

# Jesuit Confluence

## IGNATIAN Psycho Spirituality

12-16 April, 2011



SADHANA INSTITUTE  
Lonavla

Papers for Confluence of Ignatian Spirituality and Psychology

Day	Time	Paper Presented by	Title	Chairpersons
12 <sup>th</sup> April, Tuesday	9.00 – 10.15 am	Pierre Jacob, S.J.	The Function of Scripture in the Spiritual Exercises.	Ambrose Jeyaraj, S.J.
	3.00 – 4.15 pm	Tony J. D'Souza, S.J.	Call to a Life of Mindful and Choiceful Living	Emmanuel Arockiam, S.J.
13 <sup>th</sup> April, Wednesday	9.00 – 10.15 am	Emmanuel Arockiam, S.J.	Multimodal Therapy of Arnold Lazarus	Dudley Mendonça, S.J.
	3.00 – 4.15 pm	Joe Pulickal, S.J.	The Spirituality of the Jesuit Constitutions	Jossie D'Mello, S.J.
14 <sup>th</sup> April, Thursday	9.00 – 10.15 am	Ambrose Jeyaraj, S.J.	The Interplay of Affects and Desire in Ignatian Spirituality	Pierre Jacob, S.J.
	3.00 – 4.15 pm	Dudley Mendonça, S.J.	Psychological Processing for the Onward Journey	Tony da Silva, S.J.
15 <sup>th</sup> April, Friday	9.00 – 10.15 am.	Jossie D'Mello, S.J.	Panentheistic Vision of Reality in the Contemplation to Attain Love.	Joe Pulickal, S.J.
	3.00 – 4.15 pm.	Tony da Silva, S.J.	Humanistic Psychology and the Human Spirit, A Fresh Perspective.	Tony, J. D'Souza S.J.
16 <sup>th</sup> April. Saturday	9.00 – 10.15 am.	Discussions	Confluencing Ignatian Spirituality & Psychology	Tony da Silva, S.J.
	10.45–12.00pm.	Discussions	Confluencing Ignatian Spirituality & Psychology	Tony da Silva, S.J.

Dear Friends,

Soon several of us will be coming together in the cool and serene environment of Sadhana Institute, Lonavla for the first-time-ever gathering of Jesuits engaged in Psychology and Spirituality for a few days of reflections and deliberations on how these two distinct disciplines could interact and interface with each other to make our helping ministries more fruitful.

The title of the meeting is self-explanatory, “A Jesuit Confluence: Ignatian Psycho-Spirituality”. I consider this endeavor a NEW FRONTIER for the Jesuits of South Asia.

I congratulate and thank Dudley Mendonça, I.S.F. Jeyaraj and Pravin Falcao for conceiving and organizing this meeting. Let us offer our creative best to this meeting and propose suggestions that are relevant, dynamic and practical for our times.

Looking forward to the “SANGAM”

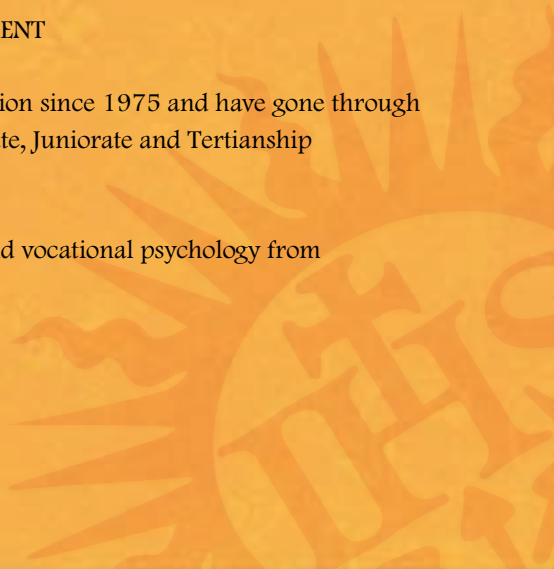
Fr.Edward Mudavassery, S.J.  
Provincial of South Asia





PIERRE JACOB S.J.

## ACADEMIC & PROFESSIONAL INVOLVEMENT

- Taught Ignatian Spirituality in formation since 1975 and have gone through all the stages again: Pre-Novitiate, Novitiate, Juniorate and Tertianship either as in charge or as spiritual guide.
  - Achieved Master both in education and vocational psychology from Louvain University, (Belgium).
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## THE FUNCTION OF SCRIPTURE IN THE SPIRITUAL EXERCISES

After an introductory observation about the difference between Spirituality and Psychology, the author moves to the Word of God as addressed to the person, as this is Ignatius' approach in the Spiritual Exercises.

This is in keeping with a long tradition in the Church of the Lectio Divina.

