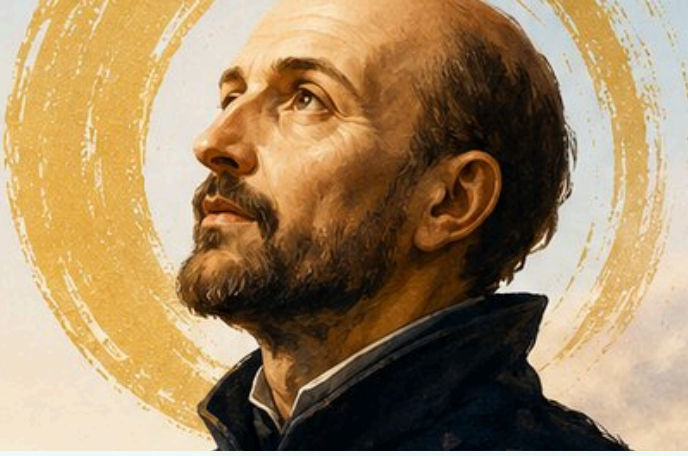
IGNATIAN

SPIRITUAL EXERCISES TRAINING



Finding God in All Things



COURSE DESCRIPTION

Ignatian Spiritual Exercises Training is an intensive theoretical and practical program that equips participants to accompany others through the full Spiritual Exercises of St Ignatius in Daily Life or in the residential retreat setting. It will offer an in-depth look at the structure, content, and dynamics of the Spiritual Exercises process and provide insight into how to sensitively adapt and apply the material according to the needs of the person being accompanied. The course will be offered online over 35 weeks.

The course also involves personal reflection on one's own experience of having completed the Spiritual Exercises; intensive reading; sharing and discussion with peers; mentoring; and supervision. There is a practicum component that involves accompanying a retreatant through the Spiritual Exercises in daily life.

COURSE PREREQUISITES

- To have made the Full Spiritual Exercises of St Ignatius either as a retreat in daily life [19th Annotation] or as a 30-Day residential retreat, in a way approved by the Jesuit Institute South Africa and Spiritual Exercises training team.
- To have had prior training and experience as a spiritual director.
- To be in one's own spiritual direction and supervision.

COURSE REQUIREMENTS

- To attend and participate online in real time in a minimum of 31 of the 35 course sessions and to catch up on any missed sessions.
- To complete one reflection paper/assignment for each of the four blocks.
- To complete and pass the four assignments - one in each block.
- To read the assigned reading/watch online presentations in preparation for the online class.
- To attend a monthly supervision session (2 hours starting in the second teaching block).

COURSE TIMING

The course is offered online via Zoom over 35 weeks starting 25 January 2027.

Please note the following time changes during the course to accommodate daylight saving.

From 25 January to 12 April the course will be at:

- 10:00 AM to 12:30 PM Eastern Time (EST)
- 7:00 AM to 9:30 AM Pacific Time (PST)
- 5:00 PM to 7:30 PM South African Standard Time

From 3 May to 20 September the course will be at:

- 11:00 AM to 1:30 PM Eastern Time (EST)
- 8:00 AM to 10:30 AM Pacific Time (PST)
- 5:00 PM to 7:30 PM South African Standard Time

From 4 October to remainder of the year the course will be at:

- 10:00 AM to 12:30 PM Eastern Time (EST)
- 7:00 AM to 9:30 AM Pacific Time (PST)
- 5:00 PM to 7:30 PM South African Standard Time



DATES AND TOPICS

Session / Date / Topic		
BLOCK 1		
Session 1	25 Jan	Course introduction
Session 2	01 Feb	The autobiography of St Ignatius
Session 3	08 Feb	The purpose of the Exercises
Session 4	22 Feb	The dynamics of the Exercises
Session 5	01 Mar	Different ways of making the Exercises
Session 6	08 Mar	Annotations and Additions - Part 1
Session 7	15 Mar	Annotations and Additions - Part 2
BLOCK 2		
Session 8	05 Apr	Disposition days and discerning readiness for the Exercises
Session 9	12 Apr	Image of God and foundational experience of the love of God
Session 10	19 Apr	Resources for giving the Exercises
Session 11	03 May	The Principle and Foundation: The big picture
Session 12	10 May	How to give the Principle and Foundation
Session 13	17 May	The First Week: The big picture
Session 14	24 May	The content and structure of the First Week
Session 15	07 Jun	How to give the First Week

