

Daily mass, morning and evening prayer, and recollection days form an integral part of the programme.

Lecturers are geared towards personal experience.

FOR WHOM?

1. The programme is open to Religious and priests those in leadership and in various ministries in their Congregation and the Church. Those who have been in Ministry for at least ten years.
2. Those that need space to reflect on their ministry or change their ministry.
3. Those seeking a greater awareness of themselves and a deepening of their relationship with self, God and others.

QUALIFICATIONS FOR ADMISSION

Sabbatical program: Participants who have fairly good proficiency in English language and have been in the ministry for at least 6 – 10 years.

St. Anselm's Integrative Spiritual Counseling program: a minimum of grade C- or its equivalent with a recommendation from the school of Integrative Spiritual Counseling.

COURSE STRUCTURE:

A maximum of forty (40) participants for the sabbatical course and twenty (20) for the training course.

The duration of the course is three (3) terms which begins in August **2016 to June 2017**. Time also will be devoted to personal growth process, personal studies, group work, spiritual counselling practice, supervision, and writing the final project by the trainees.

Requirements:

- Acceptance Letter
- Your Cultural attire for the cultural day
- Recommendation from the Superior/ Bishop.
- Mental and physical stability.
- Compulsory attendance of classes.
- Must have good speaking and working knowledge of English.
- Be freed from congregational/Diocese responsibilities.
- Provide two recent passports.
- Curriculum vitae, names of two referees and their contacts.
- New Breviary for Morning & evening prayer, Bible.
- Stationeries
- A file for private journaling.
- Personal Effects e.g. bed sheets, Tissue
- Papers, towels, soap, a torch, warm clothes, track suit, Jacket etc.
- 100 dollars for visa application (kept by participants)
- Medical Certificate of good health

WHERE?

*Association of Sisterhoods of Kenya
CHEMCHEMI YA UZIMA,
KAREN, LANGATA,*

Further Information, please write to:

Institute of St. Anselm
Chemchemi—Kenya
P.O.BOX 24105 (00502)
KAREN—NAIROBI
Tel. +254202187483

Email: enrolment@aoskenya.org

Or

chemchemi@aoskenya.org



Association of Sisterhoods of Kenya



**ST. ANSELM INSTITUTE FOR
SABBATICAL AND COUNSELLING
AND INTEGRATIVE SPIRITUALITY**



Come as you are...

The Vision of AOSK

Rooted in our identity as consecrated women in the globalized world of today, we are a UNITED BODY, who come together as an association for spiritual, moral and social support and challenge, offering and authentic and prophetic witness to the Gospel values and actively involved in the transformation of the Church and society in Kenya.

The Mission statement of AOSK

Through the leaders of the congregation to bring together and animate the Religious women for their prophetic role in the society., coordinating them and representing them in regard to the Church, the government and the society at large.
Provide skills, preparation, formation and the space to all members in order to empower them in the prophetic services they give for the extension of the kingdom, especially in the issues of women, youth and children.

The St. Anselm's Programme now consists of two courses:

1. St. Anselm's Sabbatical Programme
2. Integrative Spiritual Counseling

All those admitted to the St. Anselm's programme will be referred to as 'Participants'.

After the first four months, those who opt for the training course will also be referred to as 'trainees'.

ST. ANSELM'S PROGRAMME MOTTO:

The Motto of the St. Anselm program is *"Come as you are"*. This is a paraphrase of Mt. 11:28 in which Jesus invites all to come to him so that He can make their burdens light.

PURPOSE OF ST. ANSELM'S PROGRAMMES

The programmes seek to serve the wider vision of the Association of Sisterhoods of Kenya, which is to offer Spiritual, Moral and Social support and challenge. The coming together of consecrated persons from various backgrounds for this programme is one way of fulfilling this vision

- To enable participants to share their life experiences thus learning from each other.
- To foster spiritual, emotional and psychological growth/awareness while emphasizing relationship to self, others, God and the environment.
- Empowering the participants in their prophetic services to the people of God.
- To help participants develop a deeper faith in God with self, others and God.
- Allow the image and likeness of God to become real and experience oneself as unconditionally loved and lovable (Gen. 1:26).
- To equip trainees in Integrative Spiritual Counseling with skills, knowledge, and techniques that will promote holistic growth in themselves and others.

Course: Integrative Spiritual Counselling.

The first semester taking the usual four (4) months sabbatical course beginning from first Monday of August to second Friday of December - a total of 19 weeks.

The second semester a duration of two 2 months starting from first Monday of January to first Friday of March - a total of 9 weeks

Courses for the 2nd semester:

- D-ISC 200 Introduction to Psychology
- D-ISC 201 Human Development
- D-ISC 203 Social Psychology
- D-ISC 204 **Anthropology of Christian Vocation**
- D-ISC 213 Psychotherapy and Spirituality
- D-ISC 217 Conflict Management
- D-ISC 209 Research Methodologies in Counselling
- D-ISC 210 Approaches for Specific Issues

One to one and Growth groups

The third semester a duration of three (3) months, starting from first Monday of March and closing first Friday of June a total of 13 weeks. The graduation will take place in the third term with the trainees acquiring a certificate diploma in integrative spiritual counseling.

Courses for 3rd semester

- D-ISC 202 Principles of Counselling
- D-ISC 205 Spiritual Development
- D-ISC 208 Ethics in Psychotherapy
- D-ISC 211 Counseling in African Context
- D-ISC 206 Spiritual Direction
- D-ISC 207 Counseling Theories
- D-ISC 212 Psychopathology
- D-ISC 214 Leadership Training Module
- D-ISC 215 Practicum
- D-ISC 216 Stress Management module