

Services Guide

Fostering healthy ministers for a vibrant Catholic Church



SAINT LUKE INSTITUTE

We Are Here to Help



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Accreditation

Saint Luke Institute is accredited by The Joint Commission. It is a recognized leader in accreditation. The Joint Commission is an independent, objective evaluator of care quality. Accreditation from the Joint Commission is a “gold seal of quality” and a mark of distinction for behavioral health organizations. Over many decades Saint Luke Institute has achieved this standard of quality. It is our commitment to the Catholic Church and its servants to provide quality care, treatment, and service. 



WHO WE ARE


Saint Luke Institute strengthens the psychological and spiritual well-being of Catholic clergy and religious.

Fostering healthy ministers for a vibrant Catholic Church

For over four decades, Saint Luke Institute has brought the healing ministry of Christ to thousands of Catholic clergy and men and women religious. Through our service centers, two in Maryland and one each in Kentucky and Manchester, United Kingdom, we conduct our ministry in harmony with the teachings of the Catholic Church.

As a multi-service institute, we provide psychological, spiritual, and educational services. We treat men and women with a

broad span of difficulties and offer a range of treatment options, including an intensive outpatient treatment program. Our therapists are licensed clinicians in the fields of psychology, professional counseling, and social work.

Our mission is to foster healthy ministers for a vibrant Catholic Church. Our experience tells us that integrated spiritual and psychological treatment achieves the best long-term outcomes. Our expertise assures quality, healing care when it is needed most. 

- Alcohol and drug misuse and recovery
- Anxiety and stress management
- Adult ADHD
- Body image and eating issues
- Burnout
- Childhood abuse and adult trauma
- Depression and other mood disorders
- Grief and loss
- Hoarding

- Problems with sexual integration
- Obsessive Compulsive Disorder
- Personality disorders
- Pornography addiction
- Difficulties with relationships and boundaries
- Poor self-esteem
- Transitions, including retirement or job loss

CONSULTATION

Supporting Leadership

Addressing leadership challenges and providing expert, confidential advice.

The challenges of Church leadership as a bishop, major superior, or organizational leader are many and often complex. Saint Luke Institute provides the expert assistance you need. Our confidential consultation services cover a variety of personnel, behavioral, or organizational challenges that may disrupt community or parish life or healthy organizational functioning.

Dioceses and religious institutes also face organizational crises or transitions that benefit from an outside perspective or listening posture. Over four decades of experience have prepared us to accompany you through unknown terrain and offer support and guidance.

Saint Luke Institute's clinical team is available to provide guidance on developing and implementing an intervention. As soon as initial symptoms of a significant vulnerability are apparent, e.g., depression or alcohol misuse, please call. To wait may make treatment a longer or more difficult process. When priests or men and women religious face challenges or need an integrated psychological and spiritual assessment, our specialists provide guidance for leaders making difficult decisions, helping to ensure suitable and healthy ecclesial ministers.

Consultation can take place face-to-face or via phone and may include facilitation, conflict resolution, intervention, or other support. ➔



We provide you with professional insights and expert guidance to manage complex pastoral challenges affecting ministry life.

CANDIDATE ASSESSMENT

Mapping the Journey

Providing critical insight for the formation journey

Saint Luke Institute evaluates priesthood, religious life, and permanent diaconate candidates for vocational suitability during an in-depth, multi-day spiritual and psychological assessment.

SLI's assessment provides a practical roadmap for leadership to help guide and deepen the candidate's journey.

We have over thirty years of in-depth experience conducting candidate assessments. The Saint Luke Institute Candidate Assessment Protocol (SLI-CAP) is a multidisciplinary team approach to psychological assessment, using two clinicians and one trained spiritual director. With this collaborative, holistic model we integrate a variety of perspectives and provide the candidate and diocese or religious order with a richer, more positive experience.

The SLI-CAP is based on best practices in psychological and spiritual assessment and aligned with the United States Conference of Catholic Bishops' *Guidelines for the Use of Psychology in Seminary Admissions*.

What's Involved

In addition to a pre-assessment personal profile and spirituality profile, clients:


- Complete a series of clinical and psychosocial interviews with two trained professionals to explore and understand the candidate's psychological and psychosocial profile
- Participate in an in-depth interview with a spiritual formator to identify the candidate's current religious beliefs, practices, and understanding of the discernment process



We provide leadership with key psychological and spiritual recommendations and a roadmap for ongoing development and preparation for ministry.

- Receive intelligence and psychological testing to obtain a current measure of intellectual functioning and to better understand the candidate's personality profile and general mental health

The evaluation process concludes with a feedback session with the assessment team, candidate, and formation or vocation director. A comprehensive written report with concrete recommendations

for intellectual, human, spiritual, and pastoral formation is provided within two weeks. 

