The program will facilitate the:

God's call.

in spiritual freedom and responsiveness to awareness and integration, enabling growth aims to rekindle one’s inner fire through self

This intensive 17-day PSI process/workshop

Th live their vocation with greater integrity.

to the priesthood and/or religious life and offers an opportunity to deepen their calling

depening its fruits.

For the ordained and professed, the PSI offers an opportunity to deepen their calling to the priesthood and/or religious life and live their vocation with greater integrity. This 19-day program will culminate in an individually directed retreat.

QUEST FOR INNER FIRE

(A Psycho-Spiritual Integration (PSI) Workshop for formands and non-formators)

June 1 – 17, 2020 (LIVE-IN)

Program Fee: To Be Announced

Venue: To Be Announced

This intensive 17-day PSI process/workshop aims to rekindle one’s inner fire through self-awareness and integration, enabling growth in spiritual freedom and responsiveness to God’s call.

The program will facilitate the:

- Viewing of present reality in terms of current dispositions and experiences
- Acquiring of a heightened sensitivity to the body, and unearthing of inter-personal dynamics that, though unnoticed, may actually shape one’s present disposition,
- Discovering and articulating the forces that draw one beyond oneself and towards others
- Providing an occasion to examine one’s needs, dreams, vocation
- Recognition of the movement of the Spirit in personal dynamics, relationships, work, and apostolate/mission.

REQUIREMENTS

- English language will be the medium of instruction in the FFS programs. It will be helpful for international participants to have, at the least, conversational skills in the language.

- Emmaus Center has forged a memorandum of agreement with the Loyola School of Theology (LST) in the accreditation of Emmaus modular courses as subjects that can earn credits for LST’s civil and ecclesiastical degree programs requiring units in the field of spirituality, pastoral ministry, and pastoral psychology:

  1. Fundamentals of Human and Christian Formation
  2. Growing in Religious Vows
  3. Assessment Skills in Formation
  4. Basic Concepts in Psycho-Sexual Formation
  5. Formative Processing Skills

Those enrolling their modular courses for credit at LST, please consult Paz Baquiran, Programs Officer, for details.

ABOUT EMMAUS CENTER

We are a pioneer in process-oriented formative companionship

With over 35 years of experience in:

- Forming competent and compassionate formators and leaders
- Accompanying priests, religious, and lay people through initial formation and beyond
- Partnering with congregations and communities through contextual, integral, and culturally-sensitive formation
- Responding to individuals and Church personnel in distress
- Preparing men and women called to Church ministries in a complex world

EMMAUS PERSONNEL

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Be a formator,
Be a leader
with competence and compassion
This 10-day course aims to present essential perspectives on how to understand human and Christian formation in the contemporary context. Beginners in the formation ministry and experienced formators will benefit from input and discussions focusing on the following:

- Framework of human formation
- Formation in the Christian tradition
- Theories of human formation and development
- The Psycho-Spiritual Integration (PSI) process
- Perspectives on change and transformation
- Perspectives on formative spirituality

Exposure to formative processes like self-awareness exercises, counseling, spiritual direction, and discernment is also part of this course.

**FORMATION FOR LOCAL SUPERIORS: LEADERSHIP & SKILLS**

This 5-day module is designed to equip local superiors with the dispositions and skills that will enable them to lead and serve their respective communities effectively. Input and discussion on leadership, management, group development, dialogue and formative accompaniment in increasingly complex and multi-cultural religious congregational environments today will be featured.

**INTERNET USE AND PORNOGRAPHY: CONCERNS & CHALLENGES IN FORMATION**

Pornography is rapidly on the rise worldwide and it affects many, including religious, priests and those in formation. This phenomenon is linked to a network of other realities in contemporary society such as the development of the web and social media, online abuse and addiction, among others. This 3-day module provides a learning and discussion forum for formators to take a closer look at the use of the internet, with a focus on the problem of pornography in formation communities, to analyze incisively the connection of this problem with the opportunities and threats that digital communications affords, and to reflect on ways to address these challenges towards sexual growth and affective maturity of formands.

**FORMATIVE PROCESSING SKILLS**

Emmaus defines “formative processing” as a means of deepened reflection wherein an individual in the context of formation is helped to arrive at an expanded perspective, greater understanding, acceptance and owning of a significant personal experience. This 8-day course is divided into two parts: Part 1 will offer inputs to teach and refine various skills pertinent to effective formative processing. Part 2 will give participants the opportunity to practice and have their processing skills assessed and critiqued.

**SPiritual Direction in the Formative Context**

This 24-day course is for religious, clergy, and lay people who want to formally prepare themselves for the ministry of spiritual direction in the context of formation work. It features lectures on foundational concepts in spiritual direction, a prayer workshop, and individual spiritual accompaniment. With the proliferation of similar training programs on spiritual direction, Emmaus Center distinguishes its program by appropriating it in the formation context.

