



LOYOLA SCHOOL OF THEOLOGY

A JESUIT, FILIPINO AND ASIAN ECCLESIASTICAL FACULTY OF THEOLOGY
ATENEO DE MANILA UNIVERSITY, P.O. Box 240, U.P. Post Office, 1144 QUEZON CITY, PHILIPPINES
TEL (632) 8426 6430 TO 35 • TELEFAX (632) 8426 5967 • EMAIL: ADMIN@LST.EDU • WWW.LST.EDU

Diploma in Ignatian Retreat-Directing

Forming Retreat Directors and Spiritual Companions
in the Ignatian Tradition

Program Description

The Loyola School of Theology's non-degree Diploma in Ignatian Retreat-Directing is a two-semester program designed to ground students in the Ignatian tradition through integrated academic and formative components. The program combines four (4) modules offered by the Center for Ignatian Spirituality (CIS) focused on skills for spiritual direction and retreat giving, with six (6) LST academic courses in Spirituality, Theology, Scripture, and Counseling. Together, these elements provide a solid foundation for understanding, living, and accompanying others in the way of Ignatius, while fostering a mature and discerning pastoral practice.

Modular Courses at the Center for Ignatian Spirituality

TMP 258.03 Foundations of Ignatian Retreat-Giving and Spiritual Direction (Module 1)

Foundational to the ministry of retreat-giving and spiritual direction is a deep experience of God's love and the experience of accompaniment that helps one to notice, relish, and respond to God's person and action in oneself and one's world. Hence, students are prepared for and eventually participate in an individually directed retreat guided by a director appointed by the Center for Ignatian Spirituality. This retreat experience, as well as the preparatory sessions, provides the foundation for the subsequent courses that formally train students in the art of retreat-giving and spiritual direction.

TMP 258.04 Fundamentals of Ignatian Retreat-Giving and Spiritual Direction (Module 2)

After the actual experience of an individually directed retreat provided in the prerequisite course, Foundations for Directed Retreat, students are formally trained in the fundamentals of retreat-giving and spiritual direction. The participants are guided through conferences, case studies, real-case spiritual direction demonstrations, and workshops aimed at providing basic knowledge, skills, and dispositions in spiritual direction and retreat-giving, whether in individually directed or conference retreat formats.

TMP 258.05 Supervised Retreat-Giving Experience (Module 3)

This course provides opportunities for supervised retreat-giving experiences, focusing on a practicum for individually directed retreats. Participants are initiated into directing 1-3 retreatants in 4-day individually directed retreats, while receiving one-on-one supervision from the staff or associates of the Center for Ignatian Spirituality. After the practicum, participants gather together for appropriation sessions on retreat-giving.

TMP 258.06 Giving the Spiritual Exercises of St. Ignatius (Module 4)

Module 4 of the Center for Ignatian Spirituality offers participants an opportunity to acquire a working knowledge of the specific parts and texts of the Spiritual Exercises of St. Ignatius. The course is designed to equip participants with adequate knowledge and skills to give the Spiritual Exercises. The process seeks to guide participants through conferences, reflective reading, personal and common prayer, faith sharing and spiritual direction, whether one-on-one or in groups. Prerequisites: TMP 258.03 Foundations of Ignatian Retreat-Giving and Spiritual Direction, TMP 258.04 Fundamentals of Ignatian Retreat-Giving and Spiritual Direction and TMP 258.05 Supervised Retreat-Giving Experience.

Semestral Course Offerings at the Loyola School of Theology

TMP 256 Ignatian Spirituality

This course offers an in-depth exploration of Ignatian Spirituality, focusing on its foundational texts, theological themes, and practical applications. Centered on the *Spiritual Exercises* of St. Ignatius of Loyola, students will investigate the historical and experiential origins of this unique path to God. The curriculum examines key dynamics such as the discernment of spirits, finding God in all things, and becoming "contemplatives in action."

Through a systematic study of Ignatian pedagogy and its core theological frameworks, participants will learn how to integrate these insights into contemporary pastoral, professional, and personal contexts. Special attention is given to developing a discerning lifestyle that responds effectively to modern societal challenges. By the conclusion of the course, students will articulate a comprehensive understanding of Ignatian tradition and demonstrate the ability to apply its methods of prayer, reflection, and decision-making to foster personal transformation and meaningful apostolic service.

TMP 256.05 Discernment and Spiritual Direction

This course explores the Ignatian practice of discernment and the essential skills required for spiritual and retreat direction. Part I builds a foundation in the Judeo-Christian tradition before focusing on the rules of discernment in St. Ignatius's *Spiritual Exercises*. Students learn to apply these principles to individual vocation, decision-making, and communal discernment, reflecting the Church's synodal mission of listening and walking together.

Part II equips participants with a practical grasp of the dynamics, issues, and skills of spiritual direction. Through classroom training and a hands-on practicum with peer feedback, students develop core competencies in active listening, empathic responding, and offering guidance. Finally, the course emphasizes vital ethical and professional standards, teaching students how to maintain strict confidentiality, respect directee autonomy, and adhere to a professional code of ethics.

