

FORMATION OF THE FORMATION GUIDES

"A Certificate Course in Formative Spirituality"
22nd April - 28th May 2025



KRISTU
JYOTI
COLLEGE



(Aggregated to the Pontifical Salesian University, Rome)



HUMAN AND SPIRITUAL GROWTH

THEORY

1. Psycho-Sexual Integration & Celibacy
2. Spiritual Direction, Counselling Skills
3. Psycho-Cultural aspects of Formation
4. Psychology of Human Development
5. Issues and Problems in Human Behaviour
6. Learning to Deal with Emotions and Healing of Emotions
7. Consecrated Life and its Challenges Today

PRACTICAL

1. Regular Spiritual Direction
2. Group Therapy
3. Core Transformation and EFT
4. Values and Value Clarification Exercises, and Dealing with Challenges to Value-based Life
5. Cognitive Behavioural Therapy
6. Person Centred Therapy

COURSE REQUIREMENTS

1. The programme will be organised over a period of six months spread over three years (during the months of April and May)
2. Completion of all the courses
3. An assignment at the end of the third year
4. The student will have to go for spiritual direction, in the second and third year, to a qualified person of her/his choice at least once a month and the report will have to be submitted
5. The student is required to do ten sessions of spiritual guidance

LEARNING OUTCOMES

At the end of the course of study, students must demonstrate:

1. A knowledge of topics related to consecrated life, including vocational discernment and formation of candidates
2. Their ability to assess and alter their own personal development and their formational skills
3. Their ability to plan and organise vocational orientation, discernment and accompaniment
4. Their ability to plan, implement and assess a plan for the various stages of formation
5. Their ability to organise and coordinate the methodological and relationship aspects of training

AREAS TO BE COVERED

Processes of human and spiritual growth • Intercultural living • Vocation and the consecrated life • Spirituality • Prayer, community and ministry as dimensions of religious life • The vows of religious life • Discernment, accompaniment and spiritual direction • Mission in the context of the world today • Stages of formation and their processes

CHRIST
FORMED IN **YOU**



ADMISSION REQUIREMENTS:

1. Psychologically healthy individuals, capable of reflection and interiorisation
2. Open to different ways of living religious life and capable of dialogue and sharing in an intercultural context
3. Have the potential for being a good formator
4. A professed member of a religious congregation or a cleric/priest
5. Currently responsible for formation or is being prepared for this ministry
6. Adequate biblical and spiritual preparation
7. Sufficient knowledge of English to enable them to participate well in the programme
8. To be recommended by their Superior General or Provincial

CONTACT US

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