

CONSULTATION for leadership

COMPREHENSIVE evaluations

TREATMENT for priests and religious

EDUCATIONAL resources

SAINT LUKE INSTITUTE



CONSULTATION FOR LEADERSHIP

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 prevention.

Our Staff

Our staff of clergy, religious, and lay professionals understand, respect and, value the vocations of those we serve. Our interdisciplinary team includes psychologists and psychiatrists, licensed clinical social workers, spiritual formators, nurses, a dietician, a physical therapist, and an art therapist. Staff members work together 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.

SERVICES

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



COMPREHENSIVE EVALUATIONS



THE SAINT LUKE INSTITUTE MODEL

With over four decades of treating clergy and religious, we understand the challenges of priesthood and religious life. The evaluation and treatment services at Saint Luke Institute are team-based, holistic, and tailored to an individual's needs. Informed by a Catholic vision of the human person, our services emphasize integrated psychological, spiritual, and physical healing.

Expert Consultation

Saint Luke Institute's consultation services provides the expert assistance you need. When a priest or religious faces challenges or needs an integrated psychological and spiritual assessment, our experts provide guidance for leaders making difficult decisions.

Candidate Assessment Program

Our 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 detailed oral and written feedback.

Clinical Evaluation

We offer a five-day comprehensive evaluation that includes clinical, psychological, and spiritual assessments, as well as an examination by a physician. We provide the evaluatee and the ecclesial superior with comprehensive oral feedback and recommendations, as well as a detailed written report. Recommendations are thorough and specific and help the client and leadership determine the appropriate next steps.

Aging and Memory Evaluation

Our extended aging and memory evaluation assesses whether signs of cognitive decline are due to neurological issues or psychological ones, such as depression. Recommendations are tailored to the individual, and specialized referral assistance is available.

*Roughly 47.5 million
older adults show
a decline in
cognitive skills
such as memory
and attention.*

TREATMENT FOR PRIESTS AND RELIGIOUS

THE SPIRITUAL LIFE

Many who come to us are in spiritual crisis. Our spiritual formation team works closely with clinicians to integrate Catholic spirituality into the recovery process and enhance clients' spiritual life and relationship with God. Mass is celebrated daily. Other spiritual exercises include Lauds, Holy Hours, days of reflection, time for meditations such as the Rosary, spirituality groups, and more. The Sacrament of Penance is regularly offered. New residents are greeted at welcoming ceremonies and those completing treatment are celebrated at commissioning liturgies.

Saint Luke Institute offers a full range of residential, transitional, and continuing care programs. Additional services, such as outpatient and intensive outpatient treatment, are available through our network of centers. We also offer in-person and online resources for psychological and spiritual health through SLIconnect, our education ministry.

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

Residential Program

We have a variety of residential treatment options, all of which feature participation in individual and group therapy, spiritual formation, experiential therapies, educational skill-building groups, nutritional counseling, physical health assessments, exercise, and twelve-step recovery programs. We issue regular progress reviews, and the client liaison receives ongoing oral and written feedback.

Men's Intensive Residential and Women's Talitha-Life Program

The intensive residential programs are designed to provide the time needed for in-depth treatment in a therapeutic environment. With separate men's and women's treatment communities, the programs help each resident move toward healing and recovery with his or her ecclesial superior.

Flexible-Length Program

The co-ed flexible-length program focuses on stabilization, medication adjustment, or equipping clients with the skills they need to recognize behavior patterns and take the next steps in treatment. It also offers resident-staff progress reviews at shorter intervals.



*I owe my life to Saint Luke
Institute.*

— FORMER RESIDENT

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Treatment for Priests and Religious (*continued*)

Continuing Care

Healing is an ongoing process. For this reason—and because relapse is highest in the first five years after completing treatment—the continuing care program provides ongoing support throughout this critical five-year period. It includes a comprehensive continuing care contract with goals and action steps for recovery, a re-entry workshop with a local support team to prepare the group to support and challenge the individual during recovery, weekly telephone contact with a continuing care liaison, and periodic renewal weeks at Saint Luke Institute.

Halfway House

Halfway House is a short-term transitional program for clients who have typically completed residential treatment and need additional time to integrate treatment progress in a less structured environment before returning to their diocese or community. This format can also help those who have relapsed. Participants practice newly developed interpersonal skills, emotional coping techniques, and healthier ways of living within a supportive and therapeutic environment.

Intensive Outpatient

Offered at our St. Louis location, intensive outpatient therapy combines in-depth treatment with independent living. Clients meet daily, Monday through Saturday, and engage in individual and group therapy, spiritual direction, and psychoeducational workshops each week. Regular updates, a discharge conference, and re-entry and aftercare workshops are provided.

Caritas Counseling Center (Outpatient)

Outpatient individual or group therapy and education can assist seminarians, clergy, religious, and certain laity in addressing challenges related to ministry. Outpatient services are available in Maryland, Missouri, and Kentucky.

EDUCATIONAL RESOURCES

SLIconnect

Saint Luke Institute supports psychological and spiritual health for clergy, religious and lay leaders through SLIconnect, our education program. SLIconnect.org online resources offer over 100 hours of convenient, skills-based initial and ongoing formation, and our conferences and in-person workshops provide in-depth learning for dioceses, religious congregations, and seminaries worldwide. Continuing Care clients also benefit from free access to our online resources, helping them to continue developing critical skills for emotional and spiritual wellness.

Finances

The cost for residential treatment includes daily room and board and fees for professional and pastoral services. Evaluation, re-entry workshops, 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 through health insurance.

No clergy or religious is denied admission or service based on an inability to pay. Charity discounts for dioceses and religious institutes are available. Inquiries about charity discounts and finances should be directed to the Chief Operating Officer of Saint Luke Institute.



Contact Us

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

Admissions and Consultation Services

admissions@sls.org ■ (301) 422-5429

Candidate Assessment Program

assessment@sls.org ■ (502) 632-2471



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, D.C., with programs in five locations:

- Saint Luke Institute, Silver Spring, Maryland
- Saint Luke Center, Louisville, Kentucky
- Saint Luke Consultation Center, St. Louis, Missouri
- Caritas Counseling Center, Towson, 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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