



# THE ART OF SPIRITUAL COMPANIONING

NEW CERTIFICATE PROGRAM

## HELP GUIDE OTHERS ON THEIR SPIRITUAL JOURNEYS

Spirituality can add depth and meaning to life. Today individuals approach spirituality through a variety of realms, and based on recent psychological studies spirituality can have positive impact on personality characteristics, namely:

Spiritual people are **gracious**.

Spiritual people are **compassionate**.

Spiritual people **flourish**.

Spiritual people **self-actualize**.

Spiritual people take time to **savor life experiences**.

## ONLINE MIXED FORMAT

### Self-Study, Scheduled Virtual Classes

The Art of Spiritual Companioning is a five-week certificate program, designed to deepen the skills needed to guide others on their spiritual journeys. Every week a new session will be conducted, which includes a three-hour Zoom session and assigned readings and reflection.

Classes are on Thursdays, 5:30-8:30 p.m. and go from April 21-May 19, 2022. Cost is \$299 for all sessions.

Learn more and register at  
[www.uwgb.edu/spiritual-companioning](http://www.uwgb.edu/spiritual-companioning)



Photo Credit: Kim Geiser



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## Topics

- i. The Relationship Between the Companion and the Divine
- ii. The Relationship Between the Client and the Divine
- iii. The relationship Between the Companion and the Client
- iv. The Personal and Professional Development of the Companion
- v. Conducting Relevant Sessions

## Learning Outcomes

- Begin, conduct and end a session with a client.
- Articulate a personal experience as an example of a concept.
- Awareness of ethical and confidentiality boundaries.
- Identify attitudes and behaviors in a client that would warrant referral to a physician, counselor or another professional.
- Distinguish between conversation and spiritual companioning.
- Acquaintance with methods of self-care, continual professional development and supervision.
- Recognize appropriate and inappropriate comments from and to a client.



## Instructor

**Sister Anne Marie Lom, OSF**, is the Director of the St. Francis House of Prayer, Manitowoc, where she coordinates spiritual offerings, retreat ministry, and continuing formation opportunities. She served for six years as a Council Member of the Franciscan Sisters of Christian Charity. She was also a Spiritual Director at St. Raphael Parish in Oshkosh for over ten years. She has taught prolifically, serving for almost fifteen years as Campus Minister and Religious Studies Instructor at Roncalli High School. She earned a B.A. in Education and an M.A. in Applied Spirituality and a Certificate of Internship in Franciscan Spirituality and Spiritual Direction.

## Requirements

- Attend all sessions.
- Identify a supervisor/spiritual director for yourself.
- Have at least one, preferably two people, who are willing to be “practice clients.” They may not be family or class members.
- Be willing to comment on classmates’ performance and be willing to accept suggestions/comments from others (peer performance reviews).
- Read articles for reflection.



## Gain a Meaningful Credential

Upon completion of the certificate program, you will receive an exclusive UW-Green Bay digital badge, validating your capability as a spiritual guide.

## QUESTIONS?

If you would like more information or have any questions, please contact Melissa Betke, Program Specialist, at [betkem@uwgb.edu](mailto:betkem@uwgb.edu) or 920-663-7337.

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