



### THE PHASES OF THE ARRUPE® PROGRAM

The Arrupe Program is the approved national program of the Australian Province of the Society of Jesus for the formation of Givers of the Ignatian Spiritual Exercises and Spiritual Directors in the Ignatian tradition. The Arrupe Program is concomitant with and adjunct to the Master of Spiritual Direction (MSD) degree offered by Australian Catholic University (ACU), yet distinct from it. The decision about whether to grant Arrupe accreditation to a candidate is made by a committee appointed by the Jesuit Provincial in consultation with the Coordinator of the Arrupe® Program and others involved in the candidate's formation.

### Application to be Admitted to the Arrupe Program

Prospective students will be required to complete the Application Form which will ask for details about the applicants history of formal study as well as their experience and commitment to prayer and Ignatian spirituality.

### MSD (or Grad Dip.) Units that would normally be completed as the candidate progresses through the Arrupe Program

#### Units:

*Spiritual Exercises Theory* units (A&B) and foundational biblical and theology units.

*Spiritual Exercises Praxis* units (A&B) and *Pastoral Psychology*

(NB: Prerequisite – Students need to have organised TWO exercitants **prior** to enrolling in this unit in 2022. This may change for those completing their Supervised Giving in 2023).

Field Practice: Giving of the Spiritual Exercises (Annotation 19 or 20) to two exercitants under supervision from an Australasian Association of Supervision (AAOS) registered supervisor (or equivalent). The Arrupe Coordinator can provide a list of AAOS accredited supervisors who are experienced Givers of the Exercises.

### SPIRITUAL EXERCISES PRAXIS UNITS (INTENSIVES)

Intensives require that students have triad/quad practical experience. These sessions are conducted under the supervision of experienced spiritual directors.

The Arrupe Coordinator will dialogue with you MSD lecturers regarding your progress as a spiritual director in the Ignatian tradition. This feedback forms part of the ongoing discernment process of a student's suitability as a Giver of the Exercises.

### PRACTICUMS

Throughout the Arrupe Program, students are encouraged to gain additional hours of supervised spiritual direction practice. Students are required to be under supervision from an Australasian Association of Supervision (AAOS) registered supervisor (or equivalent) during any practicum work.

In the **final stage of the Program**, students must have confirmed two exercitants prior to enrolling in this unit (in 2022). Students are required to direct at

least one exercitant through the Spiritual Exercises to completion.

Arrupe students must maintain a Practicum Journal Log throughout the 35 weeks of the retreat. To fulfil the assessment requirements of the unit *Supervised Giving of the Exercises* this reflection journal is to be submitted with the academic assessment task to the Coordinator.

### SUPERVISION

All students giving spiritual direction are required to engage an Australasian Association of Supervision (AAOS) registered supervisor (or equivalent) for the duration of the practicum. Supervision costs are the responsibility of the student and are to be negotiated between the supervisor and the student. Cost per session may vary (approximately \$80+). Supervisor reports are to be sent to the Arrupe Coordinator

### DISCERNMENT POINTS

There will be ongoing discernment throughout the Arrupe program by both program leaders and the students themselves. Students will be assessed on their demonstration of the attributes listed in the Annotations for Givers of the Exercises and the [Code of Ethics of Companions in the Ministry of the Ignatian Spiritual Exercises](#).

The Arrupe committee may determine that further formation and experience is required prior to the awarding of the Arrupe® certificate.

**Supervised Giving of the Exercises.**