



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 course will be available, 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 8 through May 6, 2021. Cost is \$299 for all sessions.

Learn more and register at
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. Capstone Presentation

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 is Spiritual Director and Council Member for Franciscan Sisters of Christian Charity where she coordinates spiritual offerings, retreat ministry and continuing formation opportunities. She was previously Spiritual Director at St. Raphael Parish in Oshkosh for over ten years. She has also 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.

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 Teri Zuege-Halvorsen, Area Director of Continuing Professional Education, at zueget@uwgb.edu or 920-465-2862.

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