 0141 354 0077, www.iscglasgow.co.uk/sc

Spiritual Accompaniment

Aims: Spiritual Accompaniment in the Ignatian tradition is based on the assumption that God is present and active in our lives and that through reflection and prayer we can become more sensitive to this presence. Through discernment, and sometimes with the accompaniment of another person, we are invited to 'find God in all things', to notice how God is drawing us in our everyday, concrete experiences and respond to the invitation of God. This course is for people who wish to explore the skills and gifts of accompanying others on their spiritual journey. It draws its inspiration from the Spiritual Exercises of Ignatius of Loyola and as such is founded in the Ignatian tradition.

Venue: Online via Zoom.

Dates: The course is not running in 2025–26 but please visit www.iscglasgow.co.uk/#courses for the latest news.

Cost: TBC

Contact: admin@iscglasgow.co.uk 0141 354 0077, www.iscglasgow.co.uk/#courses

Edinburgh

Epiphany Group Scotland Courses

Growth in Prayer and Reflective Living Course (GPRL)

- Aims:** We aim to help participants grow in depth and awareness of relationship with God, and to discover a reflective way of living this out. No particular experience of prayer is required, only a desire for God. The course explores different ways of praying from Ignatian, Celtic and other traditions, and provides an introduction to Ignatian discernment. The course is practical, includes large and small group work and gives participants the opportunity to experience spiritual direction.
- Venue:** Online, with 3 compulsory in-person days at Christ Church, Morningside Road, Edinburgh EH10 4DD.
- Dates:** Thursday evenings, 7–9pm from 28 October 2025 to 5 May 2026.
- Cost:** £495 (Bursaries may be available)
- Contact:** gpri@epiphanygroup.org.uk, <https://www.epiphanygroup.org.uk/training-courses/growth-in-prayer>

Spiritual Conversation Course

- Aims:** We aim to enable participants to develop skills in listening to others, particularly in the context of ‘spiritual’ conversations. The course has four modules – listening skills, ways of praying, Ignatian discernment and spiritual conversation. The programme is experience-based and uses small groups, role plays, case studies, personal reflection, input and discussion as methods of learning. There is one written assignment for each module.
- Participants should previously have completed the Growth in Prayer and Reflective Living course, or a similar course, and/or have made the full Ignatian spiritual exercises. The course is helpful for those involved in a wide range of listening roles.
- Venue:** Online, with 5 compulsory in-person days at Christ Church, Morningside Road, Edinburgh EH10 4DD.
- Dates:** Tuesday evenings, 7-9.20pm from 30 September 2025 to 5 May 2026.
- Cost:** £765 (bursaries may be available).
- Contact:** sc@epiphanygroup.prg.uk, www.epiphanygroup.org.uk/training-courses/spiritual-conversation

Spiritual Accompaniment/Direction Course

- Aims:** A course for those with some background in spirituality and spiritual direction who would like to learn more about spiritual direction (accompaniment). Applicants must have completed satisfactorily Training in Spiritual Conversation. Consideration will be given to applicants with comparable experience which includes knowledge of Ignatian spirituality and some practice in Ignatian discernment. The programme is experience-based and uses small groups, role play, case studies, personal reflection, input and discussion as methods of learning. There is one written assignment for each module.
- Venue:** Online, with two sets of 2-day in-person sessions at Christ Church, Morningside Road, Edinburgh EH10 4DD.

Dates: This course is not running in 2025–26 but future dates will be announced on our website.

Cost: The previous course cost £755.

Contact: sdcourse@epiphanygroup.org.uk, www.epiphanygroup.org.uk/training-courses/spiritual-direction-training

WALES

St Beuno's Ignatian Spirituality Centre

Spiritual Conversation

- Aims:** The aim of this eight-day course is to introduce participants to the basic principles of Ignatian Spiritual Accompaniment. It includes listening skills, discernment of spirits, a model of Ignatian accompaniment, spiritual conversation and ways of praying. The course will help deepen and improve one-to-one pastoral ministry, using Ignatian principles based on the Spiritual Exercises which will be valuable in a variety of pastoral settings.
- Venue:** St Beuno's Ignatian Spirituality Centre, St Asaph, Denbighshire LL17 0AS.
- Dates:** 1–10 August 2025, 6–15 October 2025, 16–26 March 2026 or 22–31 July 2026.
- Cost:** Simple room £837, Standard room £1,062, Ensuite £1,251. Bursaries are available.
- Contact:** info@beunos.com, 01745 583444, www.beunos.com/retreat/spiritual-conversation-course-5

