BGST
CENTRE FOR
SPIRITUAL FORMATION

CERTIFICATE

in Spiritual Accompaniment



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The Centre for Spiritual Formation aims to become a platform where church and marketplace leaders can access a wide range of spiritual formation services and training to develop their spiritual-personal leadership.
These include spiritual direction, retreats, spiritual formation practicums and also spiritual accompaniment.





CERTIFICATE

in Spiritual Accompaniment

What?

The Certificate in Spiritual Accompaniment equips Christians to accompany others in the workplace and the church through trusting and authentic conversations about their inner and spiritual lives. By becoming trained, compassionate listeners, spiritual companions accompany and support men and women in cultivating a deeper self-awareness rooted in God's presence, loving action, and guidance in every sphere of life - at home, in the workplace, and in the church.

Who?

This programme is designed for Christian leaders who desire to provide spiritual care, guidance, and leadership within their churches, workplaces, or ministry contexts.

Learning Objectives and Competencies

Deepen your awareness of God's love for you and your prayer life (self-leadership & development).

Develop active, contemplative, and evocative listening and questioning skills and a basic ability in the discernment of the spirits to guide those you lead at work.

Deepen others' relationship with God through the provision of spiritual companionship.

Programme Overview

Modules

4 modules
(9-12 hrs each, over
2-5 sessions per module)

Hybrid Format

In-Person
Zoom

Learning Methodologies

Lectures and facilitated discussions
Role plays and practicums
One-to-one spiritual direction
Group retreat and group spiritual direction
Prayer sessions

Course Design and Considerations

To become faithful and discerning spiritual companions, participants must first experience the very rhythms and relationships they hope to offer to others. Module 1 is therefore designed as a month-long group spiritual retreat offering both group and individual spiritual direction, and providing space to be deeply rooted in God's love and attentive to His presence. This sacred foundational experience prepares the way for Modules 2 to 4, which progressively develop the attitudes and skills of listening, accompaniment, and discernment.

FOR THIS REASON, THE CERTIFICATE IS OFFERED ONLY AS A COMPLETE PROGRAMME. INDIVIDUAL MODULES ARE NOT AVAILABLE FOR SEPARATE ENROLMENT.

To honour the spiritual and communal nature of this journey:

- Full commitment and regular attendance are required throughout the programme.
- All applicants will be invited for an interview to prayerfully discern their readiness and suitability. This considers factors such as their current season of life, spiritual journey, and ability to participate fully in the learning and formational process.

Modules



Encountering Divine Love

Immerses participants in God's love and presence through a month-long group retreat of prayer, silence, and spiritual direction, forming the essential interior foundation from which accompaniment flows.

Format: 3 sessions (12 hrs)
Practicum: Two 1-hour individual spiritual direction sessions and three group spiritual direction sessions.



Companionship - The Gift of Self to Others

Explores the biblical, theological, and foundational principles of spiritual companionship, inviting participants to examine their own motivations and interior dispositions as they learn to offer an authentic, Christ-centred presence to those they accompany.

Format: 2 sessions (12 hrs)
Practicum: One 1-hour individual spiritual direction session.



Contemplative Listening in Spiritual Companionship

Develops the attitudes and skills of contemplative listening, compassionate presence, and spiritually attentive conversation, forming participants to attend to another and to God's movement within the encounter.

Format: 2 sessions (12 hrs)
Practicum: Guided practice in various forms of contemplative and spiritual listening.



Spiritual Discernment & Companionship Practicum

Draws together learning from across the programme as participants deepen their practice of spiritual accompaniment and discernment, exploring principles and resources for discerning God's movement in the lives of others.

Format: 2 sessions (12 hrs)
Practicum: One 1-hour individual spiritual direction session and one group spiritual direction session.

Instructors & Spiritual Directors

The programme is led by BGST spiritual directors Anthony Siow, Janice Chern, and Anita Yap, who instruct the four modules.

Participants are accompanied throughout the programme by BGST spiritual directors Janice Chern, Anita Yap, Vedamanickam Sebastian, and Kenny Chee, who provide individual and group spiritual direction as an integral part of the formational journey.



Anthony Siow
Spiritual Director

Anthony is a spiritual director trained in the Ignatian tradition at the Sentir Graduate College of Spiritual Formation (later the Jesuit College of Spirituality) under the University of Divinity in Australia. He is a certified Giver of the Ignatian Spiritual Exercises.

Anthony left behind a fulfilling advertising career, channelling his creativity and love for the arts into his ministry, SEE.K, which helps Christians find God in music, dance, drama, film and other creative ways of encountering God. In this way, Anthony hopes to reclaim those so-called secular spaces back for God. Anthony also regularly leads silent retreats here and overseas.

Anthony's ecumenical vision for his ministry has attracted Christians from different faith traditions to its programs. This extends to his work as a spiritual director and adjunct lecturer at the Biblical Graduate School of Theology since 2018. He also conducts regular retreats and formational sessions for groups and church teams. Anthony is currently Advisor to BGST Centre for Spiritual Formation.