Contact

Emily Cash
Director, Candidate Assessment
Program
502-632-2471
emilyc@sli.org

CLINICAL EVALUATION

Illuminating Challenges

Identifying specific issues preventing engagement in healthy relationships and ministry

We offer a five-day comprehensive psychological and spiritual evaluation for seminarians, clergy, and men and women religious.

The evaluation process results in an informed diagnosis with corresponding recommendations to foster growth and healing.

Each evaluation is led by a licensed psychologist working with a multidisciplinary team of trained spiritual formators and mental health professionals.

The process includes laboratory tests and medical consultation; a clinical interview and psychosocial history; spiritual assessment;

and psychological and neuropsychological evaluations.

The client and the ecclesial superior participate in an oral feedback session and receive thorough, specific recommendations in a detailed written report.

This process helps the client and leadership determine a course of action, which could include intensive outpatient treatment, outpatient therapy, or referral for medical or inpatient treatment. ➡

Contact

Michelle Short
Admissions and Support
Services Manager
301-422-5429
michelles@sli.org



*We provide you with an in-depth diagnosis
and recommendations for growth and healing.*

INTENSIVE OUTPATIENT PROGRAM

Healing with Dignity

Treating the whole person—physically, mentally, and spiritually—in a supportive environment

Intensive therapy, skill-building, and education help individuals grow in freedom from unhealthy defenses, beliefs, and psychological burdens and in the process become more themselves. Our Intensive Outpatient Program (IOP) in Silver Spring, Maryland, offers clients the freedom to maintain the rhythms of daily life while in treatment and fosters a more natural transition back to ministry and community life.

Treatment is offered Monday through Friday between 9:00 a.m. and 5:00 p.m. Our model includes group therapy, psychoeducational and spirituality groups, and individual therapy and spiritual integration sessions as determined by the client's treatment plan.

Once a client is recommended to the IOP, the length of stay can be up to six months depending on the diagnosis and progress in treatment. Upon completion of the Intensive Outpatient Program,

clients move to the Continuing Care program, where they receive high-quality support and care for five years post-treatment.

Types of Therapy Offered

Groups

- Interpersonal process
- Focal
- Experiential
- Skills
- Spirituality
- Education

Individual

- Spiritual integration
- Individual therapy
- Psychiatry, physical fitness therapy, and nutrition consults
- Adjunctive treatment modalities (e.g., EMDR, biofeedback)

A typical day could include individual and group therapy, spiritual integration or prayer group, art and psychodrama therapy, skills groups, and exercise consultation. Groups may be co-ed or gender-specific.

Daily Mass and the Sacrament of Reconciliation are celebrated with local religious communities

and/or parishes. Clients manage their own day-to-day personal care, including medication, meals, cell phone use, etc., with staff support as needed.

Housing and Transportation

IOP clients have several housing options that they can arrange on their own or with assistance from our staff. Housing options include nearby hotels and religious houses. Clients may travel to and from SLI service centers by private car, ride share, or public transportation. Free parking is available on-site. 🌱

Contact

Michelle Short
Admissions and Support
Services Manager
301-422-5429
michelles@sl.org



We provide the tools and treatment necessary for healing and, where possible, facilitate a return to active ministry.

SPIRITUALITY

Healing Supported by the Spirit

Re-animating the spiritual life

Our staff consists of well-trained priests, religious, and lay spiritual directors who have extensive experience working with Catholic clergy and religious. Spiritual integration is an essential component of the Intensive Outpatient Program. Local ministers can access spiritual direction services at our Caritas Counseling (Silver Spring and Baltimore, Maryland), and Saint Luke Center (Kentucky) locations.

Spiritual Integration

Spiritual integration flows out of a centuries-old Catholic tradition of spiritual accompaniment. It allows therapy clients to explore how God is at work in their lives, to listen for the voice of the Spirit, better discern life choices, and grow toward greater wholeness.

Intensive Outpatient clients participate in regular individual meetings with a spiritual integrator and spirituality groups. The groups allow clients to share reflections on spiritual topics and focus on quiet prayer, such as *Lectio Divina* and centering prayer. Days of reflection strengthen the client's personal relationship with God.

Spiritual Direction

Spiritual direction allows ministers to integrate psychological and emotional growth into their own spiritual development. In each session, directees are encouraged to initiate conversation about their spiritual experiences, prayer, desires, concerns or struggles as these arise out of the very real context of their daily lives. The directee and director then reflect upon these together. ➤

CONTINUING CARE


Nourishing New Skills and Insights

Clients who complete the IOP are encouraged to participate in Continuing Care, a five-year program that facilitates the reintegration process as the client returns to their diocese, religious community, or ministry. This includes regular contact with a Continuing Care liaison, a re-entry workshop, and Continuing Care workshops.