The program will cover the following:

- Spiritual Direction in the Formation Context
- Nature of Spiritual Direction
- Religious Experience
- Contemplative Model of Spiritual Direction
- Challenges in Formative Spiritual Direction
- Discernment of Spirits
- Vocational Discernment
- Ethical Considerations
- Supervision
- Designing a Spiritual Formation
- Prayer Methods
- Helper Skills Practice

The spiritual needs of the participants will also be attended to during the program through daily personal prayer and individual spiritual accompaniment since at the core of a spiritual director’s effectiveness is a deep and authentic spiritual life.

**For inquiries, please contact us at:**

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Our thoughts about a situation affect our emotional, behavioral and physical reactions to it. Cognitive-behavioral approaches help people make sense of and manage overwhelming problems and thus feel better by addressing unhelpful thoughts and behavior. This 4-day module will introduce concepts and tasks which participants can apply to mental health issues in daily living such as symptoms of depression, anxiety and anger that do not require professional help.

Critical Issues in Formation:
ADDICTION AND TRAUMA
October 7 - 11, 2019
Program Fee: Php 11,000.00/pax

How might we understand and support community members dealing with addiction and trauma? This 5-day module will discuss models of addiction, warning signs, and medical, psychological, social and spiritual effects of addiction. We will learn how to help and what to do when dealing with addiction. As addiction is often a coping mechanism for dealing with traumatic experiences, an overview of trauma and its types, the impact of trauma on the brain and body, on feelings and relationships, and on spirituality and beliefs will then be discussed. The stages of trauma recovery and how to help the survivor will culminate with the Emmaus narrative providing our framework.

ASSESSMENT SKILLS IN FORMATION
October 21 - 25 and 28 - 30, 2019
Program Fee: Php 16,000.00/pax

This 8-day course presents formators with input on various psychological tools that can be used for initial vocation assessment and for the ongoing growth of formands. It also aims to give insights on how the results of psychological tests may be used for individual and group formation. Also included are workshops on specific skills such as interviewing for assessment and planning for effective interventions.
COMMUNAL DISCERNMENT
Dates: November 4 - 8, 2019
Program Fee: Php 10,000.00/pax
How do we conduct a communal discernment? In this 5-day module, the participants are going to take part in a simulated activity of communal discernment in order to provide them with a first-hand experience of the formal process. Then, they will be led to analyze and reflect on their experience in order to draw out the essential concepts, dispositions, and skills to facilitate communal discernment effectively.

ACCEPTANCE AND COMMITMENT THERAPY (ACT)
November 12 - 13, 2019
Program Fee: Php 3,500.00/pax
How do we learn to “accept what is out of our personal control, and commit to taking action that enriches our life”? This 2-day module will offer psychological skills to handle painful thoughts and feelings effectively with the help of mindfulness skills. It will also assist in clarifying values and help us use this knowledge to guide, inspire, and motivate towards goal-setting and making choices that enrich our life. The central aim of ACT is to help us live life in a rich and meaningful way while accepting the pain that life inevitably brings.

Critical Issues in Formation:
DEVELOPMENTAL TRANSITIONS IN FORMATION
November 25 - 29, 2019
Program Fee: Php 9,500.00/pax
All of us go through phases of human development and are called to face growth opportunities and challenges specific to these stages. This 5-day module will provide handles in understanding psycho-emotional development and explore implications in religious life of the three important adult stages:
> The search for identity of the young adult vis-à-vis the demands of initial formation;
> The revisiting of commitments at mid-life vis-à-vis the demands for more responsibilities in ministry; and
> The challenge of taking stock and embracing the call for a deeper spirituality of the eldering religious.

Skills for Superiors:
UNDERSTANDING AND DEALING WITH CHALLENGING PERSONALITIES
December 3 - 5, 2019
Program Fee: Php 8,500.00/pax
As religious leaders, we are called to appreciate the complexity of persons, our own as well as others. We are all “blessed and broken.” Often, though, we are left bewildered, unsure, or at a loss when we encounter challenging personalities in community. This 3-day course will help us understand the characteristics of a personality disorder, describe and distinguish different personality disorders, identify the effects of these personality dynamics in community and ministerial life, strengthen personal dispositions and develop practical strategies for responding to behaviors influenced by these dynamics, and articulate ways of attending to self and community during difficult relational engagements.

FORMATIVE COMMUNITY BUILDING: Perspectives & Skills
January 8 - 10 and 13 - 17, 2020
Program Fee: Php 15,000.00/pax
This 8-day module orients formators to how the dynamics of community living are fast changing in today’s world. It will present insights on relevant issues such as: dealing with different personalities, inter-generational dynamics, and multi-cultural interaction. Opportunities will be provided for formators to reflect on their experiences of community living and plan ways to develop their communities. The skills component will discuss effective listening, assertiveness, conflict management, feedback giving, and sensitivity to group process.