

UNIVERSITY DIPLOMA IN SPIRITUAL ACCOMPANIMENT

Main Language of Instruction:

French ☐ English ☐ Arabic ☒

Campus Where the Program Is Offered: CSH

OBJECTIVES

This program aims to train lay and religious individuals in the practice of spiritual accompaniment. It is intended for pastoral teams, communities, and anyone wishing to support others in their spiritual journey.

PROGRAM LEARNING OUTCOMES (COMPETENCIES)

- Integrate key elements of Ignatian spirituality in spiritual accompaniment.
- Develop self-knowledge through ongoing personal and spiritual work as a companion.
- Accompany others according to the Ignatian approach, while remaining open to other spiritual traditions.

ADMISSION REQUIREMENTS

- Hold a degree in theology or have completed a theological program (e.g., the CREDO program).
- Have pastoral experience (community, parish, catechetical, etc.).
- Meet with the program coordinator.

PROGRAM REQUIREMENTS

35 Credits: Required Courses (35 credits)

Required Courses (35 Cr.)

Structure and Dynamics of the Spiritual Exercises (2 Cr.), Personal Growth within the Community (2 Cr.), Attentive Listening in Spiritual Accompaniment (2 Cr.), The Enneagram (1 Cr.), The Enneagram and Prayer (1 Cr.), Spiritual Life and Accompaniment across Traditions (2 Cr.), Typology of Ignatian Retreats (1 Cr.), Wounds and Healing in Spiritual Accompaniment (2 Cr.), Ethics of Spiritual Accompaniment (2 Cr.), God Accompanies His People (1 Cr.), Lectio Divina (1 Cr.), A Psychological Reading of Affective Life (1 Cr.), Accompanying Prayer (1 Cr.), Spiritual Growth (2 Cr.), Discernment for Decision-Making (2 Cr.), Reflective Practice in Spiritual Accompaniment (5 Cr.), Supervised Practice in Spiritual Accompaniment (7 Cr.).

COURSE DESCRIPTION

018SDESF2	Structure and Dynamics of the Spiritual Exercises	2 Cr.
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This course introduces the Spiritual Exercises of Saint Ignatius of Loyola. It enables students to understand the dynamics of an Ignatian retreat and to identify the spiritual movements to which attention must be given, particularly in a context of accompaniment. The course provides an overview of the life of Ignatius of Loyola, the structure of the Spiritual Exercises, including the Principle and Foundation and the annotations, and the four Weeks with their specific practices (meditation, contemplation, and rules for discernment). It concludes with the *Ad Amorem* and its rules.

018DNQJF1	Personal Growth within the Community	2 Cr.
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This course develops awareness of the capacities and limitations of both the spiritual companion and the person being accompanied, and builds skills to support their development through group interaction. The group is an essential dimension of personal growth, helping individuals recognize their abilities and limits and contributing to the development of their personality.



The course enables the companion to deepen self-understanding and to recognize their way of functioning within a group in order to better discern the dynamics of growth in others. In doing so, it supports both personal development and effective spiritual accompaniment.

018ISWJF2	Attentive Listening in Spiritual Accompaniment	2 Cr.
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This course on empathic listening lies at the heart of spiritual accompaniment. It presents empathic listening as a compassionate practice that requires inner silence, self-mastery, and a welcoming attitude toward the other, helping the person accompanied become aware of their lived experience and of God's action in their life. It combines theory and practice, starting with self-listening, then exploring different types of listening and responses, and finally situating this practice within the overall process of spiritual accompaniment.

018ENIAF1	The Enneagram	1 Cr.
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This course explores how the spiritual companion is called to grow in self-knowledge and engage in ongoing inner work, both in behavior and relationships, while becoming aware of its impact on prayer life and relationship with God. It introduces the Enneagram as a system of nine personality types used in accompaniment contexts and presents it as a tool for self-understanding. It also helps identify inner dynamics and deep motivations in order to support personal and spiritual growth lived with discernment.

018ENEAF1	The Enneagram and Prayer	1 Cr.
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This course presents prayer as the key to self-knowledge and spiritual growth. In authentic prayer, the person moves from a rational and verbal awareness, sometimes tiring, toward a more interior and profound form of prayer. It also shows how the Enneagram, particularly when integrated into prayer, helps individuals discover the form of prayer that best corresponds to their inner disposition.

Prerequisite: The Enneagram (018ENIAF1)

018VSTDF1	Spiritual Life and Accompaniment across Traditions	2 Cr.
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This course introduces the four major schools of prayer: Carmelite spirituality, Ignatian spirituality, Muslim mysticism, and the tradition of the Desert Fathers. It aims to help students understand spiritual accompaniment through these diverse traditions.

The course also seeks to define the nature of spiritual accompaniment and to present its principal guidelines according to these different approaches.

018ARRIF2	Typology of Ignatian Retreats	1 Cr.
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This course shows that, in light of the Bible and the Spiritual Exercises of Ignatius of Loyola in both their letter and their spirit, the Exercises can, and must, be offered in different forms, according to the personality of the retreatants. It stresses the importance of discerning, before offering them, the most appropriate type of Exercises. It then clarifies the various possible forms of the Exercises according to participants, objectives, and duration. Each type of retreat is studied through shared reflection and discussion in order to identify its main characteristics, including its approach, content, contributions, and limitations.