Course in Retreat Giving and Spiritual Guidance

- Aims:** The emphasis of this 68-day course is on retreat direction, though the programme also prepares participants for the more general ministry of spiritual direction. As well as building skills, the course seeks to discern and develop the charism for this ministry. The course is also suitable for those who are working (or preparing to work) in the area of discernment and formation, whether lay, clergy or religious.
- Venue:** St Beuno's Ignatian Spirituality Centre, St Asaph, Denbighshire LL17 0AS.
- Dates:** 3 October – 10 December 2025.
- Cost:** Simple room £6,324, Standard room £8,024, Ensuite £9,452. Bursaries are available.
- Contact:** info@beunos.com, 01745 583444, www.beunos.com/retreat/course-in-retreat-giving-and-spiritual-guidance-3

Spiritual Direction Course

- Aims:** To help participants grow in their capacity to offer Ignatian spiritual direction in different contexts. The course recognises that spiritual direction in the Ignatian tradition is discerning, dynamic and personal. The assumption behind the process is that God is at work in the everyday life of each person.
- The course is intended for those with some experience and training in one-to-one work with people. It is usually a pre-requisite for applicants to this course to have attended the 'Spiritual Conversation' course and to have a recommendation from their tutor that they are ready to undertake training in spiritual direction.
- Venue:** St Beuno's Ignatian Spirituality Centre, St Asaph, Denbighshire LL17 0AS.
- Dates:** 23 January – 6 February 2026.
- Cost:** Simple room £1,302, Standard room £1,652, Ensuite £1,946. Bursaries are available.
- Contact:** info@beunos.com, 01745 583444, www.beunos.com/retreat/spiritual-direction-course-4

Supervision Course

- Aims:** This seven-day introductory training in supervision is for experienced spiritual directors and trains them in the supervision of other spiritual directors.
- Venue:** St Beuno's Ignatian Spirituality Centre, St Asaph, Denbighshire LL17 0AS.
- Dates:** 11 – 19 May 2026.
- Cost:** Simple room £744, Standard room £944, Ensuite £1,112. Bursaries are available.
- Contact:** info@beunos.com, 01745 583444, www.beunos.com/retreat/supervision-course-5

Llysfasi Spirituality Workshop

- Aims:** This summer residential workshop was initiated 25 years ago by Gerry Hughes SJ, Bishop Graham Chadwick and MaryRose Fitzsimmons HHS. It is based principally on the Spiritual Exercises of St Ignatius and has gone through many creative changes. The first days are dedicated to an experiential journey through the major themes of the Exercises. Each member will then have the opportunity to accompany another member of the workshop in a three-day silent retreat. During the retreat there are seminars on the art and practice of accompanying as well as one to one supervision with a team member. The workshop is for those who are committed to working with their own soul journey and find themselves invited to be present as discerning listeners and soul companions for others.
- Venue:** Loreto Spirituality Centre, Llandudno
- Dates:** TBC
- Cost:** Previous workshops have cost £1,600 full board.
- Contact:** MaryRose Fitzsimmons, maryrosefitzsimmons@btinternet.com, www.llysfasi-spirituality-workshop.org.uk

St Padarn's Institute, Cardiff

The Church in Wales Course in Spiritual Direction

- Aims:** In partnership with Sarum College (see above) St Padarn's Institute is offering a new 18-month mixed mode course in Spiritual Direction. Participants will attend three residential modules and join with a wider group meeting monthly online. This new course aims to equip those who are called to this ministry to confidently and competently accompany others. It is designed to provide a balanced learning environment, blending personal and spiritual formation with skills development. The course is supported both by theological foundations and developmental practice, and also with a wide variety of online resources and materials through the Sarum College Moodle platform.
- Venue:** Online, with residentials at St Padarn's Institute and Sarum College.
- Dates:** 8 January 2026 – 12 May 2027.
- Cost:** Free of charge to those ministering in Wales and who will be willing to offer their services as Spiritual Directors to their diocese.
- Contact:** CMDadmin@stpadarns.ac.uk, 02920 838005, www.stpadarns.ac.uk/en/ministry/continuing-ministerial-development/the-church-in-wales-course-in-spiritual-direction