This leads one into the consideration of the encounter of two freedoms which mutually elect themselves, the divine and the human, and so give birth to a new reality: a covenant-relationship.

The human freedom is however an embodied freedom, the diverse dimensions of which are studied by the human sciences. It is here that spirituality comes in contact with psychology. This concludes with the dynamic structure of the Spiritual Exercises disposing the person for an existential Christian faith-experience.



## ACADEMIC & PROFESSIONAL INVOLVEMENT

- Doctorate in Clinical Psychology - Wright State University, Dayton, OH, USA, 1994 with a class award for excellence in the practice of Clinical Psychology.
- Post-Doctorate - Wright State University, Dayton, OH, USA, 1995.

## OTHER TRAINING

- Attended seminars/ workshops/ training sessions in EST, Gestalt Therapy, TA, NLP, Group therapy, Body-Mind - Rubenfeld Synergy, EMDR, Family Systems, Psychology for community development.

## EXPERIENCE

- Group, couple and individual therapy, training students in counselling, therapy, consultant in organizational analysis, conducting workshops at different levels in India and abroad; Seminars on spirituality for management, leadership, communication skills for parents, teachers, etc.; Awareness retreats and seminars since 1997 in India and abroad to religious, clergy, and lay people.

## WRITINGS/PUBLICATIONS:

- Psycho-mystical perspective of Theology.
- Concept of Self in Psychology and Spirituality and its implications for psychotherapy – Doctoral Thesis.
- Author of Discovering Awareness – meditation CDs and DVDs.



## CALL TO A LIFE OF MINDFUL AND CHOICEFUL LIVING

Carl Rogers believes in the intrinsic goodness of human beings. This understanding of human nature is not easily manifest in our observance of human behavior in daily life.

We need to understand why human beings behave the way they do. This understanding will challenge us to think of creative ways of bringing out the best in every human being.

The mystery of human behaviour is hidden in the neurological complexity of our 'wiring'. A study of our neurological underpinnings will highlight the dynamics behind our behavior and help us to discover our mystical dimension.

Our understanding of human beings will help us to improve the quality of human lives and draw out the spiritual dimension which connects us to one another and the universe.



ACADEMIC & PROFESSIONAL INVOLVEMENT

- Ph.D. in Counseling Psychology (APA Accredited) Marquette University, USA
- Certification in Neuro-Linguistic Programming Sadhana Institute, India
- Lecturer and Dept. Head of Foundation Courses at St. Xavier's College, TN
- Visiting Professor at Satya Nilayam, Chennai.
- Visiting Professor at Sadhana Institute, Lonavla
- Psychology Internship at Mendota Mental Health Institute (APA Accredited), Madison, Wisconsin, USA.
- Director of Counselling Center at St. Xavier's College, Palayamkottai, India.
- Research Assistant with the project ARRIVE at the Center for AIDS Intervention Research (CAIR), attached to the Wisconsin Medical College.
- Research Assistant with the Project COMBINE, Center for Addiction and Behavioural Health Research Unit, Milwaukee
- Clinical Practicum at Milwaukee Secure Detention Facility (MSDF)
- Clinical Practicum at Partners in Health Counseling Center at Guest House
- Clinical Practicum at St. Vincent de Paul Center, Milwaukee.

## MULTIMODAL THERAPY BY ARNOLD LAZARUS

Multimodal Therapy (MMT), though sheltered under the umbrella of Behaviour therapy, is an integrated and holistic approach to deal with various modalities that influence our life.

Arnold Lazarus refers to the seven modalities in an acronym: BASIC ID Behaviours, affective responses, sensory reactions, images, cognitions, interpersonal relationships, and drugs and biology. All the modalities are crucial as they exist in a state of reciprocal transaction.

MMT has a universal appeal with immense possibilities to be technically eclectic and to tailor it to suit individuals. It is unique because it could include spiritual and ethical deliberations regarding existential dilemmas and angst, and it is not a truncated therapy to deal with just one single aspect of etiology.


Multimodal Life History Inventory and use of modality and structural profiles can be enlightening tools for individuals and for spiritual directors to help anyone.





JOE PULICKAL, S.J.

## ACADEMIC & PROFESSIONAL INVOLVEMENT

- Maxi Sadhana 1976-1977
  - Exposure to Zen in Japan during a Zen based tertianship
  - Counselling work
  - Retreat work
  - Novice master
  - Tertianship director
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## THE SPIRITUALITY OF THE JESUIT CONSTITUTIONS

Some key words and concepts of the Jesuit Constitutions are: mission, discernment, indifference, union of minds and hearts, obedience, the greater [magis], human instruments of God, loving all things in God and God in all things, trusting in divine providence.