Prerequisite: Structure and Dynamics of the Spiritual Exercises (018SDESF2)

018JCRSF2	Wounds and Healing in Spiritual Accompaniment	2 Cr.
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This course provides concrete support for spiritual accompaniment by helping the companion to grow in self-awareness, to clarify their own inner dynamics, and to avoid projecting emotions, expectations, or personal fragilities onto the person being accompanied. Through psychological tools and life review, the companion develops a more attentive and free listening, capable of welcoming the other as they are.

It is also essential within helping relationships, as it enables a clearer distinction between what belongs to the psychological and what belongs to the spiritual in the experience of the accompanied person. The companion can thus refine their posture, ask appropriate questions, and accompany with greater discernment, while respecting the rhythm, freedom, and unique path of each person.



018ETACF1	Ethics of Spiritual Accompaniment	2 Cr.
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This course explores how spiritual accompaniment seeks to help individuals revisit their personal life in the light of spiritual experience and faith. It shows that if ethical discernment involves distinguishing between what is good and what is harmful, then the ethics of accompaniment requires solid and objective formation grounded, on the one hand, in a methodology of moral discernment and, on the other, in criteria rooted in the Gospel. It also emphasizes the growth of inner freedom in managing one's relationship with oneself, with others, and with God, as well as the importance of maintaining appropriate boundaries and honoring the other as created in the image of God.

018DASPF1	God Accompanies His People	1 Cr.
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This course presents spiritual accompaniment as a shared "pilgrimage" with another person. It describes this journey as unfolding through different stages, including pauses, and leading toward purification and inner freedom. It also shows how reading the Bible from this perspective offers a rich teaching on personal accompaniment and inner journeying. It therefore seeks, through an overall reading of Scripture and in light of selected biblical texts, to identify the principles of spiritual accompaniment and its fundamental elements.

018KKMOF1	Lectio Divina	1 Cr.
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This course first aims to help students discover the books of the Bible and to deepen their engagement with the biblical text in order to reach its spiritual meaning through the stages of *lectio divina*. It introduces the notion of the "Prayer grounded in the Word of God " enabling students to relate biblical teaching to their own lives or to those they accompany (in retreats, personal prayer, or communal settings), and thus to experience and transmit this way of praying.

It also seeks to help students make the Word of God the center of their lives and of the lives of those they accompany.

018LVAFF1	A Psychological Reading of Affective Life	1 Cr.
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This course helps students understand the foundations of psychological balance and grow in self-knowledge without falling into dependency, denial, or emotional compensation through others. It presents the main stages of psychological development to help students situate their own growth and accompany others with maturity and discernment. It also develops the ability to practice real empathy in both speech and action. Finally, it introduces key humanistic psychological approaches that support human development while respecting personal dignity.

018MSDIF2	Accompanying Prayer	1 Cr.
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This course introduces students to the accompaniment of prayer in the Ignatian tradition. It presents the foundations of Ignatian prayer, particularly the ways of reading and meditating on Scripture through its different stages. Students will deepen their practice of prayer with the Word of God and learn to connect spiritual experience with daily life, both personally and in accompaniment settings. It also develops the skills needed to accompany prayer, including attentive listening, discernment of inner movements, respect for each person's journey, and adaptability in approach.

Prerequisite: Structure and Dynamics of the Spiritual Exercises (018SDESF2)

018CRSPF1	Spiritual Growth	2 Cr.
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This course is intended for anyone seeking to grow in a mature faith that engages the whole person. It introduces the spiritual life as a dynamic reality involving all dimensions of human existence. It helps students discover their relationship with God and grow in it, particularly by identifying the different stages of spiritual development. It emphasizes the spiritual life as a journey that begins with an encounter with God, is rooted in His Word, and is lived within the Church and in the world. Finally, it proposes concrete means to foster spiritual growth.

018TAAQF2	Discernment for Decision-Making	2 Cr.
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This course is grounded in the understanding that human life is a continual process of decision-making. Every choice, small or major, ordinary or decisive, shapes personal growth and unfolds under God's guidance and the action of the Holy Spirit.



It places discernment at the center of spiritual accompaniment, for both the companion and the person being accompanied. It forms students in the practice of spiritual discernment and highlights its role in the life of faith. It also provides practical tools to guide this process in light of the Spirit's action.

018KIMRI1	Reflective Practice in Spiritual Accompaniment	5 Cr.
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This course consists of three practical workshops aimed at reflecting on the students' experience and journey after completing the theoretical program in spiritual accompaniment. It includes:

- A workshop on the practice of listening
- A workshop on the stages and methodology of accompaniment
- A workshop on the fruits expected at each stage of the *Spiritual Exercises*, enabling progression to the next stage

Prerequisites: Structure and Dynamics of the Spiritual Exercises (018SDESF2), The Art of Listening in Spiritual Accompaniment (018ISWJF2), Discernment for Decision-Making (018TAAQF2).

018MRMMI3	Supervised Practice in Spiritual Accompaniment	7 Cr.
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This course is designed as a supervised practicum within the training in spiritual accompaniment. It gives students the opportunity to apply their theoretical knowledge in real accompaniment settings.

The practice may take place during a spiritual retreat or in everyday contexts, through the accompaniment of individuals engaged in a spiritual journey.

Under the guidance of an experienced supervisor, students will develop skills in listening, discernment, and presence, while learning to respect the rhythm and uniqueness of each person they accompany.

This period also includes structured reflection, allowing for the integration of experience and supporting ongoing personal and spiritual growth.

Prerequisite: Completion of the entire DUAC program.