Choice of Christology or Theological Anthropology (Sin and Grace):

TMP 204 Christology

This course offers a comprehensive survey of the Christian understanding of Jesus Christ, tracing its development from the foundational testimonies of Sacred Scripture to its subsequent systematization within the Christian tradition. The study begins by addressing the essential question of theological methodology in Christology, establishing the critical frameworks necessary for contemporary analysis. Following this methodological introduction, the course focuses extensively on Jesus' public ministry, examining his proclamation and inauguration of the Kingdom of God through his words, actions, and parables.

Special emphasis is placed on the historical and theological weight of these events, which culminate in the Paschal Mystery—the passion, death, resurrection, and ascension of Christ. Finally, the course guides students through the development of early dogmatic tradition, culminating in conciliar Christology. Particular attention is dedicated to the Council of Chalcedon and its landmark definitions regarding the dual natures of Christ. By bridging biblical foundations, historical developments, and dogmatic formulations, this course enables students to articulate a coherent, deeply rooted understanding of Christ's identity and mission, equipping them to engage effectively with both classical theological questions and contemporary pastoral realities.

TMP 221.15 Theological Anthropology: Sin and Grace

This course is fundamentally a course in theological anthropology, the study of humanity in its relation to God. The concern of this course lies with the anthropological question of how God deals concretely with human beings who are in history, in the world, in time, and space. The first part of the course deals with the First Sin, starting with an effort to understand Augustine's far-reaching understanding of original sin, and secondly, to re-appropriate and re-interpret his often confusing and now anthropologically tenuous understanding of the matter. A discussion on original sin will flow over to an examination of patterns of personal as well as communal sinfulness, and see how the Spirit of the Father and Son constantly labors to liberate humanity from such patterns.

The second part is the heart of the course: Grace. This will entail a creative, experiential, and appropriated survey of the experience and understanding of grace. The course is taught with conscious and deliberate effort to appropriate and contextualize the matter of sin and grace within today's experiences of God's unconditional goodness to humanity, as humanity continually struggles towards freedom from sinfulness and for goodness, and in light of the fact that the Triune God has everything to do with that theological-anthropological evolution. Divine grace,

which the Catechism of the Catholic Church describes as participation in the life of God (#1997), can be best appreciated when contrasted with dis-grace, that is, sin.

Choice of Pauline Literature or Johannine Literature:

TMP 212.40 Pauline Literature

The course has two principal parts: (1) Introductory, and (2) Exegetical/Theological. The first part focuses on the figure of Paul, his pre-Christian career as a diaspora Jew and Pharisee of the Second Temple Period, his pivotal experience on the road to Damascus, and the theological convictions that grew out of that experience. The second part will explore the background and contents of Paul's letters, particularly the seven undisputed or proto-Pauline letters, then zero in on one or two issues treated in each of those letters, trace out the main contours of the apostle's theology, and discuss the relevance of his message and pastoral strategies to the realities that the Church and its ministers face today.

TMP 212.30 Johannine Literature

This course introduces the theological themes, language, and style of the Johannine writings: the Gospel of John, the Johannine letters, and the Book of Revelation. Students will examine their historical and conceptual backgrounds, explore their relationship with the Synoptic Gospels, and analyze major trends in recent Johannine research.

Using diverse biblical methodologies—including aesthetic and narrative critical readings—the course highlights the unique message communicated through symbolic language. It features an in-depth exegesis of selected passages to connect these ancient texts to contemporary contexts.

By the end of the course, students will demonstrate a clear understanding of the literary characteristics of the Fourth Gospel and the socio-religious issues confronting the Johannine community. They will be equipped to analyze texts using various exegetical methods, grasp central themes such as faith, Christology, and discipleship, and present their own exegesis of selected passages using varied interpretive frameworks.

TMP 212.20 Synoptics

This course explores the historical settings, literary relationships, and unique theological perspectives of the Synoptic Gospels (Matthew, Mark, and Luke). Students will examine the "Synoptic Problem"—the mystery of how these three texts interrelate—and learn various interpretive methods tailored to specific literary forms like parables, infancy narratives, and miracle stories.

Beginning with a close, foundational reading of the Gospel of Mark, the course takes a synoptic approach to analyze how Matthew and Luke acted as the earliest "commentators," adapting and expanding Mark's narrative. Through a detailed exegesis of selected passages, participants will discover the distinct portrait of Jesus and the unique pastoral and theological emphases—including Christology, Pneumatology, and the Paschal Mystery—that each evangelist presents. Ultimately, this course equips students to appreciate Matthew, Mark, and Luke as distinct

theologians and pastors, revealing how their writings remain vibrant bearers of good news today.

TMP 267 Pastoral Psychology and Counseling

The course offers a basic understanding of psychological realities and experience with basic helping skills for individual counseling, as an aid to pastoral care. The first part of the course deals with the psycho-dynamics of personality development, intrapersonal and interpersonal, normal and abnormal, and relevant cultural factors. The second part of the course examines the principles of a humanistic-Christian approach to individual pastoral counseling, with a focus on basic helping skills. The course concludes with the metapersonal (societal) dimensions of pastoral care from a psycho-spiritual perspective.