

Fourth Biennial Conference on Human Formation

PRACTICAL MODELS FOR
CELIBACY FORMATION

April 4-7, 2022 | St. Meinrad, IN



Conference on
Human Formation



Saint Meinrad



SAINT LUKE
INSTITUTE

WELCOME

Welcome to our fourth biennial Conference on Human Formation, Practical Models for Celibacy Formation.

This conference is built around a series of plenary sessions and supporting workshops. Together, they explore best practices and new strategies for screening and forming men and women for a life of celibate chastity in the Church.

We encourage you to share experiences and concerns and ask questions of our presenters. The faculty will be available for consultation during the week.

It is our hope that you benefit from this gathering and enjoy your stay here in beautiful St. Meinrad, Indiana. We look forward to spending this time with you.

Rev. David Songy, O.F.M.Cap., S.T.D., Psy.D.
President & CEO | Saint Luke Institute

Right Reverend Kurt Stasiak, OSB
Archabbot | Saint Meinrad Archabbey

GENERAL INFORMATION

CONCIERGE DESKS

Staff members are available at the reception desks at the Guest House and St. Bede lobby to assist you.

FREE WIFI

Network: Guestnet | Password: saintmeinrad (lowercase letters)

DINING

All meals will be served in Anselm Dining Room. Please check the conference schedule for meal times.

BREAKS

Coffee, tea, and light refreshments will be available in the St. John Vianney Center on the third floor of St. Bede Hall between workshop sessions.

LOUISVILLE AIRPORT SHUTTLE (THURSDAY)

Reservations are required. For assistance, contact Beth Davis (502-693-9934) or stop by a concierge desk.

MASS AND PRAYER

All are invited to join the monastic community for Mass and prayer in the Archabbey Church. Times are listed in the conference schedule.

TIME ZONES

All times noted are Central time. Louisville and Ferdinand are in the Eastern time zone.

AMENITY	LOCATION	Tues.	Wed.	Thurs.
Concierge desk	Guest House (812.357.6611 campus ext. 6611) St. Bede Hall (812.357.6096 campus ext. 6096)	Guest House: to 9 p.m. St. Bede Hall: to 4:30 p.m.		
Lounge and Break Area	St. Bede Hall - 3rd Floor (St. John Vianney Center)	8 a.m.- 8 p.m.	8 a.m.- 8 p.m.	8 a.m.- 12 noon
Jack's Coffee Shop	St. Anselm Hall - 1st floor	1-3:30 p.m.	closed	1-3:30 p.m.
Scholar Shop (books)	Newman Hall - 1st floor	8:30 a.m.-4 p.m.		
Archabbey Gift Shop	Southeast corner of campus	9:30 a.m.- 4:30 p.m.	9:30 a.m.- 7 p.m.	9:30 a.m.- 4:30 p.m.
Exercise facilities	Newman Hall - ground floor	24 hours (use room card to enter)		
Airport shuttle	Departs Guest House entrance (reservations req.)			8:00 a.m. 12:30 p.m.

PLENARY SESSIONS

All plenary sessions will be held in the St. Bede Theater

1 Introduction to the Model and Conference Overview

Br. John Mark Falkenhain, OSB, Ph.D. | *Tuesday, 9:00 a.m.*

This session provides an overview of the model for celibacy formation that will be used throughout the conference. The presenter identifies some of the larger questions formation and vocation directors must address when screening and forming men and women for a life of celibate chastity and explores concepts of internal freedom, self-gift and the relationship between formation and discernment.

2 Understanding and Evaluating Psychosexual Maturity and Integration

Br. John Mark Falkenhain, OSB, Ph.D. | *Tuesday, 3:00 p.m.*

This session offers a model of sexual identity that addresses a number of critical questions: What does psychosexual integration look like? How do we know when a candidate is truly free to enter into the formation process and ultimately to make a permanent commitment to a life of celibate chastity? Also included is discussion of the role of vocations and formation personnel in fostering psychosexual maturity and integration.

3 Teaching the Theology of Celibate Chastity

Br. John Mark Falkenhain, OSB, Ph.D. | *Wednesday, 3:00 p.m.*

A comprehensive approach to celibacy formation includes the essential task of grounding a candidate's pursuit of celibacy in the Church's vision for celibate chastity. This session explores various facets of the theology of celibacy within the context of Christian notions of chastity, sexuality, marriage and love. Theological reflection is discussed as a means of drawing wisdom and inspiration from the celibate life.

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Addressing Celibate Chastity in Spiritual Direction | Rev. David Songy, O.F.M.Cap., S.T.D., Psy.D.