Anita Yap
Spiritual Director

Anita is a spiritual director formed in the Ignatian tradition. She received her training with the Lanteri Centre for Ignatian Spirituality in Denver, USA and Kardia Formation based in Australia. While Ignatian spirituality has been providing guide-posts for Anita's growth in her friendship with Jesus, she also draws much inspiration and learning from the best of Carmelite and Franciscan spirituality. Her calling towards spiritual direction is a culmination of many grace-filled years of being spiritually nurtured by God's loving presence in silent retreats and having been accompanied by spiritual directors who supported her discernment and journey of surrender to God's plan for her life.

Anita has been coaching leaders, facilitating leadership and organisational development since 2005 when she transited out of full-time employment to running her own consultancy. She facilitates highly engaging workshops on leadership, facilitation skills, coaching & mentoring, and generative conversations. She is currently an Associate Facilitator with the Civil Service College, Social Services Institute and Greenleaf Centre for Servant Leadership (Asia). She is a certified professional facilitator & coach. She is also a certified facilitator for Lead Like Jesus by Ken Blanchard. Anita is married with 4 children.



Janice Chern
Spiritual Director

Janice brings over 16 years of pastoral ministry experience, having served in a range of roles spanning youth and young adult ministries, congregational leadership, discipleship pathways and life groups. She is passionate about nurturing church renewal through the intentional integration of teaching, team learning, spiritual formation, and pastoral care. She holds a Master of Arts in Intercultural Studies from Fuller Theological Seminary and is a trained spiritual director in Contemplative Spiritual Direction Programme with PADERI (Pastoral Development & Renewal Initiative Malaysia). Her ministry also includes church consultancy and curriculum design. Janice is currently Manager of BGST Centre for Spiritual Formation.

Janice enjoys accompanying individuals, groups, and churches through formational learning experiences, retreats, and spiritual direction. Her desire is to create spaces where people encounter God's renewing presence, receive wisdom for the journey, and grow in faithful participation in the world.



Vedamanickam Sebastian
Spiritual Director

Veda received his formation in spiritual direction at the Centre for Ignatian Spirituality, Philippines. He also has an Advanced Diploma in Theology from the Catholic Theological Institute of Singapore. He has been giving spiritual accompaniment since 2006. He belongs to the Sojourners' Companions where he gives an introduction to prayer using scripture through the Week of Guided Prayer as a Prayer Guide. He is member of the Christian Life Community (CLC) which has chosen the Ignatian Spirituality as their way of life in the world. He is a Group Guide to a CLC group in Singapore.



Rev. Kenny Chee
Spiritual Director

Kenny completed the Spiritual Direction Formation Programme with Life Direction Singapore and holds a Master of Theology in Spiritual Formation from AGST Alliance, alongside a Bachelor of Theology from Trinity Theological College. With forty years of pastoral experience, including service as Senior Pastor of his home church, Kenny has a particular heart for accompanying pastors and Christian leaders in their walk with God and their attentiveness to the Holy Spirit. He currently serves as a spiritual director in his home church and for retreats organised by Trinity Theological College.

Module 1

Encountering Divine Love



Module Purpose

This is a group spiritual retreat drawing participants into an extended experience of prayer, silence, and spiritual direction. Through group and individual spiritual direction sessions, participants are invited to receive more deeply the reality of God's love, such that they can better love themselves in order to love others as spiritual companions.

Register for the Certificate

bgst.xyz/CSA

Dates

2 January 2027 (Sat)
9:30 am - 5:00 pm | In-person

16 & 23 January 2027 (Sat)
Individual spiritual direction (TBD)

30 January, 13 February 2027 (Sat)
9:30 am - 5:00 pm | In-person

Module 2



Companionship – The Gift of Self to Others

Module Purpose

This module explores what a spiritual companion is, and what they do. Participants are invited into self-examination of their motivations, images of God, and the interior dynamics that shape the way they are present to others, growing in the self-awarness that is at the heart of authentic companioning.

Learning Goals

Through this module, learners will:

1. Understand the role, key dispositions, and practices of a spiritual companion, as distinct from those of a spiritual director or mentor.
2. Examine their personal motivations, desire, and readiness to accompany others.
3. Cultivate the interior disposition of a non-judgmental, non-fixing, authentic, and compassionate companion.
4. Develop a receptive heart and cooperative heart towards the work of the Holy Spirit.
5. Grow in self-awareness by examining their images of God and the spiritual and psychological dynamics that shape their presence to others.
6. Deepen their capacity to love God, themselves, and others.

Register for the Certificate

bgst.xyz/CSA

Dates

27 February 2027 (Sat)
9:30 am - 5:00 pm | In-person

6 March 2027 (Sat)
9:30 am - 5:00 pm | In-person

13 March 2027 (Sat)
Individual spiritual direction (TBD)

Topics

1. Why Do I Want to Be a Companion?
2. Definitions and Disposition of a Companion
3. How is Companioning Different From Other Roles Such As Mentoring and Spiritual Direction?

Module 3

Contemplative Listening in Spiritual Companionship

Module Purpose

Contemplative listening is a discipline and gift foundational to the Christian life of loving God and neighbour, enabling us to be more deeply present to God's movement in the lives of those we accompany. This module introduces the principles and prayerful practices of contemplative listening through the contemplative/evocative model of spiritual conversation, developing participants' capacity to listen with attention, compassion, and spiritual discernment.

