St. Luke's
CENTRE

A MINISTRY OF
WELLNESS & HEALING

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SERVING THE CHURCH IN THE UK, SCOTLAND AND IRELAND SINCE 2005

AN OVERVIEW OF ST LUKE'S CENTRE

St Luke's has been serving the Church in the UK, Scotland, Ireland and the rest of the 'English Speaking' world since December 2005.

Over the years, we have developed various assessment and support programmes to address the needs of clergy, Religious men and women, candidates for ministry and Religious Life, clergy ongoing formation and renewal plus educational, spiritual and counselling supports. The following information gives an overview of the services we offer.

The Centre exists to support the ministry of the Church. If you would like to discuss how we can be of service please contact the Centre.

ASSESSMENT PROGRAMMES AT ST LUKE'S CENTRE

The Centre offers the following Residential Assessment Programmes:

Candidate Assessments: These assessments are residential at the Centre and take place over 2.5 days.

The various **Candidate Assessment Programmes** at the St Luke's Centre offer a robust standardized broad-based team approach to assessing the spiritual, psychological and psychosocial make-up of Candidates coming forward for service in the Church. We firmly believe that our assessment programmes offer the individual a grace-filled opportunity to know themselves more fully, to share this knowledge with those accompanying them in their discernment and ultimately to have the freedom to say 'yes' to the next step of their vocational journey. Our programme offers the Diocese or Religious Community the confidence of working with trained professionals grounded in the Roman Catholic tradition.

The programme seeks to address the assessment of suitability and ongoing formation needs of individual Candidates. The aim is to offer the Candidate and those responsible for selection and ongoing formation in the Seminary appropriate information about the Candidate so that discernment and early formation can build on what the Candidate brings whilst being open to areas for growth and development.

We see the programme as a collaboration between vocation formation directors, the Candidate and our team of professionals. The programme builds on the vocational discernment and accompaniment done by the Diocese or Community with the Candidate by utilizing detailed referral information and personal reflection from the prospective Candidate to inform the assessment programme at St Luke's. Our Candidate Assessment Feedback Report Letter therefore offers the Candidate, Church Officials and formators clear practical recommendations to be worked on at this stage in the Candidate's ongoing discernment and formation.

We offer the following Candidate Assessment Programmes:

- **Candidate Assessment Programme for Prospective Diocesan Seminarians**
- **Candidate Assessment Programme for Prospective Permanent Deacons**
- **Candidate Assessment for Religious Life – Male and Female prospective members**

Seminarian Review Programme:
This assessment Programme was established in 2015 in response to working with seminarians and formation staff. The Seminarian Review Programme builds on the seminarian's experience and growth during seminary formation. It is suggested that it takes place mid-way through the formation package in the seminary. It is an opportunity for the seminarian to assess and review their progress as well as reflect on areas for human and spiritual development. The programme also offers the seminary formation staff the opportunity to work with an external professional team so that any areas of concern can be addressed in a supportive and practical way.

Incardination Assessment Programme:
This Programme is for Diocesan Clergy, Religious Clergy, and Male or Female Professed Religious seeking to move from one diocese or Community to another. These assessments are residential at the Centre in Manchester and take place over four or five days.

Returning to Ministry Programme:
This Programme is for clerics who have been out of active ministry and with the backing of their Bishop or Religious Superiors are discerning a return to active ministry. These assessments are residential at the Centre in Manchester and take place over four or five days.

Clinical Assessment Programme:
This assessment offers the individual and Bishops or Religious Superior an independent professional review of psychological and spiritual issues affecting the life and or ministry of the cleric, Religious or lay Church Official. The assessment seeks to offer proportionate recommendations to encourage the person to address their issues with the ongoing support of their Bishop Superior and the Centre's resources. These assessments are residential at the Centre in Manchester and take place over four or five days. There is no obligation to use SLC to provide ongoing treatment or support - we are happy to help facilitate recommendations being carried out with other service providers.

