

# BECOMING A SPIRITUAL DIRECTOR

## IGNATIAN TRAINING PROGRAM

*Offered by*  
Holy Trinity Catholic Church in Washington, DC

*Spiritual Directors are called to guide individuals who are seeking ongoing orientation, encouragement and discernment in the life of the Spirit.*

### OUR PROGRAM

This holistic spiritual formation program provides the structure, content, mentoring and supervision to individuals who have discerned a call to the ministry of spiritual direction. The dynamics of the Spiritual Exercises of St. Ignatius Loyola will serve as the foundation of the program. It is designed and implemented in the spirit of *cura personalis* - adapting the person's gifts and talents while using the values and principles of the Ignatian tradition to understand situations as they arise.



### OUR FACILITATORS

Ed McCormack, Ph.D., Senior Coordinator of Ignatian Training Programs at Holy Trinity Parish and other practitioners will facilitate the program.

*"For it is not knowing much, but realizing and relishing things interiorly that contents and satisfies the soul."*

St. Ignatius Loyola  
Spiritual Exercises, [2]

### TIMING AND HOW TO APPLY

The Ignatian Training program meets for two hours every two weeks from September to May. The next Ignatian Training program will begin in the fall of 2026. The cost of the program is \$2,500 including books and materials. No one is turned away due to inability to pay.



## SUCCESSFUL CANDIDATE PROFILE

We seek to contribute to the formation of a Spiritual Director who has the following attributes or experiences:

- Finds prayer to be an integral and habitual part of his or her life
- Has a zeal for Ignatian Spirituality
- Is open to being surprised and is intellectually curious
- Allows individuals who live on the margins of society to transform them
- Has wrestled with some dimension of their faith
- Has been approached by others who want to talk about their prayer
- Is a practicing Christian who has been active in a faith community for at least three years
- Has two references from individuals who have known the applicant for at least three years and can speak to the person's faith journey
- If in recovery, has been an active member in a Twelve Step program for at least five years and simultaneously been in a healthy living situation for at least five years
- Has been in monthly spiritual directions for at least two consecutive years



*"... one time when his eyes were opened a little, and he began to marvel at this difference in kind and reflect on it ... that some thoughts he would be left sad and from others happy, and little by little coming to know the difference in kind of spirits that were stirring: the one from the devil, and the other from God"*

— Saint Ignatius of Loyola, Personal Writings

## COMMITMENT TO ONGOING FORMATION

To facilitate ongoing formation, we request the following commitment from Associates:

- Intentional daily individual prayer for 30 minutes and a daily Examen
- Monthly individual spiritual direction
- Maintain a journal
- Participate in an annual residency program at a retreat house on the east coast.
- Participate in communal prayer with others in the group and in small group sharing
- After completing the first year and following discernment with the facilitators, begin to guide directees
- Participate in monthly individual and peer supervision
- Meet regularly with a member of the leadership team to reflect on one's experience