Learning Goals

Learners will:

1. Understand the nature and practice of contemplative listening as a gift and discipline for spiritual accompaniment.
2. Develop contemplative attentiveness, i.e. a deepened capacity to listen to God, to others, and to oneself.
3. Practise the skills of active, compassionate listening, including attending and responding with a non-judgmental presence.
4. Apply the contemplative/evocative model of spiritual conversation to support the personal and spiritual growth of those they accompany.

Register for the Certificate

bgst.xyz/CSA

Dates

20 March 2027 (Sat)
9:30 am - 5:00 pm | In-person

3 April 2027 (Sat)
9:30 am - 5:00 pm | In-person

Topics

1. Introduction to Contemplative Listening
2. Foundations of Contemplation and Listening Practice/ Mindful Listening
3. Attending and Responding Skills and Non-judgmental Listening
4. Experience, Feelings, Mind, and Body as Bearers of Knowledge

Module 4



Spiritual Discernment & Companionship Practicum

Module Purpose

There are two parts in this module.

Part 1 will explore how we discern God's desires in navigating our daily lives with Jesus. We begin by examining how our desires may align or misalign with God's desires. We will also learn a framework for discernment in personal decision-making. Students will also learn how co-discernment enables us to clarify what the Spirit says to us through others.

Part 2 is a spiritual companionship practicum which students will undertake, while under spiritual direction.

Learning Goals

Learners will:

1. Examine one's desire for an intimate relationship with Jesus.
2. Differentiate the voices within ourselves and voices outside of us that move us towards or away from God.
3. Explore a framework for discernment in personal decision-making and group discernment.

Register for the Certificate

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Dates

10 April 2027 (Sat)
9:30 am - 5:00 pm | In-person

24 April 2027 (Sat)
Individual spiritual direction (TBD)

8 May 2027 (Sat)
9:30 am - 5:00 pm | In-person

Topics

1. The End in God's Mind: What is God's Desire For Us?
2. The Purpose of Discernment
3. Discernment Framework for Personal Decision-Making
4. Discernment & Companionship: How Do We Co-Discern in Groups?

2027 Schedule

Certificate Implementation Schedule

Modules/ Sessions	Dates	Details
	Nov 3 (Tue) 7:30pm	**Pre-Course Briefing for ALL participants**: Get to know the Cohort and Course Briefing (1 hr, Zoom)
1.1	Jan 2 (Sat)	**Encountering Divine Love** (6 hrs, In-person) with Group Spiritual Direction
ISD1	Jan 16 (Sat)	**Encountering Divine Love** 1-to-1 Spiritual Direction
ISD2	Jan 23 (Sat)	**Encountering Divine Love** 1-to-1 Spiritual Direction
1.2	Jan 30 (Sat)	**Encountering Divine Love** (3 hrs, In-person) with Group Spiritual Direction
1.3	Feb 13 (Sat)	**Encountering Divine Love** (3 hrs, In-person) with Group Spiritual Direction
2.1	Feb 27 (Sat)	**Companionship** (6 hrs, In-person)
2.2	Mar 6 (Sat)	**Companionship** (6 hrs, In-person)
ISD3	Mar 13 (Sat)	**Companionship** 1-to-1 Spiritual Direction
3.1	Mar 20 (Sat)	**Contemplative Listening** (6 hrs, In-Person)
3.2	Apr 3 (Sat)	**Contemplative Listening** (6 hrs, In-Person)
4.1	Apr 10 (Sat)	**Spiritual Discernment** (6 hrs, In-person)
ISD4	Apr 24 (Sat)	**Spiritual Discernment** 1-to-1 Spiritual Direction
4.2	May 8 (Sat)	**Spiritual Discernment** (6 hrs, In-person) with Group Spiritual Direction
Completion of CSA		
	May 22 (Sat)	**BGST Convocation**

Cost

Please note that meals are not included in the course fee.

SPECIAL COURSE FEE	Rate (after discount)
Pastors and Parachurch leaders	**$1,350**
Marketplace leaders	**$1,950**

Implementation

1. Module 1 is offered as a month-long group spiritual retreat. During this module, students will participate in three Group Spiritual Direction sessions as part of the class. In addition, Individual Spiritual Direction sessions 1 and 2 will be scheduled with each student's assigned Spiritual Director.
2. Module 2 provides the theoretical basis for Module 3. Individual Spiritual Direction session 3 will be scheduled between Module 2 and Module 3.
3. Module 4 is a practicum in spiritual companionship, during which students will also develop skills in spiritual discernment. Individual Spiritual Direction session 4 will be scheduled before the final class, and the module will conclude with a final Group Spiritual Direction session during the last class.

Credit Transfer

Students who complete the Certificate upon submission of the required assignments can transfer 1.5 practicum Academic Units (AU) to BGST's postgraduate programmes (e.g. Graduate Diploma, MATIS and MDiv).



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For inquiries, contact us.

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Disclaimer:
All information contained in this brochure is accurate at the time of production but is subject to change.