

2024-2027

Are you looking to hone your deep, compassionate, nonjudgmental listening skills? We invite you to consider our Spiritual Direction Preparation Program (SDPP).

Since 1985, we have trained more than 600 people in the practice of spiritual direction. This innovative training program provides a mix of workshops and real-life experiences to prepare individuals to share their compassionate listening skills as trained spiritual directors in their communities.

The Spiritual Direction Preparation Program extends over three years, giving participants an opportunity to integrate theory and practice. While SDPP prepares participants to direct others regardless of their religious affiliation or background, the program has been developed within a tradition that is best described as Christian-Catholic-Franciscan. SDPP is designed to form and train candidates through practical workshops, verbatims, reflections, readings, quarterly meetings and one-on-one supervision.

*In order to provide personal flexibility while encouraging deep experiences of connection and community, SDPP includes a 4-day, in-person gathering every year. The remaining weekends will be virtual by Zoom. Students are welcome to participate in the virtual weekends from home or they may opt to stay at the FSC.*

HERE'S WHAT PAST PARTICIPANTS HAD TO SAY ...

*“I don't think that I have ever been averse to doing deep inner work, but this program put me on a fast track to exploring the inner life. It has helped me be a better listener in the whole of life.”*

*“SDPP has made me a better husband, a better father, a better neighbor and friend. I always thought I was good at listening to others, but I am so much better now. I also am better able to listen for God's voice in my life. This program has been a blessing.”*

*“What a gift this program has been! I chose it for the one-on-one supervision, retreat practicum experience and wide breadth of topics. It has exceeded my expectations in every way and has been life-changing. I am much more mindful now of my own values and decisions, and I am more grateful for all of the love in my life. Thank you.”*

# Spiritual Direction Preparation Program




**AN INNOVATIVE, THREE-YEAR TRAINING PROGRAM**

Application deadline: June 1, 2024



**Franciscan  
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

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The Franciscan Spirituality Center is a sponsored ministry of the Franciscan Sisters of Perpetual Adoration.

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# SPIRITUAL DIRECTION PREPARATION PROGRAM

## SCHEDULE FOR SDPP COHORT 18:

### YEAR 1

In-person in La Crosse:  
Thursday–Sunday  
September 12-15, 2024

Virtual weekends: Friday–Sunday  
November 1-3, 2024  
January 31–February 2, 2025  
April 4-6, 2025

### YEAR 2

In-person in La Crosse:  
Thursday–Sunday  
September 11-14, 2025

Virtual weekends: Friday–Sunday  
October 31–November 2, 2025  
January 9-11, 2026  
March 20-22, 2026

### YEAR 3

In-person practicum in La Crosse:  
Sunday–Saturday  
June 14-20, 2026

Virtual weekends: Friday–Sunday  
October 9-11, 2026  
March 5-7, 2027

In-person in La Crosse:  
Thursday–Sunday  
July 22-25, 2027



## GENERAL INFORMATION

In-person workshops typically will begin at 1 p.m. Thursday and conclude by noon Sunday. Virtual weekends typically will begin at 7 p.m. Friday and conclude at noon Sunday. The practicum is a six-day workshop that begins at noon Sunday and concludes by noon Saturday.

The program will begin in September 2024. Participants will make an individual, six-day directed retreat by July 1, 2026.

Participants who satisfactorily complete the three-year program will receive a certificate of completion.

### Quarterly Meetings with Supervisor

Quarterly meetings are separate from the workshops and last about two hours. During the meeting, participants review the required readings and verbatims with their supervisor.

### Annual Review

To integrate the lessons and experiences, there is a 90-minute annual review at the end of each program year.

Quarterly supervisor meetings and annual review can be done in-person or by Zoom.

## ABOUT THE PROGRAM

### SDPP is designed for those who:

- Are older than 30 and drawn to a deeper understanding of spiritual direction.
- Are preparing for a ministry of spiritual or retreat direction and/or the practice of redemptive listening.
- Would like to deepen their spiritual and personal development.
- Have at least one year of experience receiving regular spiritual direction.

### SDPP participants learn by:

- Attending required in-person and virtual workshops.
- Processing experiences with fellow participants.
- Practicing direction skills using monthly verbatims.
- Meeting quarterly with a supervisor who is an experienced spiritual director.
- Writing reflection papers on required books and articles.
- Participating in annual reviews.
- Developing strong community with a cohort of between 25-35 participants.

## PROGRAM LEADERSHIP

Steve Spilde is the director of SDPP. He can be reached at 608-791-5297 or [sspilde@fspa.org](mailto:sspilde@fspa.org).

## NEW! TIERED PRICING FOR ANNUAL TUITION

Choose the amount that best fits your financial situation. Additional discount of \$150 if tuition is all paid at beginning of the year.

**TIER A: \$4,225** | Covers full program costs plus offsets facility expenses and support staff. This tier helps to support the long-range sustainability of the program and the FSC.

**TIER B: \$3,250** | Covers basic program expenses including meals, supervisor fees, presenter fees and a portion of staff time. This is the break-even point for the FSC to offer this program.

**TIER C: Modest subsidy \$2,850** | Thanks to funding from our generous donors, we can offer a subsidized tuition amount for those who need additional support.

**TIER D: Significant subsidy \$2,300** | We recognize that some participants have significant financial limitations. Thanks to funding from our generous donors, we can offer a significant tuition subsidy amount for those who would not be able to participate otherwise.

Fees include tuition for all in-person workshops, Zoom workshops, practicum in Year 3, quarterly meetings, annual review with supervisor and all administrative fees, meals and snacks. Fees are payable in installments.

Housing is available at the Franciscan Spirituality Center for all of the workshops for an additional fee. Other expenses include the cost of books, fees for spiritual direction and the required six-day retreat.

## PROGRAM APPLICATION

Those seeking admission to the Spiritual Direction Preparation Program are asked to call 608-791-5295 or email [FSCenter@fspa.org](mailto:FSCenter@fspa.org) for an application. Applications will be accepted until June 1, 2024, or until the program fills.



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