

# CQ ASIA-SSD PRACTICUM INFORMATION

## (March 2026 – Sept. 2027 – Cohort 2 Program Cycle)

### Main 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. Refer to Guide on Choosing Potential Directees for Practicum doc (posted in the Cohort Commons).

- Participants are expected to be meeting with their own spiritual director on a monthly basis for the entire duration of the program (total of **18 SD hours** starting in early **March 2026 to September 2027**).
- 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 [“role-playing” exercises] (approx. **14 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]).

**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 mid September, 2025.
- Participants are expected to log at least **2 hours** of direction time each month within the next seven months (**February - August 2027**) – total of **14 hours**.

- **TOTAL Individual Spiritual Direction Hours:** This gives participants minimally **62 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 guidance and direction (GSG and GSD).

- During the pre-requisite SC course, participants get a preliminary experience of group companioning for **1 hour** via web connect (Zoom).
- During the pre-requisite BIT course on the final class Zoom, participants engage in a Group Lectio or Lectio in Community experience for **30 mins**.
- During the Opening Residency (OR), participants take part in multiple mentor-facilitated sessions totaling **12 hours** where participants experience in person two forms of CenterQuest's unique model to group spiritual guidance and direction: Companions Together(CT) and Companions in Community (CinC).
- 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 the following ways:
  - As participant-observers listening to audio-taped sessions and watching video-taped sessions on various elements of and various forms of the CenterQuest group model. (**5 hours**)
  - As group member participants via Zoom in a mentor-facilitated **3-hour** Companions Together (CT) and **3-hour** Journey Share Direction Group (JSDG) .
  - As facilitators/leaders of their assembled praxis groups as they lead sessions of preparation and a CT session which totals to **5 hours**.
- During the Closing Residency (CR), participants gather for a **3- hour** CinC and a **3-hour** JSDG.
- Participants during CR also engage in a **3-hour** role-play/real-play sessions with their mentoring group.
- Every quarter, each mentoring group participates in a **2.5 hours** (to 3 hours) shared assessment-discernment process based on the CenterQuest SSD Appreciative Inventory (AI) using the companioning format via web call totaling **10 hours**.

**TOTAL Group Spiritual Direction Hours:** This gives SSD participants **52 hours** of online and in-person experience.

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

SSD participants will learn about and experience SD supervision and receive it either or both online and offline.

- Starting **February – July 2027** (six months), each participant will be expected to receive **one hour** of individual supervision by phone or via web connect (or in person wherever possible) from one’s personally chosen supervisor (contracted and CQ-approved supervisor recommended by and trained under our CQ partner, *Together in the Mystery* [TIM]). The six-month supervision experience will be capped by another hour of final consultation and debriefing session during the seventh month (**August 2027**).
- **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).

### **Facilitated Group Supervision**

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

- During the CR in 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 **127 practicum hours** over the course of SSD’s 18-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 2 participants and is subject to change.