Spiritual direction during initial and ongoing formation addresses the process of growth in the virtue of celibate chastity according to the nature of each vocation and the individual needs of each seminarian, religious brother or sister, or priest. This session explores a process for discussing the call to holiness, personal commitment, the theology of celibacy, and virtue development within spiritual direction. Discussion includes ways to establish a formative spiritual direction model and introduce essential themes for mature growth in celibate chastity.

Assessing Affective Maturity | Sr. Jane Becker, OSB, Ph.D.

Affective maturity is foundational for celibate living and ministerial leadership. Emotional competence can be identified by eight specific skills, including awareness of one's emotional state, skill in discerning others' emotions, the capacity for empathy, skill in tolerating unpleasant emotions, and the ability to discern appropriate boundaries. This session will identify ways to assess the presence or absence of these skills in one-on-one interviews as well as in common behaviors in the community. Affective maturity is demonstrated most clearly in how one handles intimacy, dependability, correction, and conflict.

Celibacy Formation in the Propaedeutic Year | Rev. Denis Robinson, OSB

This session explores the foundations of celibacy formation for seminarians in the propaedeutic year, a new emphasis in theological formation for priests. Celibacy formation is ideally seen as a long arc within the entire process of seminary life. The presenter will focus on the bishops' understanding of self-knowledge, self-acceptance, and self-gift in this earliest phase of priesthood discernment and formation.

Communicating Across Disciplines: A Conversation with Vocations and Formation Personnel

Facilitated by Rev. David Songy, O.F.M.Cap., S.T.D., Psy.D.

In this session, professionals in the areas of psychology, spiritual direction, formation, and discernment will engage with participants and one another on the important topics of: collaboration and communication across disciplines; internal and external forum; discerning whether a concern is spiritual or psychological in nature; and promoting transparency across various aspects of priestly and religious formation.

Exploring Motives for Celibacy: A Whole Person Discernment | Rev. Peter Marshall, M.S.W., M.Div.

The need to discern celibacy as a unique call from God, and not merely an "add-on" to a call for religious life or priesthood, is often overlooked. This session provides a context for celibacy discernment, the importance of examining our motives for celibacy, and discerning between healthy and unhealthy motives for celibacy. Participants will discuss the connections between vocational and celibacy discernment, as well as examine ways to help those in formation uncover and strengthen their personal motivations for answering the call to celibacy.

Fostering Transparency in Screening and Formation

Sr. Jane Becker, OSB, Ph.D. and Br. John Mark Falkenhain, OSB, Ph.D.

This session explores the role of transparency in maximizing a diocese's or religious community's freedom to properly discern a candidate's calling to celibate chastity. Issues of privacy versus transparency, informed consent, and the role of internal and external forum relationships will be addressed on the way to identifying concrete strategies for encouraging transparency in the discernment and formation process.

Healthy Boundaries for Formators: The Goldilocks Dilemma | Kathy Galleher, Ph.D.

When it comes to boundaries with those in their care, formators face a real "Goldilocks Dilemma": they need to be "not too close," "not too distant," but "just right" to create space for a healthy and formative relationship. This session explores factors that create significant power differences in formation and focuses on how formators can establish and maintain clear, healthy boundaries (physical, emotional, sexual and informational). There is a special emphasis on healthy boundaries and self-disclosure, such as when it is appropriate for formators to share their own experiences of sexuality and celibacy. The presenter will offer strategies for decision-making in complex situations as well as ways to reflect on and strengthen healthy boundaries as a team.

More Than Words: Decoding the Language of Sexual Identity | Michael Day, Psy.D.

This workshop will assist participants in better understanding the ever-evolving language and concepts of sexual identity and sexual expression to enhance comfort level and effectiveness in accompanying candidates for priesthood and religious life. Topics such as gender identity, gender expression, and sexual orientation will be explored from a psychological perspective. Concrete examples for use of current terminology will be provided as well as specific strategies for ongoing support.

Screening for Celibate Chastity | Rev. David Songy, O.F.M.Cap., S.T.D., Psy.D.

A comprehensive spiritual and psychological vocational assessment provides critical insights into a candidate's capacity for sustainable, healthy celibate chastity and can be an essential tool for formation and vocation directors accompanying candidates for priesthood and religious life. This session explores indicators for mature psychosexual development, the capacity to relate to others, affective maturity, personality and virtue development, and personal freedom. Discussion includes ways to integrate evaluation data into identifiable benchmarks for celibacy formation, recommendations for appropriate psychological tests, and best practices for integrating spiritual considerations into the assessment process.

Sexual Trauma: Assessment, Impact and Opportunities for Healing | Kathy Galleher, Ph.D.

Childhood sexual trauma is an unfortunately common experience and therefore an issue for many men and women entering formation for priesthood and religious life. Formation programs should be prepared to understand this issue; inquire about and assess the impact of sexual abuse on a candidate's readiness for formation (including their motivations for celibacy); and assist in the healing and integration process. This session explores gender differences in sexual trauma, the impact it can have on candidates' sexuality and relationships, and how these are likely to surface in formation. Guidance will be offered on how to work with issues that arise during the course of formation and how to obtain appropriate therapeutic assistance for those who have experienced sexual trauma.

