

# Short Courses

Throughout the year the Institute of St Anselm runs short courses with various guest lecturers and our own core staff, open to Diploma/Certificate course participants and non-residents alike.

## 2012

### JULY/AUGUST

#### EQ WORKSHOP

**Miss Thalia Slinn**  
29th July—4th August inc.

### OCTOBER

#### COMMUNICATION SKILLS

**Fr Wijnand Huijs**  
Our ability to communicate largely determines our happiness and the quality of our relationships. This three-day course offers skills to improve listening, communication and being an effective helper in everyday life.  
3rd—5th inc

#### GROUPS 1

**Miss Pat Grant**  
This workshop looks at various aspects of Groups. Part 2 to follow in November.  
10th—11th inc.

#### EQ WORKSHOP

**Miss Thalia Slinn**  
14th—20th inc.

#### ENNEAGRAM STAGE 1

**Fr John McCluskey**  
The overall aim is to develop the discipline and habit of self-awareness using the Enneagram as a means to an end. Two principal objectives are: a) To get to know myself better from the inside, i.e., not just how I behave but to become aware of what is going on inside me that shapes and influences what I actually do or say; b) To come to know others from a similar perspective, developing sensitivity and understanding that enables me to

see others as they see themselves.  
23rd—26th inc.

### NOVEMBER

#### GROUP DYNAMICS

**Mrs Gerlinde Wilberg**  
Building on our understanding of our own assumptions and behaviour as a group participant, we explore how we can become a more effective group facilitator.  
8th @ 10.00am—4.00pm

#### HOW TO DEAL WITH DEPRESSION

**Fr Len Kofler**  
**Sr Mary Goretty**  
**Fr Wijnand Huijs**  
This course will help you to understand the meaning of depression and to deal with it in a constructive way.  
14th—16th inc.

#### HEALING & THE SACRAMENTS

**Fr Jim McManus**  
Rediscovery of the healing power of prayer.  
21st—23rd inc.

#### GROUPS 2

**Miss Pat Grant**  
The second Group workshop.  
28th—29th inc.

### DECEMBER

#### GROUP DYNAMICS

**Mrs Gerlinde Wilberg**  
Building on our understanding of our own assumptions and behaviour as a group participant, we explore how we can become a more effective group facilitator.  
6th @ 10.00am—4.00pm

## 2013

### JANUARY

#### CROSS-CULTURAL COUNSELLING

**Miss Pat Grant**  
16th—17th inc.

#### EQ WORKSHOP

**Miss Thalia Slinn**  
20th—26th inc.

#### RE-UNITING SPIRITUALITY & SEXUALITY

**Sr Margaret Taylor**  
Re-discovering my True Self by reclaiming the fullness of my Human Identity.  
28th Jan—1st Feb inc.

### FEBRUARY

#### GROUP DYNAMICS

**Mrs Gerlinde Wilberg**  
Building on our understanding of our own assumptions and behaviour as a group participant, we explore how we can become a more effective group facilitator.  
7th @ 10.00am— 4.00pm

#### CONFLICT TRANSFORMATION

**Fr Len Kofler**  
**Sr Mary Goretty**  
**Fr Wijnand Huijs**  
Conflicts are part of our human experience and great opportunities for personal as well as collective growth. This course offers help to improve your relationships with people and at work. 11th— 15th inc.

#### PERSONAL DEVELOPMENT

**Miss Pat Grant**  
20th—21st inc.

### MARCH

#### SIX-DAY RETREAT

**Fr Denis McBride**  
3rd—9th inc.

#### BEREAVEMENT COUNSELLING

**Miss Pat Grant**  
13th—14th inc.

### APRIL

#### GROUP FACILITATION

**Mrs Gerlinde Wilberg**  
18th @ 10.00am—4.00pm

#### ENNEAGRAM STAGE 2

**Fr John McCluskey**  
Learning to use the Enneagram as a map for the spiritual journey, our own in the first instance but also that of others. The focus is on the process of conversion; exploring key issues for Heart, Head & Gut centres and reflecting on Scripture stories of conversion, particularly the Resurrection narratives in the Gospels. 22nd—26th inc.

