



**Application for Anamcharadas Training Programme in  
Spiritual Companionship  
2024/2026 Milltown Park, Dublin 6**

**To apply for the Anamcharadas Programme please submit the following:**

1. Personal Details: Name, Address, Email Address, Phone Numbers, Date of Birth, Religious Affiliation, Occupation, a recent photograph of yourself.
2. Two referral letters.
3. A reflective exploration of your life's journey to date. Please allow yourself space and time to complete this, and plan on writing up to 5 typed pages. A typed document is preferable but scanned hand written applications are acceptable. This should be a sketch of your life, not a full autobiography. As your life story is a very broad theme we suggest that you include the following areas in whatever order you wish:
  - Significant relationships: family, close friends, partner/spouse, community etc.
  - Your relationship with God, and how this has changed throughout your life.
  - An experience of joy/happiness.
  - An experience of darkness/sadness.
  - A recent prayer experience.
  - A time when you felt close to God - retreat/holiday/guided prayer or other.
  - Some social or world issue that engaged you.
  - Your sense of where you feel called at present.
  - Your strengths and weaknesses.
  - Your experience of church.
4. What draws you to the ministry of spiritual companionship within Anamcharadas now?
5. Describe an experience of receiving ongoing spiritual companionship/spiritual direction or equivalent.
6. Describe a time when you listened deeply (please respect confidentiality).

Your application will be carefully considered by the team. It will be stored and accessed securely, and confidential to the team members. It will be deleted if you do not participate in the programme. For those who do take part, autobiographies will be deleted at the end of the programme.

If your application is accepted you will be invited for an interview with the team through April and May 2024.

Please submit your completed application before **March 30<sup>th</sup> 2024** to [anamcharadas@gmail.com](mailto:anamcharadas@gmail.com).



**The programme is both theoretical and practical:**

**Theory**

Listening skills, the spirituality of St. Ignatius, basic psychology, recommended reading in preparation for each session.

**Practice**

Reflection on your own life's journey. Journaling, art, guided prayer ritual, group sharing and individual work, practice of listening skills, supervision.

As a participant you will be required to take part in the full programme - see provisional dates listed below. Transition to the second year of the programme depends on satisfactory participation during the first year. On successful completion of the training programme you will receive a certificate from Anamcharadas. This certificate is recognised towards full membership of AISGA, the All Ireland Spiritual Guidance Association.

You will also be required to be companioned monthly throughout the programme. If you have not an ongoing spiritual companion already, you will need to find one immediately. You can choose one from the list of available supervised anamcharde (on request) if you have difficulty in finding one. The contribution to your spiritual companion will need to be negotiated between you and your companion. Please inform us if you already have a spiritual director or spiritual companion.

At the end of the first year, participants will be strongly recommended to take part in a 6 or 8 day directed retreat (during the summer months) as part of their discernment process.

**Cost:**

The cost of the programme will be **€1,600 per annum (2 academic years €3,200)**. This does not include overnight accommodation / meals, or your personal individual companioning sessions. (Tea/coffee and light refreshments will be provided)

Participants are encouraged to seek sponsorship/grants from their communities/parishes. Payments may be made in instalments if necessary.

You could do this programme if:

- You and we feel that you have life experience, and spiritual/emotional history which reflects an ongoing response to your relationship with God.
- You are taking your own prayer life and your search for God seriously.
- Preferably if you have had some sort of spiritual companioning and/or retreat experience.
- You have a real desire to work with others as a Spiritual Companion.
- You are willing to commit yourself to the full training programme and your application is accepted by the team.



**Provisional Dates for 2026 – 2026 Programme:**

YEAR 1	YEAR 2
2024 October 19 <sup>th</sup> & 20 <sup>th</sup> November 16 <sup>th</sup> & 17 <sup>th</sup> December 14 <sup>th</sup> & 15 <sup>th</sup>	2025 September 20 <sup>th</sup> & 21 <sup>st</sup> October 18 <sup>th</sup> & 19 <sup>th</sup> November 15 <sup>th</sup> & 16 <sup>th</sup> December 13 <sup>th</sup> & 14 <sup>th</sup>
2025 January 18 <sup>th</sup> & 19 <sup>th</sup> February 15 <sup>th</sup> & 16 <sup>th</sup> March 22 <sup>nd</sup> & 23 <sup>rd</sup> April 26 <sup>th</sup> & 27 <sup>th</sup> May 24 <sup>th</sup> & 25 <sup>th</sup>	2026 January 17 <sup>th</sup> & 18 <sup>th</sup> February 14 <sup>th</sup> & 15 <sup>th</sup> March 21 <sup>st</sup> & 22 <sup>nd</sup> April 18 <sup>th</sup> & 19 <sup>th</sup> May 16 <sup>th</sup> & 17 <sup>th</sup>