

CQ ASIA-SSD PRACTICUM INFO

(October 2024 – January 2026 – Cohort 1 Program Cycle)

Categories of Practicum (Online/Offline):

1. Individual Spiritual Direction (ISD)
2. Group Spiritual Direction (GSD)
3. Individual Supervision
4. Facilitated Group Supervision

One-on-One Spiritual Direction (Ideally Face-to-Face/Web or Phone Call)

Right from the start of the SSD program (or even before), participants ought to be thinking of potential directees to meet with during the training year. For the best learning experience, aim for diversity in the individual you direct. We encourage diversity in faith tradition, gender, life experience, and age. If one of your directees is someone you know, make sure you have the experience of directing someone else you do not know, etc.).

- Participants are expected to be meeting with a spiritual director on a monthly basis for the entire duration of the program (total of **15 SD hours** starting in early **October to December, 2025**).
- After the second quarter break (Inter-Term), participants focus on a 5-week Pre-Formal Practicum period (Individual Spiritual Direction – ISD module) with a weeklong online instruction, forum engagement, and praxis exercises (approx. **16 hours** total) capped by a required **2-hour** Practicum Orientation with a “real play” demonstration. They themselves will engage in a “real play” SD practice (with supervisor feedback/coaching) in dyads (in person or via web connect) in four rounds: Preliminary, Middle, and Final Round (via web connect for approximately **4 hours** for the first two rounds and **10 hours** for the final round [involving two 5-hour sessions or four 2.5 hour sessions]). Each participant pays a separate pre-practicum supervision fee for the final round.

Note: Upon the recommendations of the supervisors and mentor(s), a participant may be asked to engage in additional supervised “real plays” if deemed not ready to start the formal practicum period.

- Participants must be ready by Online Course [OC] # 7 (SD Supervision) to meet with at least 2 directees monthly starting in early July, 2025.
- Participants are expected to log at least **2 hours** of direction time each month within the next six months (**July – December 2025**) – total of **12 hours**.

- **TOTAL Individual Spiritual Direction Hours:** This gives participants minimally **61 hours** of one-on-one direction experience (receiving, observing, practicing, and giving) during the entire duration of the program.

Group Spiritual Direction (Web Connect and Residency)

Aside from ISD (one-on-one), the SSD program puts premium emphasis on the practice of group spiritual direction (GSD).

- During the pre-requisite Soul Companionship course, participants get a preliminary experience of group companionship for **one hour** via web connect (Zoom).
- During the Opening Residency, participants take part in a mentor-facilitated **3-hour** Spiritual Autobiography sharing session (conducted in a Companionship format), **2 hours** of Mentoring Group Shared Reflection, **3 hours** of Appreciative Inventory (AI) Shared Reflection and another **3-hour** Companions in Community (CinC) session – one of the two formats of contemplative Spiritual Guidance in Community (called Deep to Deep) that we employ in CQ.

Total of **12 hours** of Companionship experience.

- During OC # 2 (Contemplative Prayer II: Listening), participants participate in **1.5 hours** of Lectio in Community and **2 hours** of Lectio on Life with their respective mentoring groups via Zoom.
- During OC # 8 (GSG - Group Spiritual Guidance), participants take part in and observe via video the following: GSG Welcome/Gathering Prayer, GSG Orientation, CinC segments, and a short Journey Share Direction Group (JSDG) segment (approx. **5 hours** total)
- Participants participate via Zoom in a mentor-facilitated **3-hour** CompanionsTogether (CT) and **3-hour** JSDG sessions.
- Participants are expected to participate in **two 30-minute sessions** of audio Guided Prayer of Preparation in Sharing Silence and facilitate their own **1.5 hours** of face-to-face (or Zoom) session with their praxis group (**2.5 hours** total).
- Participants also facilitate a **3-hour** CT with their praxis group.
- During the Closing Residency, participants gather for a **3-hour** experience of CinC and another **3-hour** JSDG sessions.
- Every quarter, each mentoring group participates in a **2.5 hours** (to 3 hours) shared assessment-discernment process based on the CQ SSD AI - Appreciative Inventory using the companionship format via web call totaling **10 hours**.

- **TOTAL Group Spiritual Direction Hours:** This gives SSD participants **48 hours** of online and in-person experience.

Individual Supervision (Face-to-Face/Web or Phone Call)

SSD participants will learn about supervision online and receive it offline.

- Starting **July until December, 2025**, each participant will be expected to receive **one hour** of individual supervision (3 formal [with Dialogue] and 3 informal [without Dialogue]) by phone or via web connect (or in person wherever possible) from a contracted and CQ-approved supervisor (recommended by and trained under our CQ partner, *Together in the Mystery* [TIM]). Participants can expect to pay a negotiated amount per session (as agreed upon with their supervisor), for a total of **6 session hours** (excluding Consult time)
- **TOTAL Individual Supervision Hours:** This provides participants a minimum of **7 hours** of one-on-one supervision during the program period (including consultation and debriefing).

Group Supervision (Closing Residency)

Aside from one-on-one supervision, participants will be exposed to and participate in a facilitated group supervision experience.

- During the Closing Residency in January 2026, participants will be involved in group supervision and consultation totaling at least **6 hours**.
- **TOTAL Group Supervision Hours:** This gives SSD participants at least **6 hours** of in-person peer group supervision and plenary consultation.

OVERALL PRACTICUM HOURS:

Depending upon their number of directees, SSD participants are expected to log in a minimum of **122 practicum hours** over the course of SSD's 16-month training cycle. Those who fail to meet the minimum practicum requirements will be awarded a Certificate of Participation (not a Certificate of Completion) at the end of the program and will be advised to participate in a six-month to a year **Continuing Internship Program (CIP)** where they can log in more hours (doing one-on-one SD and engaging in supervision sessions monthly).

NOTE:

This Practicum document is a tentative projection for CQ Asia -SD Cohort 1 participants and is subject to change.