### MAY

#### EQ WORKSHOP

**Miss Thalia Slinn**  
19th—25th inc.

### JULY/AUGUST

#### EQ WORKSHOP

**Miss Thalia Slinn**  
28th July—3rd August inc.

*For more information and prices please visit our website [www.st.anselm.org.uk](http://www.st.anselm.org.uk)*

# INSTITUTE OF ST ANSELM

International Centre for Training Leaders & Formators—ASIC Accredited

## 2012/13



From left: Margate sunset; Margate Clock Tower; Institute of St Anselm



### About the Institute

The Institute of St Anselm is a residential college based in Cliftonville, near Margate, Kent, on the South East Coast. It was founded in 1984 by Father Leonard Kofler, under Cardinal Basil Hume OSB, to train leaders and formators in the Church. Fr Kofler is assisted by a small residential team and several eminent guest lecturers. Experts in spirituality and psychology, who have various approaches to counselling, psychotherapy and human development, come to the Institute from universities and religious communities around the UK.

### What we offer

- Diploma in Human Development, Leadership, Formation & Community Building
  - Certificates in Human Psycho-spiritual Development, Leadership & Community Building
  - Summer Course: Certificate in Community & Pastoral Leadership
- Plus: • Specially-tailored one-off courses • Short courses • Retreats • EQ Workshops

### Our mission

Through our courses, which integrate the best in psychology with a deep spirituality, we aim to help participants develop self-awareness and a high emotional quotient (EQ). Learning takes place in the context of community living based on the model of the Blessed Trinity.

### Whom do we train?

Our courses are aimed at Bishops, Superiors, Priests, Religious, Community Leaders, Head Teachers, Senior Nursing Staff, Chaplains, Rectors, Novice Masters and Mistresses, Formation Teams, and Pastoral Workers. Lay people are also welcome.

“St Anselm’s is the beacon of hope that constantly directs me to the ‘Pearl of great price’ making every day here a privilege and a blessing”

*(SR MARION HENDRICKS, HOLY CROSS, CAPE, SOUTH AFRICA)*

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[www.st.anselm.org.uk](http://www.st.anselm.org.uk)

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# Diploma & Certificate Courses

## • Training effective leaders and facilitators

Leaders and facilitators in the Church require a great depth of understanding of human behaviour, in addition to a solid grounding in the process of spiritual growth. In our unique foundational courses, the special skills necessary in guiding communities, parishes and various groups are learned and practised. All our courses are built on an integrated process of spiritual, psychological and emotional development. The courses are experiential, balancing theory and practice with the help of powerful lectures and training.

## • Towards creative community life

Community is at the heart of life in St Anselm's. Participants affirm and support each other on their journey towards greater wholeness. Relationship building is fostered in praying, learning, relaxing and living together within an international community.

## • Understanding personal growth and development

On our Diploma and Certificate courses, participants gain an overall view of their own development of the person from infancy to old age—particularly adolescence and early adulthood. This knowledge provides a sound basis for personal growth, counselling and spiritual direction, which can be integrated into Formation Programmes.

## • Facilitation theory and practice: a hands-on approach

Counselling skills are practised throughout the course. The focus is on EQ development and the integration of spirituality and psychology by, and among, participants, with the help of skilled therapists.

## • Autumn, Spring and Summer Certificate Courses

These programmes are focused on rekindling spiritual life and further enrichment, fostering a deeper love and understanding of Christ, self and others. The Autumn and Spring courses follow either the first (12 weeks) or second (18 weeks) semester of the Diploma Course.

Picture captions, from left: Students at the Institute; Ramsgate Harbour



**What is Emotional Intelligence (EQ)?**  
EQ is how well you understand and recognise emotions. There is a growing realisation of the importance of EQ development for optimal success in all spheres of life. The concept of emotional intelligence was popularised in 1996 after the publication of psychologist Daniel Goleman's book *Emotional Intelligence: Why It Can Matter More Than IQ*.

**What is EQ Developmental Therapy?**  
EQ Developmental Therapy is a system of clearing the emotions using bodywork and cognitive therapy. When you are hurt emotionally, the body 'clamps' around this pain, locking it inside. People say, for example, that they feel as if they 'have been kicked in the stomach', when something hurtful happens. EQ therapists use the electromagnetic energy in their hands to unlock the 'clamping' that traps emotions, so these emotions can dissipate.

## • Preparation Course for Pastoral Ministry in the UK

Our unique six-week course prepares overseas students for entering pastoral ministry in the UK. Work experience in a UK Parish is included, along with lectures, one-to-one sessions for personal growth and practice, and to acquire pastoral skills.