Our paper will examine some of these words and concepts and ask if they correspond to the life and relationships enhancing principles and approaches of psychology.

The Church has considered philosophy the handmaid of theology. Perhaps psychology with its many great insights and techniques could be a handmaid of Ignatian spirituality.

The Catholic Church's doctrine of grace and prayer which pervades the Constitutions will tell us that spirituality cannot be reduced to good psychology. Bent knees and praying hands just cannot be separated from the spirituality of the Jesuit Constitutions.



ACADEMIC & PROFESSIONAL INVOLVEMENT

- Theology (L'Institute Etudes Théologiques, Bruxelles, Belgium)
- M.Th - Systematic Theology (VJ, Delhi)
- Socius (to Novice Director, AP)
- Teaching - Systematic Theology (RTC, Andhra)
- Doctorate (Gregorian University, Roma)
- Novice Master

PUBLICATIONS:

- “Prière sans Frontière: L'appel d'Assise, L'appel de l'Esprit”, in Choisir, April 2002.
- “From Shadows to Light: Getting Out of the Cycle of Violence” in Taming the Violence: Narratives of Conflict Resolution, (Ed.). M. Amaladoss, IDCR, Chennai, 2010, pp: 76-91
- Doctoral Thesis: Shadow and Grace: A Study on the Concept of Shadows and its Relevance for Spiritual Growth, Rome, October 2004 (publication in process).



## THE INTERPLAY OF AFFECTS AND DESIRE IN IGNATIAN SPIRITUALITY

Affects and desire play a central role in all our relationships, including in our relationship with God. In fact, the duo defines all our choices.

Even though psychology as a distinct discipline was developed in the last century, Spiritual Exercises reveal that Ignatius was very much in touch with his inner motions/movements. He was also very much aware of the interplay between the affect and desire in human experiences in general and in particular in his own defining moments.

Thus this paper is an explorative search into the inter-dynamics between desires and affects in Ignatian Spirituality, specifically in the Ignatian Exercises.





DUDLEY MENDONÇA, S.J.

## ACADEMIC AND PROFESSIONAL INVOLVEMENTS

- Masters in Pastoral Counselling at Loyola University, Chicago
- Supervised practice at Child and Family Welfare Center, Chicago.
- Pastoral Counsellor at Vidyajyoti and Papal Seminary.
- Supervised practice in the Addiction's Dept, at Veteran's Administration Hospital, Baltimore.
- Ph.D. in Pastoral Counselling at Loyola University, Baltimore.
- Seven years on the staff at Sadhana while remaining available for Midlife Group Workshops, Individual Process Retreats, Couple's Counselling and psychological consultation.
- Taught Lifespan Development and Family Systems at Vidyajyoti and Jnana-Deepa Vidyapeeth.
- Taught Lifespan Development at St. Joseph's University, Philadelphia.
- Paper presented on 'Via Forest (Hindu āśrama system) and Psyche (Jungian Lifespan stages): Accessing the Spirit', at St. Joseph's University, Philadelphia.



## PSYCHOLOGICAL PROCESSING FOR THE ONWARD JOURNEY

The conception, birth and quality of nurturance of every human gradually evolves into the division of an individual into ego and Self. The outcome of such a developmental separation is the emergence of a “split” or “wound” of varying intensities and/or depths. There may be other subsequent woundings too, all of which are always person specific.

Theories of Individual Lifespan stages, Family Systems and particularly Psychodynamics which includes the Analytical Psychology of Carl Jung form a helpful mix for engaging in the healing process of the wound.

Enduring that psychological procedure hopefully and eventually opens the unconscious to deeper spiritually accessible layers of the psyche. This psychospiritual procedure finally restores a revitalized and enriched relational encounter with the God Within.



## ACADEMIC & PROFESSIONAL INVOLVEMENT

- Licentiate and doctorate in theology in Madrid, Spain. Doctoral theme was “That Love may be all in all: God's Relationship with Creation in the Contemplation to Attain Love of the Spiritual Exercises of Ignatius of Loyola”.
- Took classes on Discernment of Spirits at Dharmaram Vidya Kshetram, Bangalore.
- Course in counseling directed by Fr. Philip Terrasa at Ashirvad, Bangalore and Personal Growth at Sadhana.
- Socius to the Novice Director for three years.
- In a team, organizes Retreat Directors' Course at Mount St. Joseph, Bangalore.
- Directs retreats at Dhyanashrama, Bangalore.

## ARTICLES PUBLISHED BY IGNIS

- “ The Influence of Vatican II on the Society of Jesus”, 06/3 pp. 25-32
  - “The Interior Knowledge”, a key Term in the Sp.Ex., 07/1 pp. 4-26
  - “Journeying with Ignatius the Pilgrim”, 09/3 pp. 15-31
- Is interested in Spirituality and the Dynamics of the Spiritual Exercises, Mysticism, Eco-Spirituality, Prayer and Discernment.