Theological Reflection on the Celibate Life: An Experiential Approach

Br. John Mark Falkenhain, OSB, Ph.D.

After briefly reviewing a model for theological reflection, the presenter will lead participants through the process of identifying experiences of celibacy and using theological understanding to derive the wisdom and meaning that helps sustain and direct the celibate vocation.

Vowing Chastity: Readiness and Capacity for Fruitful Celibate Living | Sr. Mary Pat Garvin, RSM, Ph.D.

Vowing chastity happens in a moment, yet it unfolds over a lifetime. In unison with the vows of poverty and obedience, the vow of consecrated chastity offers a woman a framework for fruitful celibate living. Ascertaining a woman's readiness and capacity for celibate living is an essential component of initial formation. This session explores ways of assessing readiness and capacity specific to women; considers topics to include in a formation program that is alert to the challenges to celibate living in the 21st century; and examines ways a woman may be both supported and impeded in her commitment to live a celibate and generative life in the Church and world today.



Brother John Mark Falkenhain, OSB, Ph.D., of Saint Meinrad Archabbey, is a licensed psychologist and the author of *How We Love: A Formation for the Celibate Life*. He lectures internationally on issues related to celibacy formation, perseverance in religious life, and healthy

psychosocial/psychosexual adjustment of clergy and religious. He is an adjunct professor of psychology at Saint Meinrad Seminary and School of Theology and a fellow in human formation for Saint Luke Institute.



Rev. David Songy, O.F.M.Cap., S.T.D., Psy.D., is a priest of the Capuchin Province of Mid-America, a clinical psychologist and author of *Spiritual Direction for Priestly Celibacy*. Prior to coming to Saint Luke Institute, he was the spiritual director and prefect of studies at Redemptoris Mater

Missionary Seminary in Denver, Colorado. He also was director of counseling services at the Pontifical North American College in Rome and held several positions at St. John Vianney Theological Seminary. Fr. Songy holds a doctorate in psychology from the University of Denver and a doctorate in sacred theology from the Teresianum, the Pontifical Institute of Spirituality in Rome. He holds a master's degree in pastoral counseling from Loyola College and theology degrees from Aquinas Institute. Fr. Songy speaks Italian, Spanish and Tok Pisin, the language of Papua New Guinea and gives workshops on topics such as priestly spirituality, formation in priestly celibacy, cybersex addiction and the integration of psychological and spiritual treatment.



Sr. Jane Becker, OSB, Ph.D., is a licensed psychologist and an adjunct staff member of Saint Luke Center in Louisville, KY. She has presented workshops for priests and religious on transition, communication, forgiveness, and other topics in personal growth. She worked for many

years in seminary formation at Saint Meinrad Seminary and the Pontifical North American College. She is the former subprioress of her Benedictine community in Ferdinand, Indiana, and current administrator of the Benedictine monastery in Crookston, Minnesota.



Michael Day, Psy.D., received his doctorate in clinical psychology from Spalding University and an M.A. and M.T.S. from Saint Meinrad School of Theology. Dr. Day is the director of counseling and psychological services as well as a member of the adjunct faculty at Indiana University Southeast

and works on a consultation basis with Saint Luke Center. His experience includes work in higher education and children/family residential treatment. He is licensed in Kentucky and Indiana and his clinical interests include trauma informed care, developmental related issues, clinical supervision, and education.



Kathy Galleher, Ph.D., is a licensed psychologist and received her doctorate from Colorado State University in 1993. From 1998-2006 she was a staff psychologist at Saint Luke Institute. In 2006 she started KMG Consultation, which supports healthy ministry for men and women

religious. Dr. Galleher works with a number of formation programs and is director of the Healthy Sexual Integration in Religious Life program in Washington, D.C., and Chicago. She presents on topics including sexual integration, self-care, conflict management, transitions and healthy boundaries and has worked with a number of national groups, including the Institute for Religious Formation, Religious Formation Conference, and the Leadership Conference of Women Religious.



Sr. Mary Pat Garvin, RSM, Ph.D., is a member of the Institute of the Sisters of Mercy of the Americas. She holds a doctorate in psychology from the Pontifical Gregorian University in Rome, where she was on the faculty from 1994-2001. Since 2001, she has taught psychology for Seton Hall

University and worked with national and international conferences of religious, as well as religious congregations throughout North and South America, Europe, Africa, Asia and Australia. From 2011-2017 she was a member of her congregation's general leadership team, and she is the author of over 20 articles on topics pertaining to vocation discernment and the formative process.