Session 16	14 Jun	The Examen and the General Confession
Session 17	21 Jun	The First Week Rules
Session 18	28 Jun	The Call of the King

BLOCK 3

Session 19	12 Jul	The Second Week: The big picture
Session 20	19 Jul	The content and structure of the Second Week
Session 21	26 Jul	The key meditations: The big picture
Session 22	16 Aug	Giving the key meditations
Session 23	23 Aug	The Second Week Rules
Session 24	30 Aug	The Election - Part 1
Session 25	13 Sep	The Election - Part 2
Session 26	20 Sep	The Third Week: The big picture

BLOCK 4

Session 27	04 Oct	The content, structure and the giving of the Third Week
Session 28	18 Oct	The Fourth Week: The big picture
Session 29	25 Oct	The content, structure and the giving of the Fourth Week
Session 30	01 Nov	The Contemplatio
Session 31	08 Nov	Giving the Contemplatio
Session 32	15 Nov	The Exercises in the Enclosed Retreat
Session 33	22 Nov	Transitioning out of the Exercises and the Three Ways of Praying
Session 34	29 Nov	Consolidation and special topics
Session 35	06 Dec	Closing session

COURSE CONTENT OUTLINE

One session at the end of the course is allocated to allow for consolidation and/or considering special topics for additional enrichment, such as “Giving the Spiritual Exercises in cross-cultural contexts” and “The Spiritual Exercises and gender issues,” depending on the needs and interests of the group.

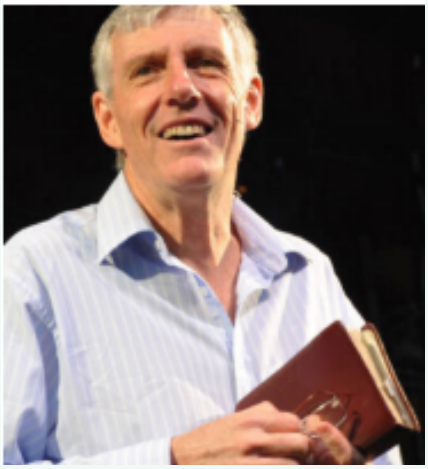
RETREATS

We strongly encourage participants to make an individual, silent, directed retreat within the year. Information on retreats in different regions will be made available.

Those making applications are encouraged to complete the process by **October 30, 2026**. Applications will continue to be reviewed until **December 5, 2026,** or until the entering class is full.



COURSE LEADERS



Trevor Hudson has served as a minister of the Methodist Church of Southern Africa for over 40 years. Having stepped away from active pastoral ministry in the local congregation, he now focuses on teaching and lecturing on spiritual direction, spiritual formation, and pastoral therapy. Since the mid-nineties, he has had the privilege of working closely with the Jesuit Institute of South Africa, training spiritual directors and givers of the Spiritual Exercises. Presently, he serves as a senior fellow of the Martin Institute at Westmont University, lectures at the Renovare Institute for Spiritual Formation at Fuller University (USA) in the doctoral programme in spiritual direction, and at Stellenbosch University in SA in their Master's programme in missional spirituality. He is the author of 23 books, including his latest *SEEKING GOD: Finding Another Kind of Life with St Ignatius and Dallas Willard*.



Dr Annemarie Paulin-Campbell is a spiritual director, retreat giver and psychologist. She formerly worked as Head of Spirituality at the Jesuit Institute South Africa. Annemarie has a doctoral degree in the interface between Psychology and Christian Spirituality. Her doctoral thesis was on shifts in the image of God and self in women making the Spiritual Exercises as a 19th Annotation Retreat. She has been training and supervising spiritual directors and givers of the Exercises for over twenty years. She co-authored with Elizabeth Liebert the revision of the book *Spiritual Exercises Reclaimed: Uncovering Liberating Possibilities for Women*. She is on the editorial board of The Way Journal of Spirituality. She has presented workshops for the Spiritual Directors International Conference in the United States and was keynote speaker at a conference of the Spiritual Exercises Network in the United Kingdom. She has given the 30-Day retreat both in South Africa and at St Beuno's Spirituality Centre in North Wales. Annemarie also has her own psychology and life coach practice.