## “PANENTHEISTIC VISION OF REALITY IN THE CONTEMPLATION TO ATTAIN LOVE”.

The paper focuses on the panentheistic relationship between God (Love) and creation in the Contemplation to Attain Love. Since Contemplation is in the unitive way, the exercitant experiences Love (Trinity) in creation and creation in Love. Ignatius might have had this vision of reality which is cosmotheandric at Manresa and at river Cardoner. Here he began to see reality from the eyes of faith.

The panentheistic vision of reality highlights:

1. The transcendent and immanent aspect of Love
2. Creation as the manifestation of the Divine (divinisation of cosmos)
3. Love as active in creatures (Discernment of Spirits)
4. Rootedness of Love in creation
5. Love as the coincidence of opposites and communion of the Divine, the human and the cosmos (holistic vision of reality).





TONY DA SILVA, S.J.

## ACADEMIC AND PROFESSIONAL INVOLVEMENT

- 30 years of teaching psychology at undergraduate and post-graduate levels at universities in India and the United States.
- Created and taught new courses in psycho-spirituality, such as Psychology and Religion; Psychology and Religious development using the Eriksonian model; Psychology and leadership; Social Psychology of prejudice; theories of personality; Social Psychology of peace and reconciliation; Psychology East and West with emphasis on Spirituality.
- In Ignatian spirituality, involvement over the last 25 years at De Nobili College as a formator and as counsellor in psycho-spiritual matters. Informal work in understanding the psychological dynamics of the Ignatian Exercises.
- I find the need to adapt the language as well as the thought of the Exercises to Indian culture quite fascinating. It is an ongoing challenge to work on, for Indian Jesuits.



## HUMANISTIC PSYCHOLOGY AND THE HUMAN SPIRIT: A FRESH PERSPECTIVE

Humanistic psychologists Abraham Maslow, Carl Rogers and others strongly emphasized the need to understand the human person from a wholistic perspective.

Body-spirit-mind are viewed wholistically. Hence human behaviour should not be analyzed in a reductionist manner as we do elements of the physical world but by also incorporating the transpersonal and the transcendental aspects of human experiences.

In my paper I shall attempt to demonstrate the value of the humanistic approach particularly for us Religious, wherein the spirit and therefore the "spiritual" has a vital role to play in our psycho-religio development.





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## Mind and Heart of Sadhana

Sadhana Institute, true to its name, 'The Way', for more than two decades has been serving humankind. People from all and any strata of life have either found or confirmed their inner journey at the institute through a blended integration of psychology and spirituality - the dreamer Tony de Mello's dream coming true.

Tony, after founding the Institute, faithfully continued to make use of the conducive environment, first at De Nobili College, Pune from 1973, then at St. Stanislaus Villa, Lonavla in 1978 and then at the present location, to provide psycho-spiritual insight and therapy to formators and others eager to bring depth and meaning to their lives and ministry.

After Tony (1931-1987), the Institute with its various programmes continued to train formators and also to provide psychological healing, and spiritual enrichment or renewed meaning for those who sought them. Over the years until today, various Jesuits and others lay persons, brothers, sisters and priests have contributed to the wealth of spiritual and psychological input inclusive of therapeutic accompaniment to people in our country as well as people from other countries and belief systems. While maintaining a psychospiritual thrust in all of the programmes – whether Mini, Midi, Maxi, Inner

Sadhana, Meaning Through Mid Year, NLP, Holotropic Breathwork, Vipassana, Intensive Journal, Personal Growth Group, Rekindling Marriage, Body and Mind Sadhana, and others, there has been a spirit of receptivity and flexibility about what others bring and receive instead of enforcing a rigid structure. The Institute's strongest contribution to anyone who dares to face change in their life is the three or four weeks of intense individual therapy in group which has become an essential part of all the programmes.

Importantly, many of those who completed the two year Master's level 'Integral Counselling Psychology', later named as 'Formative Psychology', are now serving as Spiritual Directors and quality counsellors in formation houses, religious communities and other places. True to our Ignatian Spirit behind 'The Spiritual Exercises', an encouraging option has been made to include a course 'Ignatian Psychospirituality and Discernment', thus reflecting choice for a confluence of Ignatian Spirituality and Psychology.

Guided by the vision of the pioneering guide and teacher, Tony de Mello, and remaining ever growing and flexible, Sadhana Institute marches on, continuing to offer the psychospiritual care needed for our transformation and growth.

**'Let the Spirited Bird Sing'**