Rev. Peter Marshall, MSW, D.Min., currently serves as pastor of St. Jude Catholic Church in Indianapolis, and as director of continuing education for priests of the Archdiocese of Indianapolis. Prior to his current assignments, Fr. Marshall served for six years as director of spiritual formation

for Saint Meinrad Seminary, and has 12 years of experience as a spiritual director and retreat presenter. He holds a master's degree in social work from Indiana University, an MA and M.Div. from Saint Meinrad Seminary, and a D.Min. from the Catholic University of America in Catholic spirituality.



Rev. Denis Robinson, OSB, is president-rector of Saint Meinrad Seminary and School of Theology. He is also an assistant professor of systematic theology. A Mississippi native, Fr. Robinson attended Saint Meinrad College and School of Theology, earning a bachelor's degree

in philosophy and then a master's degree in divinity. He was parochial vicar for the Cathedral of the Immaculate Conception in Memphis, TN, from 1993-1996, when he joined the Saint Meinrad monastery. He also attended the Catholic University of Louvain, Belgium, where he received a master's degree in theology in 2002, a licentiate in sacred theology in 2003, and doctorates in sacred theology and philosophy in 2007.



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Monday | April 4

2:00 p.m.	Registration/check-in opens
5:00 p.m.	Evening prayer with Benedictine Community
5:30 p.m.	Dinner (Anselm Dining Hall)
6:30 p.m.	Keynote Address: Celibate Chastity: Formation in the Generative Love of Christ (Theater) Cocktail reception to follow (Alumni Commons)

Tuesday | April 5

7:30 a.m.	Mass with Benedictine Community
8:15 a.m.	Buffet breakfast (Anselm Dining Hall)
9:00 a.m.	Plenary 1: Introduction to the Model and Conference Overview (Theater)
10:15 a.m.	Break
10:45 a.m.	Workshops <ul style="list-style-type: none">• Exploring Motives for Celibacy: A Whole Person Discernment (Rm 503)• Celibacy Formation in the Propaedeutic Year (Rm 307)• More Than Words: Decoding the Language of Sexual Identity (Rm 502)
12:15 p.m.	Lunch (Anselm Dining Hall)
1:15 p.m.	Workshops <ul style="list-style-type: none">• Fostering Transparency in Screening and Formation (Rm 503)• Exploring Motives for Celibacy: A Whole Person Discernment (Rm 307)• More Than Words: Decoding the Language of Sexual Identity (Rm 502)
2:30 p.m.	Break
3:00 p.m.	Plenary 2: Understanding and Evaluating Psychosexual Maturity and Integration (Theater)
5:00 p.m.	Evening prayer
5:30 p.m.	Dinner (Anselm Dining Hall)
7:00 p.m.	Compline
7:30 p.m.	Social activity

Wednesday | April 6

7:30 a.m.	Mass with Benedictine Community
8:15 a.m.	Buffet breakfast (Anselm Dining Hall)
9:00 a.m.	Workshops <ul style="list-style-type: none">• Sexual Trauma: Assessment, Impact and Opportunities for Healing (Rm 502)• Screening for Celibate Chastity (Rm 307)• Assessing Affective Maturity (Rm 502)
10:15 a.m.	Break
10:45 a.m.	Workshops <ul style="list-style-type: none">• Healthy Boundaries for Formators: The Goldilocks Dilemma (Rm 502)• Vowing Chastity: Readiness and Capacity for Fruitful Celibate Living (Rm 503)• Addressing Celibate Chastity in Spiritual Direction (Rm 307)
12:15 p.m.	Lunch (Anselm Dining Hall)
1:15 p.m.	Workshops <ul style="list-style-type: none">• Sexual Trauma: Assessment, Impact and Opportunities for Healing (Rm 307)• Vowing Chastity: Readiness and Capacity for Fruitful Celibate Living (Rm 503)• Communicating Across Disciplines: A Conversation with Vocations and Formation Personnel (Rm 502)
2:30 p.m.	Break
3:00 p.m.	Plenary 3: Teaching the Theology of Celibate Chastity (Theater)
5:00 p.m.	Evening prayer
5:30 p.m.	Dinner (Anselm Dining Hall)
7:00 p.m.	Compline
7:30 p.m.	Social activity

Thursday | April 7

7:30 a.m.	Mass with Benedictine Community
8:15 a.m.	Buffet breakfast (Anselm Dining Hall)
9:30 a.m.	Workshops <ul style="list-style-type: none">• Theological Reflection on the Celibate Life: An Experiential Approach (Rm 503)• Addressing Celibate Chastity in Spiritual Direction (Rm 307)• Assessing Affective Maturity (Rm 502)
10:45 a.m.	Pack up and networking
11:30 a.m.	Lunch and departure (Anselm Dining Hall)