## • Time for rest and relaxation

The Institute of St Anselm is open to Bishops, priests, religious and lay people who wish to stay for a few days, or a few weeks rest and relaxation. The Institute is a two-minute walk from the beaches of Cliftonville, with Margate main sands nearby. We are also just a few miles from the picturesque Royal Harbour of Ramsgate, and the pretty town of Broadstairs, a favourite of Charles Dickens. The coast, with its many changing moods, offers a beautiful place for walks and reflection. Experience our breathtaking sunsets, which so enchanted the famous artist Turner. The new Turner Art Gallery is open, entry is free. Margate station is 2km away and the fast train to London takes 1 hour 28 minutes. We are also 20 minutes by train from Canterbury, and have a reliable transport system.



# 2012/13 COURSE DATES

**Diploma Course** (30 weeks)  
**Human Development, Leadership, Formation & Community Building**  
25th September 2012— 6th June 2013

**Summer Course 2012** (7 weeks)  
**Certificate in Community & Pastoral Leadership**  
24th June —10th August 2012

**Autumn Certificate Course** (12 weeks)  
**Human Psycho-spiritual Development & Community Building**  
25th September —20th December 2012

The Institute of St Anselm also runs a programme of short courses (see overleaf)

**Spring Certificate Course** (18 weeks)  
**Human Psycho-spiritual Development, Leadership & Community Building**  
8th January — 6th June 2013

**Summer Course 2013** (7 weeks)  
**Certificate in Community & Pastoral Leadership**  
23rd June —9th August 2013

**Preparation Course for Pastoral Ministry in the UK** (6 weeks)  
This course runs for six weeks during our normal term times. You can join from:  
\*25th September 2012 \*8th January 2013 \*9th April 2013

EQ bodywork (see opposite) is included as part of the Diploma and Certificate courses, but is also offered as a stand-alone option.

## Meet the residential team/Guest Lecturers



◀ **Miss Thalia Slinn** Dip Counselling, EQ Therapist  
A trained EQ development therapist with over 10 years' experience, Thalia runs the EQ workshops.

▶ **Sr Mary Goretty** FSJ BEd, MA Couns, PhD  
Assistant Director, supervisor and lecturer.



◀ **Miss Claire McGuire**  
As Registrar, Claire is responsible for running the administration and applications department.

▶ **Fr John McCluskey** MHM, MA, PhD  
Father John is a lecturer on all Diploma and Certificate Courses.



◀ **Sr Marion Hendricks HC**  
Lecturer and Team Assistant.

▶ **Fr Wijnand Huijs** MHM, RON, Dip Counselling  
Father Wijnand is a lecturer on all Diploma and Certificate Courses.



◀ **Sr Marcellina Akello** ESM, Dip Counselling  
Sr Marcellina is a member of staff and team assistant.

▶ **Sr Margaret Taylor** FMM  
Sister Margaret Taylor lectures at institutions around the UK on topics such as re-uniting spirituality and sexuality.



◀ **Miss Pat Grant** Psychologist and counsellor  
Miss Pat Grant lectures at institutions around the UK on topics such as Personal Effectiveness.

▶ **Professor Brian Thorne**  
Emeritus Professor of Counselling at the University of East Anglia.



◀ **Mrs Gerlinde Wilberg** Counsellor, Supervisor and Trainer

## Fr Len Kofler MHM Founder & Director

Institute director Fr Leonard Kofler is a Mill Hill Missionary who is also an accredited psychotherapist, group psychotherapist, supervisor and trainer. He was ordained in 1959. In 1968 he took up further studies in sociology, psychology and pastoral theology and was in charge of formation at a minor seminary. In 1978 Fr Len joined the staff of the Missionary Institute, London, as a lecturer. In 1980 he was elected president and continued to lecture and counsel till July 1985. He also gave lectures for London University Extra Mural Departments. Fr Len founded the Institute of St Anselm in 1984 because he saw the need to train leaders for the Church, and in 1985 the first Diploma Course began. In collaboration with an outstanding team of lecturers, Father Len has designed a well-integrated course programme, which contributes towards the holistic learning, healing and growth of participants.



▶ **Fr Jim McManus** founded Hawkstone Hall, an international Renewal Centre in Shropshire.

▶ **Fr Denis McBride** CSSR  
A Redemptorist priest from Scotland and author of many books, Fr McBride is now Director of Redemptorist Publications.

▶ **Fr Michael Cunningham** SDB  
A Salesian of Don Bosco and currently Rector of The Salesian community in Bolton.