

One-Year Diploma Course in Psycho-Spiritual Integration (designed for junior religious sisters)

15 June 2026 to 15 March 2027

The course is designed for the junior religious sisters to accompany them in their vocational journey through psycho-spiritual integration.

- ▶ Intensive Psycho-Spiritual Accompaniment (Vocation Growth Sessions (VGS))
- ▶ Workshops for Personal Healing (Inner child therapy, intensive journaling, transactional analysis etc.)
- ▶ Basic Psychological Courses, Counselling Skills, Psychopathology
- ▶ Psycho-Sexual Integration Programme
- ▶ Psychotherapy practicum and clinical supervision

Total seats: 10

One-Year Diploma Course in Psycho-Spiritual Renewal for religious sisters and priests (15 June 2026 to 15 March 2027)

- ▶ Intensive Psycho-Spiritual Accompaniment (Vocation Growth Sessions (VGS))
- ▶ Anthropology of Christian Vocation (interdisciplinary)
- ▶ Psychotherapies (i.e., NLP, AMR, Gestalt, REBT, and Psychodynamic Therapy)
- ▶ Various psycho-spiritual and theological courses
- ▶ Psychotherapy practicum and clinical supervision

Total seats: 10, age limit: Under 45

Three-Month Certificate Programme in Motivational and Psychological Assessment of Candidates For Consecrated Life and Priesthood (For religious sisters only) 15 June 2026 to 15 September 2026

This three-month course is specifically designed for formators and superiors, enabling them to assess candidates' motivations for religious life and priesthood through the utilization of psychometric tests. It follows the assessment methodology of the Institute of Psychology, Pontifical Gregorian University, Rome. The course comprises:

- ▶ Models of Formation
- ▶ Anthropology of Christian Vocation Attachment Issues Among the Candidates
- ▶ How to take in-depth interviews based on a psychodynamic approach.

- ▶ Psychopathology
 - ▶ Transaction Analysis & Counselling Techniques
- Total seats: 10, age limit: Under 50

Three-Week Short Course for Formators April 29 - May 19, 2026

This is a three week course specially designed for formators. It attempts at dealing with the question of how freedom to respond responsibly to one's vocation is hampered by certain internal psychological blocks that can affect their motivation. The course deals with the resources of facilitating psycho-spiritual integration for candidates through healing and growth-oriented helping techniques like counselling and spiritual direction. The course comprises:

- ▶ Models of Formation, Anthropology of Christian Vocation
- ▶ Psychopathology, Personality Styles
- ▶ Relationship Patterns, Attachment Issues Among the Candidates
- ▶ Diagnostic Tests, Counselling Skills
- ▶ Spiritual Direction & Psychotherapy
- ▶ Community Dynamics

Total seats 30, No age limit

Other Services

Counselling and Psychotherapy:

Individual Therapy and Spiritual Direction to priests and the religious.

Vocational-Motivational Awareness Assessment Programme: (MAAP)

Contact details for Registration:

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**Admissions
are open till
2026 April 30**



TO TRANSCEND AND TO TRANSFORM

Since 1992

TO TRANSCEND
& TRANSFORM

Formators' Course & Other Courses in Psycho-Spiritual Integration for Priests & Religious 2026-27



With Utmost Commitment to
Catholic Teachings

**DENAHALAYA INSTITUTE OF
FORMATION & COUNSELLING**
PUNNAPRA ALAPPUZHA, KERALA



Denahalaya, a venture of the Archdiocese of Changanacherry, is an institute dedicated to the formation of the formators founded by Late Rev. Dr. Thomas Thyparampil who was the Director of NVSC, Pune, for 12 years, and the Director of Denahalaya for 19 years.

One-Year Diploma Course in Formative Spirituality & Pastoral Counselling (Formators' Course) 15 June 2026 to 15 March 2027

Specially designed for Formators, Superiors, Spiritual Directors, or those involved in Pastoral Ministry or aspiring to be. The course focuses on developing skills and theories necessary for both assessing and accompanying future candidates to priesthood and religious life.

- ▶ Anthropology of Christian Vocation (interdisciplinary)
- ▶ Intensive Personal Accompaniment (Vocation Growth Sessions)
- ▶ Psychotherapies (i.e., NLP, AMR, Gestalt, REBT, and Psychodynamic Therapy)
- ▶ Various Psycho-Spiritual and Theological courses
- ▶ Special Training in School Counselling
- ▶ Clinical Internship & Guided Supervision

Total seats 20 (15 Religious Sisters and 5 priests)
age limit: Under 45

Two-year Master's programme in Clinical Psychology (IGNOU) along with Diploma Course in Formative Spirituality & Pastoral Counselling (Formators' Course) 15 June 2026 to 30 March 2028

For Formators, Superiors, Teachers, Counsellors & Therapists.

- ▶ The Master level course intends to equip them with an integrated vision of clinical psychology from a Christian anthropological perspective.
- ▶ The students will simultaneously register for M.A. Psychology (specialization Clinical) (IGNOU) so that they can obtain a nationally recognised Post-graduate degree.
- ▶ Anthropology of Christian Vocation (interdisciplinary)
- ▶ Intensive Personal Accompaniment (Vocation Growth Sessions)
- ▶ Psychotherapies (i.e., NLP, AMR, Gestalt, REBT, Psychodynamic Therapy etc)
- ▶ Various Psycho-Spiritual, Biblical, and Theological Courses
- ▶ Clinical Internship & Guided Supervision
- ▶ Special Training in School Counselling

Total seats: 15 (10 Religious Sisters and 5 priests)
age limit: Under 45

Three/Four-Year B.Sc. in Psychology + Psycho-Spiritual Integration (designed for junior religious sisters only) 15 June 2026 to 30 June 2029

This programme is designed to accompany junior religious sisters in their vocational journey through structured psycho-spiritual integration courses. Along with the programme at Denahalaya, participants will be enrolled

as regular students at Mar Gregorios College, Punnapra, which is affiliated with the University of Kerala. The enrolled students will undergo the entire formation process at Denahalaya. Eligibility: Plus Two/50% (VHSE, CBSE, ICSE/HSE). The integrated course comprises:

- ▶ Anthropology of Christian Vocation (interdisciplinary)
- ▶ Intensive Psycho-Spiritual Accompaniment (Vocation Growth Sessions – VGS)
- ▶ Psycho-Sexual Integration Programme
- ▶ Regular B.Sc. Psychology classes

Total seats: 5, age limit: Under 35

M.Sc. in Counselling Psychology + Psycho-Spiritual Integration (designed for religious sisters) 15 June 2026 to 30 June 2028

The course is designed for the religious sisters to accompany them in their vocational journey through psycho-spiritual integration courses. Along with the programme at Denahalaya, participants will be enrolled as regular students at Mar Gregorios College, Punnapra, which is affiliated with the University of Kerala. The enrolled students will undergo the entire formation process at Denahalaya. Eligibility: Bachelor's degree in Psychology from a recognised university with a minimum of 60% marks. Admission is also open to those who have studied at least one paper in psychology, or related subjects like child development, animal physiology, statistics, animal behaviour, etc. at the graduate level. The integrated programme comprises:

- ▶ Intensive Psycho-Spiritual Accompaniment (Vocation Growth Sessions (VGS)
- ▶ Psycho-Sexual Integration Programme
- ▶ Psychotherapy practicum and clinical supervision
- ▶ Regular M.Sc. Psychology classes

Total seats: 3, age limit: Under 40