

# Pneuma Institute

## Certificate Programs and Services

Pneuma Institute is a non-profit organization and is prepared to respond to the formation and development needs of persons in both the direct ministries of spiritual direction, leadership, pastoral care, as well as individuals providing health care, mental health care, and coaching professionals who want to be more sensitive and responsive to their patients' or clients' spiritual needs.

Certificate Programs in:

- Spiritual Direction
- Spiritual Leadership
- Direction of Ignatian Spiritual Exercises
- Supervision

Spiritual Formation & Enrichment Services

- Continuing education workshops
- Consultation
- Spiritual direction
- Individual and Group Retreats
- Personal and Congregational Discernment facilitation
- Individual or Peer Supervision

Other programs and services can be developed to respond to formation and enrichment needs. We can serve you at your site or through the use of distance technology. For more information see contact information in this brochure.

## Certificate Program in Spiritual Direction & Leadership (SDL)

This program is a two-year, ecumenical certificate program in spiritual direction and spiritual leadership. It offers formative and educational preparation as well as supervised training of persons in understanding the spiritual movements of the Ignatian *Spiritual Exercises* as common to and distinct from other Christian paradigms of growth in faith and the Christian Life.

For over 500 years the *Spiritual Exercises* have offered people of faith a uniquely personal encounter with the Triune God in and through Scripture. The *Exercises* provide both structure and flexibility for persons and groups to reflect upon, contemplate, and internalize the major themes of the Christian faith.

Graduates of the program will be equipped to guide persons, groups, parishes, and congregations to:

- deepen their true identity in Christ,
- grow in Christian discipleship,
- discern their unique gifts & call-in order to co-labor with Christ in all of life for the glory of God.



*The forceful movement of air that seizes us with elemental power and catches us up into tension or movement.*

*Kittel's Theological Dictionary of a New Testament*

**In Person Intensives:**

**April 30 – May 5, 2024**

**April 29 – May 4, 2025**

**Virtual Intensives;**

**August 16 & 17, 23 & 24, 2024**

**November 1 & 2, 8 & 9, 2024**

**August 15 & 16, 22 & 23, 2025**

**November 7 & 8, 14 & 15, 2025**

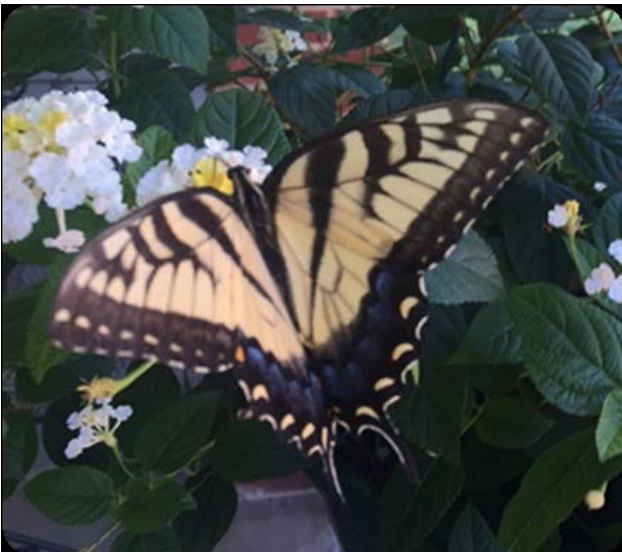
*Thank you, thank you, thank you for this gift... it was transformative!*

(Feedback from Pneuma SDLP Alums)

## SDL Program Overview

The program provides study, skill building and practical integration focusing on:

- **Scripture and theology** as they relate to the *Spiritual Exercises* and the ministry of spiritual direction and spiritual leadership;
- **Spirituality**, particularly methods of prayer, personal and communal discernment, and models of human and spiritual growth in Christian Life;
- **Ministry design** for a variety of contexts from street ministry to parishes, to retreats and other settings.



## SDL Virtual Schedule

In each year of the two-year Spiritual Direction & Leadership Program, a cohort of participants attends one in-person (5 days) and two **virtual** Intensives each year consisting of 2 consecutive Fridays and Saturdays. For the in-person intensives we will gather in residence at Martina Spiritual Renewal Center in the Pittsburgh Area.

### Year One

At each of three Intensives, participants meet once in person and twice virtually, using the Zoom platform, for prayer and worship, faculty presentations, discussion of required reading, small group practice of spiritual direction and development of leadership skills in formative spiritual practices.

### Year Two

Participants meet for three more Intensives. They also begin their Internships, and have ongoing supervision, assessments of the knowledge, skills, and dispositions essential to the ministries of spiritual direction and spiritual leadership.

## SDL Application & Admission

Persons applying to the Pneuma Spiritual Direction & Leadership Program should have ~

- ordinarily, a bachelor's degree or equivalent life experience;
- some biblical and theological background;
- completed the full Ignatian Spiritual Exercises (either in the 30-day format or in the extended everyday life format) or prepared to begin them by May, 2024;
- received ongoing spiritual direction for nine consecutive months;
- demonstrated capacity for self awareness and critical reflection on the interaction of faith with one's life and ministry;
- support of one's spiritual community and indications of being called by others to this ministry;
- willingness to engage in vocational discernment.

For more information and for online Application forms visit

[www.PneumaInstituteSDL.org](http://www.PneumaInstituteSDL.org)

**Or contact**

Kathy Yarzebinski

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