SUPPORTING MINISTRY PROGRAMMES

The aim of our various **Supporting Ministry Programmes** is to offer those serving the Church in various ministries, professional accompaniment, spiritual direction and, when necessary, brief focussed counselling. The programmes on offer are:

- **Supporting Chaplaincy Ministry In Higher Education Programme** – For Clergy & Religious, Men and Women Chaplaincy workers.
- **Supporting Parish Ministry Programme** – For Priests, Deacons, Parish Sisters & Lay Parish Workers.
- **Supporting Chaplaincy Ministry In High Schools Programme** – For Teachers & Lay Chaplaincy Workers
- **Emmaus Ministerial Review Programme**

All of the Programmes share the same elements of support and professional accountability:

Professional Accompaniment
Working in various ministerial settings is demanding on many levels. Pastoral Accompaniment offers a professional support and accountability structure that helps the individual to maintain high standards of ministry whilst paying attention to personal and pastoral needs, boundaries and areas for growth and development. Working with one of our trained staff members on a monthly basis enables the person to reflect on ministry and grow as a person so that they can feel supported and encouraged in a confidential safe relationship. Pastoral Supervision is an investment in the person and all whom they serve.

Spiritual Direction
Parish and Chaplaincy ministry offers a rich environment that supports and challenges the person's personal spiritual journey and relationship with God and the Church. Being able to reflect and learn from these experiences with the accompaniment of one of our trained staff members may help to deepen this relationship with the Lord, the Church and people served.

Counselling Services
All ministry is fundamentally about relationships. We bring our own story to every encounter with the people we serve. There may be times in our ministry when our story or theirs becomes challenging, raising emotions and thoughts that need to be looked at with supportive professional help.

This is an ordinary response to being in such privileged relationships. Our counselling staff can offer a safe, confidential space to look at the issues affecting chaplains, Clergy and their ministry. As an Institutional Member of the British Association for Counselling and Psychotherapy (BACP) we work to the highest standards. We offer short- and long-term counselling. Free initial consultation is available so that we can work together to see how best to support the cleric or chaplain. If needed, supportive counselling can be an investment in emotional growth and ministerial life.

Free Confidential Consultation

Drawing from our experience of supporting clergy and Chaplaincy Parish workers over the past ten years, we know how helpful and reassuring it can be to have a confidential professional available to chat to on an informal as needs basis. Our staff are available for free consultation at any time.

Emmaus Ministerial Review Programme

Part of St Luke's Mission is the encouragement and support of ministerial and Religious Life. **The Emmaus Ministerial Renewal Programme** offers Priests, Deacons and Religious women and men the opportunity to review their life and ministry in a confidential supportive environment with trained professionals. Through this programme, we encourage the person to review their psychological, ministerial and spiritual life with a view to supporting ongoing healthy life and ministry. This is a 'self-referral' programme. The boundaries around confidentiality are explained prior to the visit to the Centre. Building on the person's personal reflection, the **Emmaus Ministerial Renewal Programme** offers the chance to review life and ministry with a Spiritual Director and a Psychologist or Counsellor. The aim of the programme is to encourage and build on the achievements made in ministry or religious life so far, whilst offering a confidential safe place to discuss challenges and areas of growth for the future. We ask the person to prepare for the meetings at the Centre by completing a questionnaire booklet that they bring with them to the Centre. They meet with two staff members, do a computer questionnaire and have a feedback meeting with the staff prior to leaving. They will be sent a feedback letter outlining the discussion and stating any recommendations to consider in the future. This residential programme is designed to offer support and encouragement for living healthy life and ministry.

EDUCATION DEPARTMENT

Fundamental to the mission of St Luke's Centre is developing and delivering the best possible educational seminars, workshops and seminary curriculum input. We are able to draw on the considerable resources available at Saint Luke Institute (SLI) as well as the expertise of our staff in Manchester. Both SLI and SLC are in the unique situation of being able to respond to the needs of Diocese and Religious Communities, Church organisations and personnel in the light of our years of experience serving the Church around the world.

Collaboration with The Centre for Child Protection at the Pontifical Gregorian University Rome

Building on the experience of our assessment and education work SLC is collaborating with the Centre for Child Protection (CCP) at the Pontifical Gregorian University Rome to offer webinars and placements at SLC for students on the Licentiate in Safeguarding. We have a good working relationship with the Centre's staff and we are committed to using the resources and expertise that SLC has to support the training, Safeguarding and Human Formation professionals for the universal mission of the Church for the universal mission of the Church.

Ongoing Formation Workshops

Ongoing formation for clergy and Religious is a crucial way to maintain healthy life and ministry and we are committed to offering ongoing formation opportunities at the Centre and within dioceses and community venues. Over the years, we have developed and delivered various seminars and workshops that seek to address the realistic needs of clergy and Religious in various forms of ministry. This aspect of our ministry is challenging in that we seek to offer topics and styles of seminars that are appealing to clergy and Religious. Motivating people to attend ongoing formation workshops is never easy and we seek to work with Diocese and Religious Superiors to do all we can to support this proactive way of maintaining healthy life and ministry.

