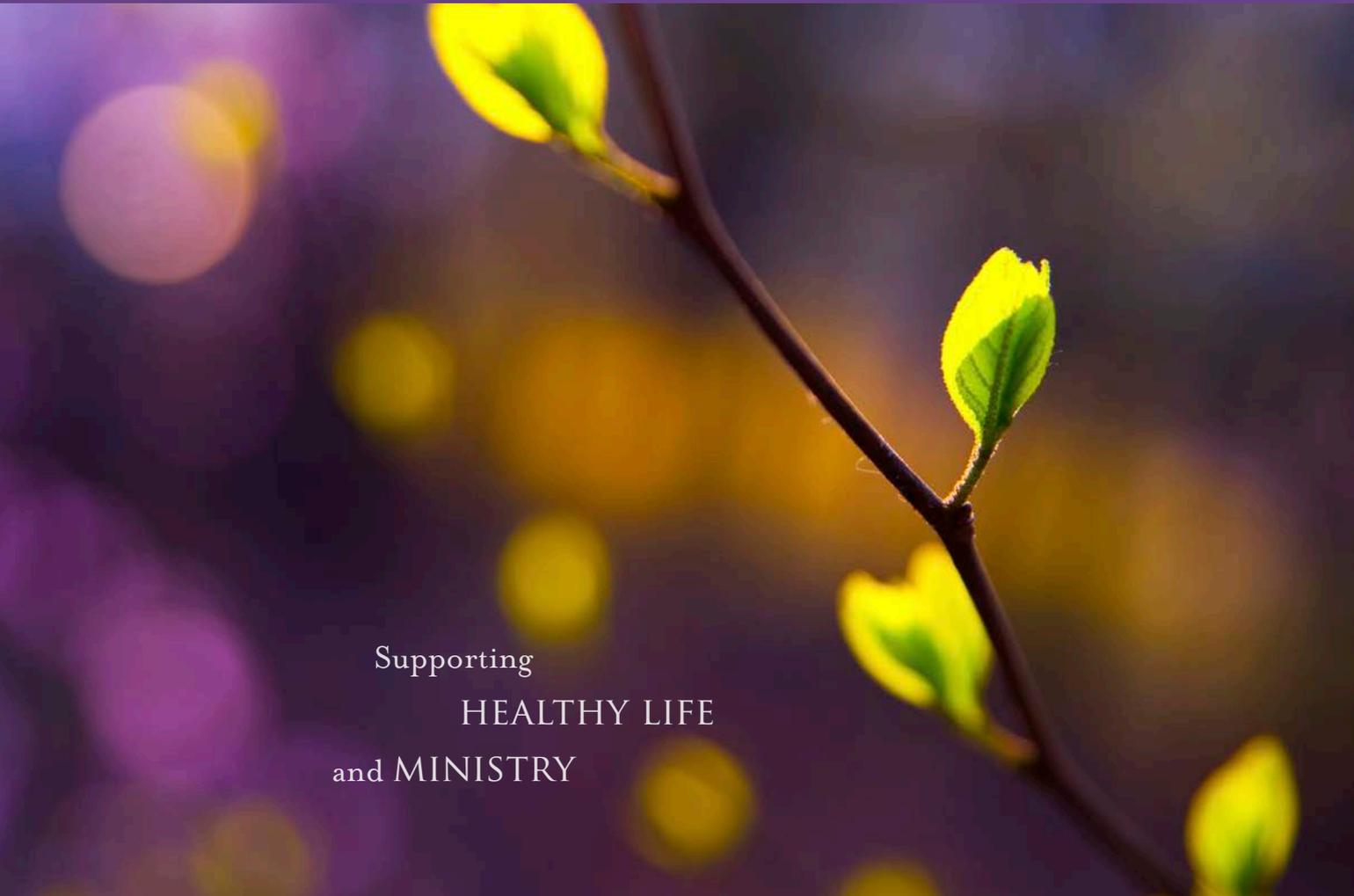




SAINT LUKE INSTITUTE

# PROGRAMS FOR WOMEN



Supporting  
HEALTHY LIFE  
and MINISTRY

# *I owe my life to Saint Luke Institute.*

— FORMER RESIDENT

The staff at Saint Luke Institute is dedicated to supporting healthy life and ministry for women religious through quality treatment, consultation services for leadership and online and in-person education.

Our team includes religious, priests and laity. We understand, respect and value the vocations of those we serve. We provide the highest quality of care, maintain open communication with leadership regarding progress in treatment (while respecting client-therapist confidentiality) and assist our clients in developing new skills for community living.

## CONSULTATION

- Candidate assessments
- Five-day clinical, psychological and spiritual evaluations
- Expert support/counsel for leadership

## EDUCATION

- In-person workshops and facilitation
- SLIconnect webinars and other online resources
- Newsletters

## TREATMENT

- Residential: Talitha-Life Program
- Transitional: Halfway House
- Continuing care
- Outpatient therapy



*What I learned ... has virtually  
changed me forever.*

– SLICONNECT PARTICIPANT

## Consultation

Our expert staff is available to leadership for consultation or facilitation services to address individual or community concerns and to help identify steps for moving forward.