Each client works with a Continuing Care liaison to assist in the development of a recovery plan. This plan outlines the behaviors that will help maintain health and adapt recovery to the realities of the client's post-discharge situation. The Continuing Care liaison helps the client implement the recovery plan by establishing a local

support team and conducting a re-entry workshop with the client and the support team members.

The purpose of the re-entry workshop is to educate the support team about the client's strengths and vulnerabilities and to help the support team members develop skills to encourage and challenge the client. The support group meets with him or her every four to six weeks to assist the client in maintaining the gains made in treatment and implementing the recovery plan.

Continuing Care workshops are held every six months for three years followed by two annual workshops. 

OUTPATIENT THERAPY

Renewing Hope

Listening with compassion and offering clinical expertise for navigating struggles affecting daily life.

Saint Luke Institute offers group and individual therapy and spiritual direction for local laity, clergy, and religious to help them address and navigate psychological and spiritual challenges.

Outpatient therapy is conducted by our staff of competent and experienced licensed psychologists, social workers, and professional counselors, who understand the values and concerns of Catholic clergy, religious, and laypeople.

Individual Psychotherapy

Regular individual therapy sessions with a clinician address both short-term needs and more complex struggles. Individual therapy begins with an initial interview to review and assess the client's concerns. At the conclusion of the evaluative interview, a treatment plan is

developed that assists the client in defining and achieving personal goals. Clients may be referred for comprehensive evaluations and ancillary or more intensive treatment services if necessary.

Group Psychotherapy

Group therapy with other clients, facilitated by a therapist, provides a supportive atmosphere for making change. This safe environment in which a person is allowed and encouraged to be their authentic self can be a potent venue for change, growth, and healing. It provides a valuable opportunity to hear and incorporate objective feedback about how they are perceived and to learn healthier and more optimal ways of relating.

Outpatient therapy services are offered at all of our locations: Caritas Counseling (Silver Spring and Towson/Baltimore, Maryland), Saint Luke Center (Louisville, Kentucky), and St. Luke's Centre (Manchester, UK). 🌱



We provide integrated mental health services and spiritual support so you may flourish.

SLI CONNECT

Sustaining Healthy Ministry

Providing practical, skills-based educational resources to support ongoing human and spiritual formation.

Saint Luke Institute develops educational resources and presents workshops and monthly webinars addressing the psychological, behavioral, and spiritual health and ministry needs of Catholic priests, deacons, men and women religious, and lay leaders.

SLIconnect.org

Our online library includes over 150 hours of convenient, skills-based initial and ongoing formation content. An annual subscription includes unlimited access to all material—live and on-demand—with new courses added monthly. Our courses are developed by experts in spiritual and psychological health and can be used in a variety of ministry settings.

Conference on Human Formation

The Conference on Human Formation is a biennial conference series on key topics in human formation for priests and men and women religious, sponsored by Saint Luke Institute and Saint Meinrad Archabbey, Seminary and School of Theology.

The Healing Charism

Free weekly reflections on psychological and spiritual healing from SLI's president and CEO. These short meditations encourage us to pause during the week and prioritize our spiritual and emotional development.

LukeNotes

Our free quarterly publication, LukeNotes, provides in-depth discussion of a psychological or spiritual health concern along with a case study highlighting practical applications. Each is written by an SLI expert whose experience and deep insight sheds light on best practices in the field. 🌱




We offer high quality, accessible spiritual and psychological resources to foster sustainable ministry for the global Church.

FINANCES AND INSURANCE

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As a courtesy, Saint Luke Institute works with leadership to coordinate reimbursement through health insurance providers. The rate of reimbursement for treatment varies depending on the client's coverage. Ancillary services such as medical care, laboratory tests, and psychiatric and pharmacological services are billed separately, often by the service provider.

No clergy or religious is denied admission or service based on an inability to pay. Limited scholarship funds for dioceses and religious institutes are available. Inquiries about scholarships and finances should be directed to the SLI chief operating officer. 

SERVICE CENTERS

Conveniently Located

Maryland

Saint Luke Institute
8380 Colesville Road, Suite 300
Silver Spring, MD 20910-6264
Phone: 301-445-7970

Caritas Counseling Center
1300 York Road, Suite 140A
Lutherville-Timonium, MD 21093
Phone: 301-445-7970

Kentucky

Saint Luke Center
9400 Williamsburg Plaza, Suite 300
Louisville, KY 40222
Phone: 502-632-2471

Manchester, United Kingdom

St. Luke's Centre
Manchester M16 8BT
Whalley Road, Danesfield
Phone: 44-161-226-4563



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