CONTINUING CARE SUPPORT STRUCTURES

For the Clinical Client, admission to the Saint Luke Institute USA marks the beginning of a process of increasing self- knowledge, a letting go of old patterns of thinking, feeling and behaving and learning to embrace new ones. It is a journey that begins in America but extends well beyond the length of the treatment programme.

The Continuing Care Programme offered by St Luke's Centre builds on the residential treatment Programmes offered in Maryland. SLC's Continuing Care Team members work with the Diocese Community and Clinical Client to establish long-term support structures that help the client to remain healthy, psychologically and spiritually.

The Continuing Care Programme usually lasts for five years.

SPIRITUALITY DEPARTMENT

Everything that St Luke's Centre offers is grounded in the fundamental relationship between psychology and spirituality. At every level we work to uphold and encourage the right foundations for healthy life and ministry with those we serve at the Centre. In all our assessment work, understanding and encouraging the person's relationship and development on a spiritual level is crucial and our staff work collaboratively to enable this to happen. The Spiritual Assessment part of our work is therefore crucial to understanding our clients and the discernment issues or mental health needs that bring them to the Centre. Our visitors appreciate that as a Roman Catholic organisation we are deeply rooted in a theology and anthropology of the person that sees spirituality as a positive aspect of healthy human psychology and necessary for healthy human growth and development. At every stage of addressing the needs of our clients with more focused psychological mental health issues, we seek to encourage and include a renewal of spiritual and ecclesial life. As a natural development from the assessment and counselling services that the Centre offers we also offer spiritual direction for individuals able to travel to the Centre for monthly meetings.

COUNSELLING DEPARTMENT

The Centre's Counselling Department has grown over the past 14 years. Our Staff members are experienced counsellors and psychologists registered with various professional bodies. The Staff work to the British Association for Counselling & Psychotherapy (BACP) ethical framework for good practice, supervision and ongoing professional development.

We explain to our clients the qualifications, professional memberships and what this link with the BACP means in regard to the service they can expect from us in our working relationship. The Centre is committed to offering the highest standard of counselling and our staff are committed to maintaining accreditation and membership with BACP and or BPS (British Psychological Society).

SEMINARY HUMAN FORMATION PROGRAMMES

From the beginning of St Luke's Centre's ministry in 2005, we have consistently developed our educational, therapeutic and consultation services for those discerning a call to ministry or Religious Life and those responsible for training and forming future clergy and Religious. Our Candidate Assessment Programmes have always included recommendations to aid the Candidate's ongoing discernment and practical growth in formation.

The Candidate Assessment Report Letter is therefore useful to the Candidate as well as the Diocese or Community and the formation team in the seminary or Religious House. Since 2005 we have offered Human Formation Workshops and Seminars at most of the seminaries connected with the Bishops' Conferences that we serve as well as the Archbishop's Seminary in Malta.

SLC is proud of the collaboration we have with the Royal English College, Valladolid. Our staff provide regular Human Formation taught input and one-on-one accompaniment for the seminarians at Valladolid. Building on the Candidate Assessment Programme recommendations during the propaedeutic seminary stage is a major investment in the development of men moving on to other seminaries and ultimately ordained ministry.

HUMAN FORMATION STAFF – SUPPORT MEETINGS

After consultation with seminary staff, SLC established professional group meetings for seminary human formation staff. These meetings enable those of us working in this highly specialized arena to share resources, best practice and offer mutual support to colleagues.

FREE CONSULTATION

Over the years, the Centre has offered free confidential telephone and face-to-face consultation to Bishops, Religious Superiors, Leadership Teams, Safeguarding Commissions Personal and Seminary Staff. The Centre is committed to establishing this important support for the long-term future of our ministry. Having this service means that with SLC's support, you have the confidence to know that there is always a confidential professional available to help.

Confidential Personal Accompaniment for Bishops and Religious Leaders

Leadership in the Church can be demanding on many levels and our staff can offer you confidential accompaniment that is flexible to accommodate your other commitments. Please contact us to discuss how we can help support you in your ministry of Leadership and service to the Church.

Direct confidential consultation for Clergy and Religious Leaders

Please encourage your clergy or Religious men and women to contact us to discuss any needs they may have.

This confidential support is a proactive way to help address the challenges of healthy life and ministry.