## Evaluation Services

Our five-day evaluation includes psychological and spiritual assessments, psychological testing, physician consultation and assessment of neuropsychological functioning. Depending on the client's needs, a psychiatric assessment may be included. The religious and her superior (or delegate) receive oral and written feedback and recommendations to assist the woman in improving her overall functioning and to lower the risk for recurrence.

## Candidate Assessment Program

Our integrated psychological and spiritual assessment by a three-person team takes two days and is offered at several locations. The in-depth assessment includes pre-assessment personal and spirituality profiles, clinical and psychosocial interviews, a spiritual assessment and intellectual and psychological testing. The woman and community leadership receive oral and written feedback and recommendations to assist in their discernment process.

## Education

Our professional staff is available for in-person workshops on a wide range of mental and spiritual health topics, customized for your group's needs.

Saint Luke's expertise also is available online at [SLIconnect.org](http://SLIconnect.org). Our webinars and online workshops are practical, relevant and affordable for individuals and groups. Our programs are designed specifically for those in ministry by experts in psychological and spiritual health.

The free *Lukenotes* newsletter provides in-depth articles and case studies on a psychological, physical or spiritual wellness topic. *Connections* features practical tips to encourage and sustain healthy life and ministry.



## PROGRAM INCLUDES

- *Women-only residential area*
- *Individual and group therapy*
- *Spiritual formation*
- *Skills for community life*
- *Experiential therapy*
- *Psycho-educational groups*
- *Nutritional counseling*
- *Pharmacological services*
- *Physical health assessments and individualized fitness programs*
- *12-step recovery programs (when appropriate)*
- *Social activities*
- *Monthly communication with community contact person*
- *Typical stay of six months*

## Treatment for Women Religious

### Talitha-Life Residential Program

Our Talitha-Life Program focuses on individual healing and skill-building for healthy community life, and helps women struggling with challenges such as anxiety, stress and burnout, addictions, hoarding, history of trauma, boundary issues, and depression and other mood disorders.

Women live in their own residential area, which includes women's lounges. Life skills education and many therapy groups are for women only. Meals, liturgies and some larger therapy groups and social activities include both women and men residents.

Each woman religious has a primary therapist who is part of a broader team providing integrated psychological, spiritual and physical wellness treatment tailored to the resident's needs. This team includes psychologists and psychiatrists, licensed clinical social workers, spiritual formators, nurses, a dietician, physical therapist and art and other specialized therapists.

### Spirituality

Catholic spirituality is integrated with recovery. We offer daily Mass, Holy Hours, days of reflection, meditation, individual spiritual formation, spirituality groups and bi-weekly Sacrament of Reconciliation. New residents are greeted at welcoming ceremonies and those completing treatment are celebrated at commissioning liturgies.

## WHY TALITHA-LIFE?

In the Gospel of Luke (Lk 8:49-56), Jesus raises up a young woman, saying, "Child, get up!" The Aramaic translation is "Talitha, kum." The phrase reminds us of the young woman's potential to grow and change and the potential in each of our residential clients to do the same and to become whole again.

## FINANCES

*Our staff works with leadership on finances, including assistance with applying for insurance. No woman religious is denied admission or service based on an inability to pay. Questions about scholarships and payment plans should be directed to the Chief Executive Officer.*

## Continuing Care

Understanding that healing is a process, Saint Luke Institute offers a comprehensive Continuing Care Program:

- Five year follow-up
- Consultation for leadership
- Contract with goals and action steps developed by the individual and her residential and continuing care therapists, and reviewed by her community contact person
- Re-entry workshop with a local support team to review the contract and treatment process, and help develop skills to support and challenge the individual
- Weekly telephone contact with a continuing care therapist for at least 4 – 6 weeks
- Periodic renewal weeks at Saint Luke Institute for five years

## Halfway House

Halfway House is a transitional program at the Silver Spring campus for individuals who have completed residential treatment, but need additional time to integrate treatment gains in a less structured environment before returning to community. The program also can help those who have relapsed.

## Outpatient Therapy

Individual and group therapy can be beneficial in addressing challenges such as stress, anger, burnout, addictions, trauma, depression and boundaries. Outpatient services are available at Caritas Counseling Center in Baltimore and Silver Spring, Md.; Louisville, Ky.; and through the St. Louis Consultation Center in St. Louis, Mo.

*The tools I gained at SLI are priceless.*

— FORMER RESIDENT



## About Saint Luke Institute

Saint Luke Institute is an internationally renowned Catholic education and treatment center serving consecrated religious and clergy. We support healthy life and ministry through psychological and spiritual care, education and research.

Our 42-acre campus is located just outside of Washington, DC. Program and affiliate locations include:

- Saint Luke Institute, Silver Spring, Maryland
- Saint Luke Center, Louisville, Kentucky
- Caritas Counseling Center, Silver Spring and Baltimore, Maryland
- St. Louis Consultation Center, St. Louis, Missouri
- St. Luke's Centre, Manchester, England (UK)

Saint Luke Institute is accredited by The Joint Commission and is licensed by the State of Maryland Department of Health and Mental Hygiene.

Please contact us for a confidential consultation or to arrange treatment or education.

**General Information** 301-445-7970 ▪ evenings & weekends: 301-366-4442  
getinfo@sli.org

**Admissions and Consultation** admissions@sli.org ▪ 301-422-5429

**Candidate Assessment Program** assessment@sli.org ▪ 502-632-2471

**Education** sliconnect@sli.org ▪ 502-632-2471



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