Russell Pollitt SJ is a Jesuit priest and former director of the Jesuit Institute in South Africa. He is currently pastor of a downtown parish community in Johannesburg. He completed his formal spiritual direction training in the United States and has given retreats based on the Exercises, both preached and directed, extensively in South Africa. He has given retreats in Spain, California, and Southern Africa. He has been involved in the training of spiritual directors for more than ten years. He served as parish priest and university chaplain for several years in Johannesburg before working at the Jesuit Institute. Russell has a particular interest in seeing how Ignatian Spirituality and the Exercises can be a resource for spiritual growth in a rapidly changing world, for seekers as well as for those rooted in different church contexts. He has also done extensive work in media. He is currently pursuing doctoral studies on the Spiritual Exercises and their growth in Protestant communities.



Adri-Marie van Heerden feels a call to the formation, well-being and integrity of the caretakers of society: pastors, teachers, public servants, youth and local leaders. Fifteen years ago, she and a few friends developed a spiritual formation tool, "The Rhythm of Life," which is broadly used and adapted in diverse communities. As a follower of Jesus in South Africa, she is committed to a lifelong, practical exploration of more effective ways to collaborate on reconciliation and restitution in this divided society. Adri-Marie facilitates and writes, and works as a spiritual director, supervisor and giver of the Spiritual Exercises through her organisation "Tending the Fire".

COURSE ADMINISTRATION



Cherie-Lynn van der Merwe is a spiritual director and giver of the Spiritual Exercises. She has a background in theological education and has been on the Spiritual Accompaniment Training team of the Jesuit Institute South Africa. She is also a writer and contributes regularly to the daily reflections offered by the Jesuit Institute South Africa. She has a particular passion for training and supervising Givers of the Spiritual Exercises.



Gillian Hugo is a member of the Jesuit Institute team, a spiritual director, and in training to be a giver of the Spiritual Exercises. She has a background in education, trained in spiritual accompaniment with children, and has been on the Spiritual Accompaniment Training team of the Jesuit Institute South Africa. She is also a writer, has co-authored an Advent reflection book, and contributes regularly to the weekly bulletin and daily reflections offered by the Jesuit Institute South Africa. She has led preached and directed retreats and has a keen interest in mindfulness.

COURSE HOSTS

This training experience will be delivered online in collaboration with the Jesuit Institute South Africa (jesuitinstitute.org.za) and the Martin Institute (conversatio.org). Richmont Graduate University (richmont.edu) offers partial credit to students enrolled in higher degrees through that institution.



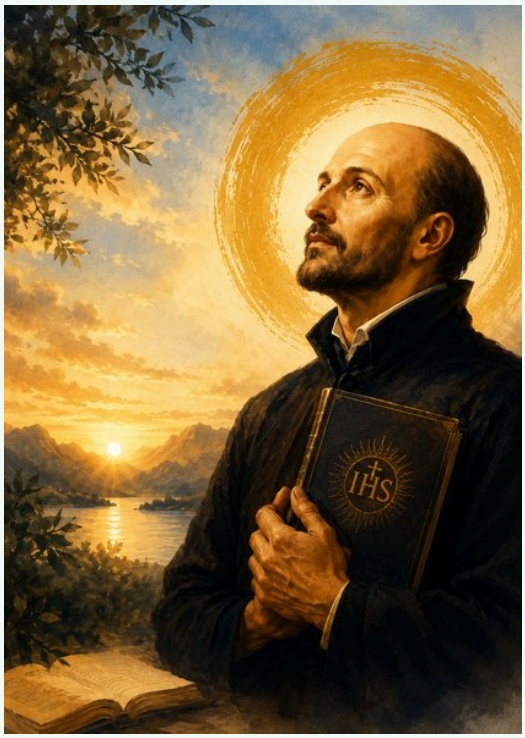
Grant Tungay SJ
Director
Jesuit Institute
South Africa



Gary W. Moon
Conversatio Board

MENTORS AND SUPERVISORS

Each participant will be assigned a mentor and supervisor, who is a graduate of this training program and an experienced giver of the Exercises. Some of these people are based in South Africa, the United States, and Canada. Their role will be to provide additional learning support and to accompany participants in the practicum work of accompanying someone through the Exercises.



COST

The tuition fee for the course is US$2250.

Note: Participation in (optional) retreats is not included in this amount.