

CONSULTATION for leadership

TREATMENT for priests and religious

EDUCATION in human formation

SAINT LUKE INSTITUTE



Saint Luke Institute is an internationally renowned Catholic education and treatment center for clergy and men and women religious. We bring the healing ministry of Christ to those in need, serve as a professional resource for bishops, major superiors and their collaborators, and support healthy human formation through education and research.

Our Approach

Our treatment is team-based, holistic and tailored to an individual's needs, with an emphasis on integrated psychological, spiritual and physical healing, informed by a Catholic vision of the human person.

Our staff of clergy, religious and lay professionals understand, respect and value the vocations of those we serve. With a team of psychologists and psychiatrists, licensed clinical social workers, nurses, dietician, physical therapist, art therapist and a spiritual formation staff, we are able to identify and treat complex issues. These include anxiety; stress and burnout; addictions; depression and other mood disorders; anger management; history of trauma; and relationship, boundary and sexual behavior problems.





CANDIDATE ASSESSMENT PROGRAM

The Institute's two-day, integrated psychological and spiritual assessment is conducted by a three-person team that is experienced, knowledgeable and supportive of the Church's expectations for candidates as called for in the *Program for Priestly Formation*. It includes pre-assessment personal and spirituality profiles, interviews and psychological tests, and oral and detailed written feedback.

SERVICES

- *Consultation and evaluations*
- *Treatment*
- *Education*

Relationships

Our relationships with leadership and clients matter. Saint Luke Institute is committed to working closely with each client and the diocese or religious congregation who entrusts the priest or religious to our care. Through informed consent, we provide leadership with regular updates about progress, while respecting client-therapist confidentiality.

Consultation for Leadership

A priest or religious may be facing a challenging personnel/behavioral issue or need an integrated psychological and spiritual assessment.

Saint Luke Institute's Consultation Services provides the expert assistance you need. With nearly four decades of treating clergy and religious, we understand the reality of priesthood and religious life and the challenges of ministry.

Evaluation Services

Our experts are available for consultation. We also offer a five-day comprehensive evaluation that includes clinical, psychological and spiritual assessments and an examination by a physician. Comprehensive oral feedback and recommendations, and a detailed written report, are provided to the ecclesiastical superior or his delegate and the evaluatee.

THE SPIRITUAL LIFE

Many of the priests and religious who come to us are in the midst of spiritual challenges or crisis. Our spiritual formation team works very closely with the clinical staff to integrate Catholic spirituality with the rest of recovery, and to help residents deepen their relationship with the Lord and their spiritual life. The Eucharist is the heart of our house. Mass is celebrated every day. Other spiritual exercises include Holy Hours, days of reflection, time for meditation, spirituality groups and more. The Sacrament of Penance is offered regularly using extern confessors. New residents are greeted at welcoming ceremonies and those completing treatment are celebrated at commissioning liturgies.

My residential treatment at SLI and the continuing care visits have made me a better person and therefore a better servant as a Catholic Priest.... I finally know what it is like to be at peace.... The tools I gained at SLI are priceless.

— FORMER RESIDENT

Treatment for Priests and Religious

Saint Luke offers a full range of residential, outpatient, transitional and continuing care programs.

Residential Program

The residential program is designed to provide the time needed for intensive treatment in a residential environment. This program seeks to help a man move toward healing, recovery and discernment with his bishop or major superior about his life and ministry.

Residents participate in individual and group therapy, spiritual formation, experiential therapy, psycho-education, nutritional counseling, physical health assessments, exercise and, when appropriate, 12-step recovery programs. Patient-staff conferences are held at regular intervals and the diocesan or community liaison receives oral and written feedback about client progress on an ongoing basis.

Residents participate in social activities, planned with staff oversight, building social skills and practicing coping strategies learned in treatment.



*I owe my life to Saint Luke
Institute.*

— FORMER RESIDENT

Continuing Care

Recovery and healing is a process. The Continuing Care Program provides ongoing support after residential treatment:

- Consultation for leadership
- Continuing care contract with goals and action steps related to recovery developed by the individual, his therapist and a continuing care therapist
- Re-entry workshop with a local support team to review the contract and treatment process, and help the group 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 at six-month to one-year intervals over 3–5 years

Halfway House

Halfway House is a transitional program for clergy and men and women religious who typically have completed residential treatment and need additional time to integrate treatment gains in a less structured environment before returning to their diocese or community. The program also can help those who have relapsed.

The program typically lasts two to four months. Participants practice newly developed interpersonal skills, emotional coping techniques and healthier ways of living within a supportive and therapeutic environment. Halfway House is located in a distinct wing of Saint Luke Institute.

Caritas Counseling (Outpatient)

Individual or group outpatient therapy and counseling can assist seminarians, clergy, religious and laity in addressing challenges such as stress, anger, burnout, addictions, trauma, depression and boundaries. Outpatient services are available in Baltimore and Silver Spring, Maryland, and Louisville, Kentucky.

Education in Human Formation

We offer a variety of in-person and online educational programs and services as part of our commitment to sharing the knowledge and experience gained from 35 years of caring for priests and religious. All programs are within the context established by the Church as human formation.

In-person workshops provide in-depth learning and skill building customized to a group's needs, while e-learning provides individuals and organizations with real-time access to live or on-demand education and an online library of resources within three themes: self-development, healthy relationships and effective ministry.

Finances

The cost for residential treatment includes daily room and board, and fees for professional and pastoral services. Evaluation, re-entry workshop and continuing care are billed separately. Ancillary services, such as medical care, laboratory tests, and psychiatric and pharmacological services, also are billed separately, often by the service provider. Saint Luke Institute works with leadership to coordinate reimbursement from coverage through health insurance providers.

No clergy or religious is denied admission or service based on an inability to pay. Scholarship funds for dioceses and religious institutes are available. Inquiries about scholarships and finances should be directed to the President of Saint Luke Institute.



Contact Us

Please contact us for a confidential consultation or to learn more.

Admissions and Consultation Services

admissions@sli.org ■ 301-422-5429

Candidate Assessment Program

assessment@sli.org ■ 502-632-2471

24/7 On-Call Contact

301-366-4442



About Saint Luke Institute

Saint Luke Institute has cared for the psychological and spiritual health of priests and religious men since 1977, and for religious women through the Talitha-Life program since 1997. We are headquartered on a 42-acre campus just outside Washington, DC, with programs in four locations:

- Saint Luke Institute, Silver Spring, Maryland
- Saint Luke Center, Louisville, Kentucky
- Caritas Counseling, Baltimore, Maryland
- St. Luke's Centre, Manchester, England

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



SAINT LUKE INSTITUTE

Compassion. Respect. Quality Service.

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