

CQ Asia-SSD Cohort 1

Overview Schedule (2024-2026)

PRE-REQUISITE ONLINE COURSES

- **SC - Soul Companionship: Intro to SD** (TBD) – 4 Weeks via Moodle SD Online Courses page site (under SSD)
- **BIT - Basic Intro Trilogy: Christian Spirituality/Spiritual Formation/Spiritual Disciplines** (TBD) – 6 Weeks via Moodle SD Online Courses page site (under SSD)

Pre-Program Orientation

- **OSP - Orientation to the CQ Asia-SSD Program** (Nov. 2, 9, 16 - three consecutive Saturday mornings: 2-3 hours) – via Moodle SSD Cohort Commons/Zoom (synchronous meetings)

Pre-Program Online Requirement

- **OOL - Orientation to Online Learning** (Nov. 18-20) – via Moodle SSD Cohort Commons (asynchronous meetings), and (Nov. 23) - Optional Zoom meeting (synchronous meeting)

Pre-Residency Requirements

- **HSD - History of Spiritual Direction** (October) – via video in Moodle SSD Cohort Commons
- **MSD - Models of Spiritual Direction** (October) via video in Moodle SSD Cohort Commons

OPENING RESIDENCY - RETREAT CENTER (Dec. 2-7, 2024)

- **CQ Asia-SSD Learning Community Covenant of Shared Intention**
- **Three-Part Special Feature Series** (Henri Nouwen: CenterQuest Inspiration and Guide)
- **Companions in Community** (CinC) group experience

FIRST QUARTER 2025

- **Online Course #1 - CP I** (Jan. 6-Feb. 1)
 - Contemplative Prayer I: Seeing
- **Two-Week Interim Break**
- **Online Course #2 - CP II** (Feb. 17-Mar. 15)
 - Contemplative Prayer II: Listening
- **Three-Week Inter-Term Break**

SECOND QUARTER 2025

- **Online Course #3 - PD I** (Apr. 7-May 10) - Includes Holy Week Break
 - Prayerful Discernment I: Foundations
- **Two-Week Interim Break**
- **Online Course #4 - PD II** (May 26-June 21)
 - Prayerful Discernment II: Practices
- **Three-Week Inter-Term Break**

PRE-FORMAL PRACTICUM PERIOD

- **Online Course #5 - ISD** (July 14-19)
 - Individual Spiritual Direction
- **One-Week Break**
- **Online Course #6 - RPD** (July 28-Aug. 23)
 - [Supervised] Real Play Dyads
- **One-Week Break**

THIRD QUARTER 2025

- **Online Course #7 - SDS** (Sept. 1-27)
 - Spiritual Direction Supervision
- **Two-Week Interim Break**
- **Online Course #8 - TR** (Oct. 13-Nov. 8)
 - [Contemplative] Theological Reflection
- **Three-Week Inter-Term Break**

FOURTH QUARTER 2025 - 2026

- **Online Course #9 - GSG** (Dec. 1-13, 2025 / Jan. 5-17, 2026)
 - Group Spiritual Guidance
- **Three-Week Interim Break**
- **Online Course #10 - CLS** (Feb. 9-Mar.7, 2026)
 - Critical Life Stages
- **Four-Week Inter-Term Break (including Holy Week break)**
- **One-Week CR Prep**

CLOSING RESIDENCY - RETREAT CENTER (Apr. 10-17, 2026)

- **IDT - Inner Dynamics of Transformation** (Three-Part Series)
- **Practicum I: Group Spiritual Guidance**
- **Practicum II: FGS -Facilitated Group Supervision**
- **Final Integration**