IRELAND

Manresa Jesuit Centre of Spirituality, Dublin

Diploma in Spirituality (Spiritual Direction)

- Aims:** Drawing on our Ignatian tradition and with over forty years' experience of training people in spiritual direction, Manresa has developed an integrated 2-year programme of 7 weekends per year which draws on the insights of spirituality, psychology and the understanding of the human person. This unique offering, with ongoing supervision over two years, allows participants to develop and deepen their skills over time. Applicants who elect to do the course at Manresa are resident during each of the weekends and have the added opportunity of an important group experience which significantly enhances the learning experience. We work within the Ignatian tradition which is a rich source of guidance in discerning the ways of God and which equips participants in the course to help others find their way in our sometimes confusing world. Each weekend begins on Friday evenings with supper at 6pm and ends after 1pm lunch on Sunday.
- Venue:** Manresa Jesuit Centre of Spirituality, 426 Clontarf Road, Dublin D03 FP52.
- Dates:** The next course starts on 5 September 2025. Applications will open in January 2026 for a September 2026 start.
- Cost:** €2,700.
- Contact:** reception@manresa.ie, +353 1 5529 448, www.manresa.ie/courses/spiritual-direction-formation-courses

MULTIPLE LOCATIONS

Sustainable Faith Global Schools of Spiritual Direction

- Aims:** This two-year course offers participants an immersive, integrated and robust introduction to the ministry of spiritual direction. Our approach is hands on, in-person and with a small group of fellow pilgrims. We are trinitarian and Christ-centred, welcoming participants from diverse Christian backgrounds. Our school comprises a combined experience of reading literature, group exercises, practicing spiritual disciplines, paying close attention to one's life, receiving and offering spiritual direction: Students need to attend all five module retreats, receive regular spiritual direction, offer spiritual direction and submit sessions for feedback and supervision. For our second year, for those who envision spiritual direction as central to their work, we offer participants the opportunity to go through an abbreviated version of the Ignatian Exercises together, gain significant supervised experience in offering direction, delve more fully into the theological underpinnings of spiritual direction and address special topics.
- Venue:** Locations in England, Scotland, Northern Ireland, France (for Member Care Workers), and the Netherlands.
- Dates:** Beginning in September 2025 for the duration of the school year. Dates for each location are on our website and applications are accepted beginning in June.
- Cost:** £2,000 per year. £1,800 in Northern Ireland.
- Contact:** Helen Hicks, helenhicks@sustainablefaith.co.uk, www.sustainablefaith.co.uk/spiritual-direction

Sustainable Faith Training in Spiritual Exercises Accompaniment

- Aims:** This 16-month course is for more experienced spiritual directors who have prayed the Spiritual Exercises either in Daily Life or a 30-day retreat and would like to learn how to accompany others in the Spiritual Exercises. The training combines both teaching and practicum, and is a mixture of in-person and online modules in a small group. In between the four two-day modules there is individual supervision. Each module includes teaching, reflection, prayer and offering/receiving direction. Participants will read and reflect on several books and learn how to prepare for and guide someone through the *Exercises*, including: evaluating someone's readiness for the *Exercises*; helping a retreating prepare for the *Exercises*; navigating the main themes, movements, challenges of each of the 'Weeks'; evaluating a retreatant's readiness to move into the next 'Week'; types of Ignatian prayer; and navigating Ignatius' Rules of Discernment.
- Venue:** The two in-person modules are in England at a retreat centre and otherwise online. A course is currently in progress at Pleshey Retreat Centre, Chelmsford.
- Dates:** A preliminary meeting is each March online, with the first module in person in June/July and finishing the following May/June. Applications can be made through the Sustainable Faith website below.
- Cost:** £1,500.
- Contact:** Natalie Baxter Strange, nataliepeace19@gmail.com, www.sustainablefaith.co.uk/schools-for-directors

This list is updated as information received – last revised 20 June 2025.