



SPIRITUAL DIRECTION ONLINE TRAINING PROGRAM

OVERVIEW OF THE PROGRAM

Formation, training and supervision in the theory and practice of spiritual direction.

Participants learn to listen more deeply to God, self, and others.

The first year of the program focuses on one's inner journey and formation. Each participant will journey more deeply into the contemplative way of prayer and their own encounter with God. St. Clement of Alexandria said, "The greatest of all lessons is to know one's self. For if one knows himself, he will know God; and by knowing God, he will be made like God." Knowing oneself and knowing God precedes our ability to understand others. Participants also begin to listen more deeply to others.

The first year of the program focuses also on discernment. Participants will engage in a process of clarifying and confirming their calls to enter in the formation year of the program. At the end of the first nine months, each participant, along with the staff, will together discern the path ahead.

The second year of the program is formational and practical. It focuses on developing skills and discernment. Under supervision, participants will give and receive spiritual direction. Students will read and write reflection papers based on their reading and what they are learning. Students will also reflect on the following example questions:
What does it mean to be a contemplative spiritual director?
What does it mean to hold sacred space for the other?
What does hospitality look like in spiritual direction?

Starting at the beginning of the program, each participant will be required to meet monthly with a spiritual director. All applicants, if not already doing so, are encouraged to start direction before the program begins. Journey Center of Chicago can assist with referrals if needed.

While we recognize that people come from a variety of faith traditions, this training is Christ-centered: we use the Old and New Testaments as our sacred texts and teach ancient and modern Christ-centered spiritual practices. Applicants from ALL faiths and spiritual

paths are welcome; there is a historical tradition of spiritual directors being trained where the roots of spiritual direction are found (Christianity) and then taking the gifts of spiritual direction back to their own faith communities.

TIMELINE AND PROGRAM COMPONENTS

Year One: The Inward Journey

The first year is a formation year to develop one's contemplative life and to deepen self-awareness. It focuses on developing and deepening discernment, listening skills to God, oneself, and others.

March 4-7, 10-11 2026: Course One Online

- The course will focus on listening to God, the self, and the other.
- Participate in worship and listening groups.
- Participate in contemplative practices to experience a variety of prayerful pathways, increase discernment, and provide self-care.
- Develop and practice listening skills through listening groups.
- Explore the Enneagram for increased self-awareness.
- Participate in classroom discussions on related topics.
- Become familiar with the ministry of Spiritual Direction.

March 23 2026 – November 13, 2026: Course Two Online

- Read assigned books and write reflection papers.
- Journal online and participate in listening groups for training and nurture for mutual encouragement, support and feedback.
- Explore an area of related interest with approval and write reflection paper (to be shared later with cohort)

Year Two: Forming and Practicing as a Spiritual Director

March 3-6, 10-11, 18-20 2027: Course 3 Intensive Online

- Participate in worship, contemplative prayer, and spiritual direction triads.
- Maintain a self-supervision journal, which includes reflecting on supervision received.
- Participate in classroom discussions on spiritual direction topics.

- Complete assigned readings and write assigned reflection papers

April 1, 2024- November 2027: Course 4 Online

- Meet with two directees 9 times
- Meet with one's assigned supervisor 5 times
- Meet with peer supervision group 4 times with assigned supervisor
- Write verbatims for supervision
- Maintain a self-supervision journal to record what you are learning about yourself as a director.
- Complete assigned readings and write reflection papers.
- Explore an area of interest and write about it (topic to be approved of by Program Coordinator)
- Write a reflection paper on one's sense of call as a spiritual director.
- Fill out self-evaluation and submit it to the Program Coordinator.
- Ask the supervisor to fill out the evaluation form and submit it to the Program Coordinator.

Year Three: Further Tools and Reflection

March 1-4, March 8-9, 2028:

Course 5 Third Year Intensive: Online

The last intensive offers some further tools and reflection on oneself as a spiritual director, exploring one's sense of call in spiritual direction, as well looking at the practicalities in setting up one's spiritual direction ministry or practice. Group spiritual direction will also be introduced and practiced.

Participants who complete the program will receive a certificate in spiritual direction.

COST: The cost of this two-year program is **\$6250 for the two years (\$3125 per year or \$1250 a course)**. This covers tuition, materials, and group supervision. Additional costs include books, your sessions with your own spiritual director and **individual supervision** during the second year of the program. *We can design a payment plan that fits your needs.*

Rev. Eva Sullivan-Knoff- is the Creator and Coordinator of Journey Center of Chicago's Spiritual Direction Training Program. She has been adjunct faculty at the C. John Weborg Center for Spiritual Direction since 2011 and was on staff at the Transformational Listening Center (TLC) from its inception in 2011 – 2015 where she helped to create a spiritual direction training program. She was adjunct faculty there until 2021. Eva has been in ministry for 35+ years as

pastor, chaplain, spiritual director, supervisor, teacher, and retreat leader. Eva is a wife and mom and loves and enjoys her family and friends immensely. She also enjoys walking, spending time outside, and traveling. God has been her lifelong companion.

Her greatest desire is to help people deepen their awareness of and intimacy with God, find healing and meaning in their lives, and live their lives in transformed ways.

OTHER LEADERS: During the program seasoned spiritual directors and teachers will participate as facilitators, teachers and supervisors.

APPLICATION PROCESS:

- **Contact Rev. Eva Sullivan-Knoff with any questions** at any point in the application process at SDtraining@journeycenterofchicago.org
- The application deadline is **January 1, 2026**. **Please forward the reference forms to your references. Everything must be submitted online by January 1, 2026, to** SDtraining@journeycenterofchicago.org
- **An interview will be scheduled after application is received.** The applicant has the opportunity to discuss details/questions and share about their own journey.
- You will know if you have been accepted into the program no later than **February 1, 2026**