



# *Heart of Life*

Centre for Spiritual & Pastoral Formation



## EMMAUS

Program for the Formation of Supervisors

(on campus or online)

Feb 2024 to Jun 2025, Part-time

*To enliven the divine spark in people's hearts  
through contemplative formation*

## The foundation of the Emmaus Supervision Program:

### Awareness... in the Breaking of the Bread

Two disciples leave Jerusalem on a seven-mile journey to the village of Emmaus. Their demeanour is downcast as they reflect on the life of Jesus of Nazareth in whom they had placed such faith and hope until his untimely, brutal death snatched him from them. On their journey, they are joined by a third person who responds to their confusion and despondency by contextualizing the life and death of Jesus in the spread of salvation history.

The Emmaus Supervision Program draws directly on this encounter. It is Christocentric in its spirituality, praxis-oriented, and firmly based in grounded theory.

### Aim

The Emmaus Supervision Program is concerned

with the formation of competent, experienced Supervisors.

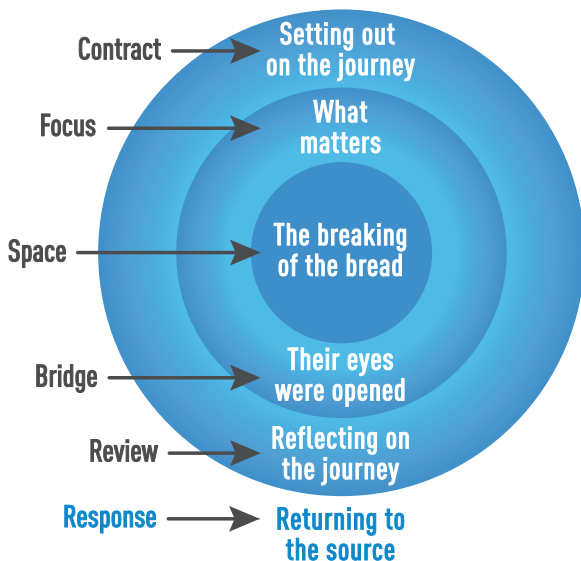
The lecturers and supervisors at Heart of Life foster a contemplative approach whereby supervisors-in-formation become more and more attuned to discernment in themselves and in their supervisees.

### Pre-requisites

Applicants are expected to have:

- at least five years' experience in their particular ministry
- an ability to reflect on their experience and ministry
- at least six months of receiving individual ministry supervision
- a basic understanding/study of theology, spirituality, scripture or psychology
- have a level of English IELTS 5.5 General, with at least 5.0 in each of the four bands

## The Supervision Journey in the Emmaus Program



**'What matters...'** (taken from Jesus' question to the two disciples: 'What matters are you discussing as you walk along?'; also having a dual meaning).

**'The breaking of the bread'** (the critical moment in the Emmaus story, again with a dual meaning of 'breaking open' other possibilities in our experience).

**'Their eyes were opened...'** (with the dual meaning of recognising the risen Christ and experiencing deeper insights into ourselves and others).

**'Reflecting on the journey'** ('Were not our hearts burning within us while He talked with us on the road and opened the Scriptures to us?' Luke 24:32)

(based on the supervision model 'Cyclical Model as a Container', copyright Steve Page & Val Wosket, 2001)

- a psychological assessment (by arrangement, if one not already available)
- personal interview, by arrangement.

## Emmaus Supervision Program

The Emmaus Supervision Program is available for face-to-face learning or via Zoom, hence applicants from Melbourne as well as interstate and overseas may apply.

The Emmaus approach to formation is soundly experiential and is based on theological, biblical and social sciences theory and praxis. A discerning, contemplative attitude is integral to seminars and practical work.

Regular reflection, prayer time and a commitment to one's own spiritual development are essential to the program.

On successful completion of the program, participants will receive a Certificate of Completion from Heart of Life as an Australasian Association of Supervision (AAOS) Recognised Supervisor Training Program.

Completing the Emmaus course exceeds the recommended hours for theory and practice set by AAOS. Unlike some other supervision training programs, Emmaus graduates will have the requisite training hours to register as an AAOS Supervisor upon completion of the program, if graduates already have three years' experience as a supervisor.

## Content

The theory and practice of supervision is undertaken as Intensives.

Participants will:

- be required to supervise for 80 hours
- undertake individual and group supervision with the presentation of a set number of verbatims, which are both detailed and praxis-oriented, and include a theological reflection
- be required to attend all supervision modules.

It is preferred that participants attend the supervision Intensives in-person where possible.

The program also includes participation in 'Personal Awareness & Human Development B' and 'Discernment and the Christian Spiritual Tradition A' - see back of this brochure for dates.

## Assessment

Assessment is ongoing and is on the basis of Pass/Fail. It comprises:

- 5 x 1000-word reflective learning journals (after each Intensive)
- 2 x 3000-word essays (Discernment, Spirituality of Human Life Stages)
- verbatim reports and class presentations
- maintaining a supervision log with reflections
- ongoing and final assessment by supervisors.

## Fees

*All fees in this brochure are given in Australian Dollars.*

The fee for participants studying the Emmaus Supervision Program will be set in Nov 2023.

If participants do not have a recent psychological assessment, they will also need to take this test, which costs approx \$300. (Information on where to take the test will be provided.)

It should be noted that Australian Government FEE-HELP is not available for the Emmaus Supervision Program.

## Application Process

Please complete the Emmaus application form at [www.heartoflife.melbourne](http://www.heartoflife.melbourne), including the Personal Statement of Eligibility and an autobiography following the guidelines provided.

**Applications for the Emmaus Program close on 15 October 2023.** On receipt of an application, arrangements will be made for a personal interview, and information provided regarding having a psychological assessment.

Please address applications to:

Director  
Heart of Life Centre for Spiritual & Pastoral  
Formation  
Rear 41 Stanhope Street  
Malvern VIC 3144  
Australia  
Email: [secretary@heartoflife.melbourne](mailto:secretary@heartoflife.melbourne)

## **EMMAUS CALENDAR 2024/25**

***Dates to be advised***

*Cover image: "Road to Emmaus", original artwork by Daniel Bonnell, used with permission. Bonnellart.com*



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