



WellSpring  
CENTRE

## Professional Development Guidelines for WellSpring Spiritual Directors February 2018

*'Spiritual direction seeks to listen the life-giving presence of God into articulation within the individual and the faith community.*

*The ministry of spiritual direction is a sacred trust, calling for the highest standards of formation, practice and accountability.<sup>1</sup>*

WellSpring understands the formation of a spiritual director to be ongoing and works with our directors to provide a contemplative learning environment for competent, well trained and committed individuals who continue to be formed in listening with a contemplative heart.

We have drawn on the Australian Ecumenical Council for Spiritual Direction in developing these guidelines to assist you in planning your professional development (PD) as a spiritual director. See **Australian Ecumenical Council Spiritual Direction:** [www.spiritualdirection.org.au](http://www.spiritualdirection.org.au)

### What is Professional Development for spiritual directors?

- PD is any activity intentionally undertaken for the practice of spiritual direction in contemporary settings.
- it aims to foster the call that first drew you to become a spiritual director, to develop your skills as a spiritual director and to be accessible, enjoyable, and relevant.

### What Professional Development is required?

- There are no mandatory requirements for the type of PD, but **something** of relevance which fosters your call to, and develops your skills as, a spiritual director should be completed each year. This is to be true to the sacred trust of spiritual direction, and to satisfy Professional Indemnity Insurance (PII) requirements.

### Planning and Recording Professional Development

- It is the responsibility of each spiritual director to undertake PD and inform WellSpring of this through the annual Spiritual Directors' Survey.
- You may like to keep your own records to help identify areas of interest and growth.
- The WellSpring Referral Team uses the information provided about your PD in discerning the referrals of pilgrims.
- The recording of your PD is also to satisfy PII requirements.

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<sup>1</sup> Australian Ecumenical Council Spiritual Direction: [www.spiritualdirection.org.au](http://www.spiritualdirection.org.au)

The following aspects from AECSD Formation Guidelines (available at [www.spiritualdirection.org.au/resources](http://www.spiritualdirection.org.au/resources)) may assist in planning your PD:

**Transforming** – opportunity to experience directly that which is beyond one’s present ability to comprehend the Divine Mystery and journey with a diverse range of directees.

**Conforming** - engage with the disciplines of the traditions and community expectations that inform the spiritual direction vocation. These include the practices of confidentiality, hospitality and mutual respect for peers and directees.

**Performing** - the process of cultivating competencies in spiritual direction practice including how to listen contemplatively to and engage with directees.

**Informing** - bringing something of the academic discipline to understanding the basis on which spiritual direction practice and personal engagement are grounded and understanding the wisdom passed down from the generations of spiritual directors who have gone before.

**Some suggested sources of Professional Development** ( \* available at WellSpring )

- Professional Development sessions [www.wellspringcentre.org.au/sd-pd](http://www.wellspringcentre.org.au/sd-pd) \*
- Retreats [www.wellspringcentre.org.au/silent-retreats](http://www.wellspringcentre.org.au/silent-retreats) \*
- Soul Nurture/Quiet Days [www.wellspringcentre.org.au/events/](http://www.wellspringcentre.org.au/events/) \*
- Conferences/training events/online courses
  - Other WellSpring events \*
  - Spiritual Directors International hosts regular webinars on a range of topics for spiritual directors. See [www.sdiworld.org](http://www.sdiworld.org)
- Study in an area related to spiritual direction e.g. Graduate Certificate Course in Supervision. University of Divinity is a Melbourne university offering many opportunities for further study. See [www.divinity.edu.au/study/our-courses/](http://www.divinity.edu.au/study/our-courses/)
- Reading and reflecting with a Peer Group, supervisor or similar, on themes directly related to your practice and growth as a spiritual director

**Other Melbourne Spirituality Centres may also provide sources of PD.**

For example:

- **Heart of Life:** [www.heartoflife.melbourne](http://www.heartoflife.melbourne)
- **Carmelite Centre:** [www.thecarmelitecentremelbourne.org](http://www.thecarmelitecentremelbourne.org)
- **Kildara Centre:** access to library and events: see under Brigid’s Well at [www.kildaracentre.org](http://www.kildaracentre.org)

If you have recommendations for relevant professional development, or questions, please contact Director, WellSpring Centre, Ann Lock: [ann.lock@wellspringcentre.org.au](mailto:ann.lock@wellspringcentre.org.au) or ring 9885 0277.