



Ignatian Spirituality in the Work of the School Psychologist



Jesuit Education Australia and Jesuit Companion
Schools Association

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The School Psychologist: What do they do?

- Provide counselling to students individually or in groups.
- Assess students with more specific wellbeing and learning needs.
- Work collaboratively with teachers, parents and specialist staff.
- Provide interventions for learning, engagement and positive student outcomes.
- Help children and young people to achieve academic success, psychological health and wellbeing and social and emotional wellbeing.



School Psychologist in a Jesuit Context

Cura personalis



Ignatian Spirituality and Psychology

Ignatian Spirituality

- The Spiritual Exercises
- Prayer and contemplation
- The Examen
- Discernment
- Indifference

Contemplative Psychology

- Mindfulness
- Meditation
- Introspection
- Self-awareness
- Metacognition
- Self-regulation



hearing the pain
hearing

Discernment

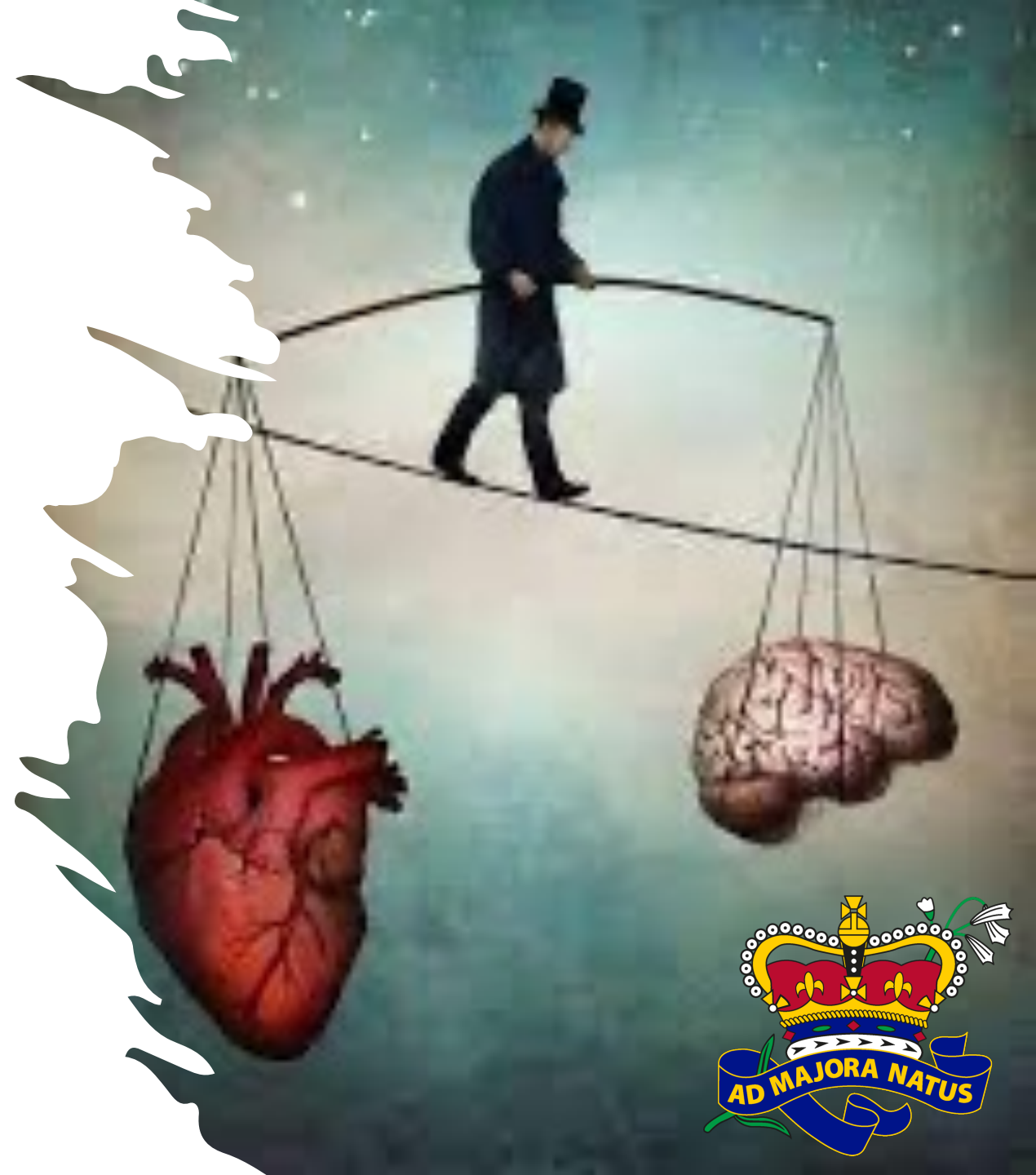
- Choosing between two goods: which is better for you now.
- Judgement.
- To perceive clearly.
- Requires honesty, courage, trust and faith.
- To want to see and understand, even in challenge or uncertainty.



The Wise Mind

“The wise mind is **the balance** between the reasonable mind and the emotion mind, it is the middle way.”

- The wise mind requires involves a deep sense of intuitive knowing.
- Requires us to pause, reflect and brings clarity and balance between our emotional state and reasonable state.



The ACT (Acceptance and Commitment Therapy) Matrix



- This idea helps us to discriminate between our internal and external experiences.
- Assists us to identify behaviours that are drawing us away or towards the values we care about.





living truthfully

Purpose and Meaning

- Connection between living with purpose and health and mental wellbeing.
- Purpose and meaning increase positive emotions.
- Allow for self-compassion and that we are enough.
- Challenges us to look at how we are contributing to the bigger picture of life.

MAGIS: connection with purpose and meaning.





Gratitude

“Ignatian spirituality understands gratitude as more than a transient feeling, it is an abiding vision that recognises the gift-nature of everything.”

(Wilkie, Au: An Ignatian Path to Gratitude, July 2010)





The Aloys' EXAMEN

under the Southern Cross

BEING AWARE OF GOD'S PRESENCE TODAY

- ★ What was the best thing I heard?
- ★ What was the best thing I saw?
- ★ What was the best thing someone did for me?
- ★ What was the best thing I did for someone else?
- ★ What can I do to improve tomorrow?

Thank You God



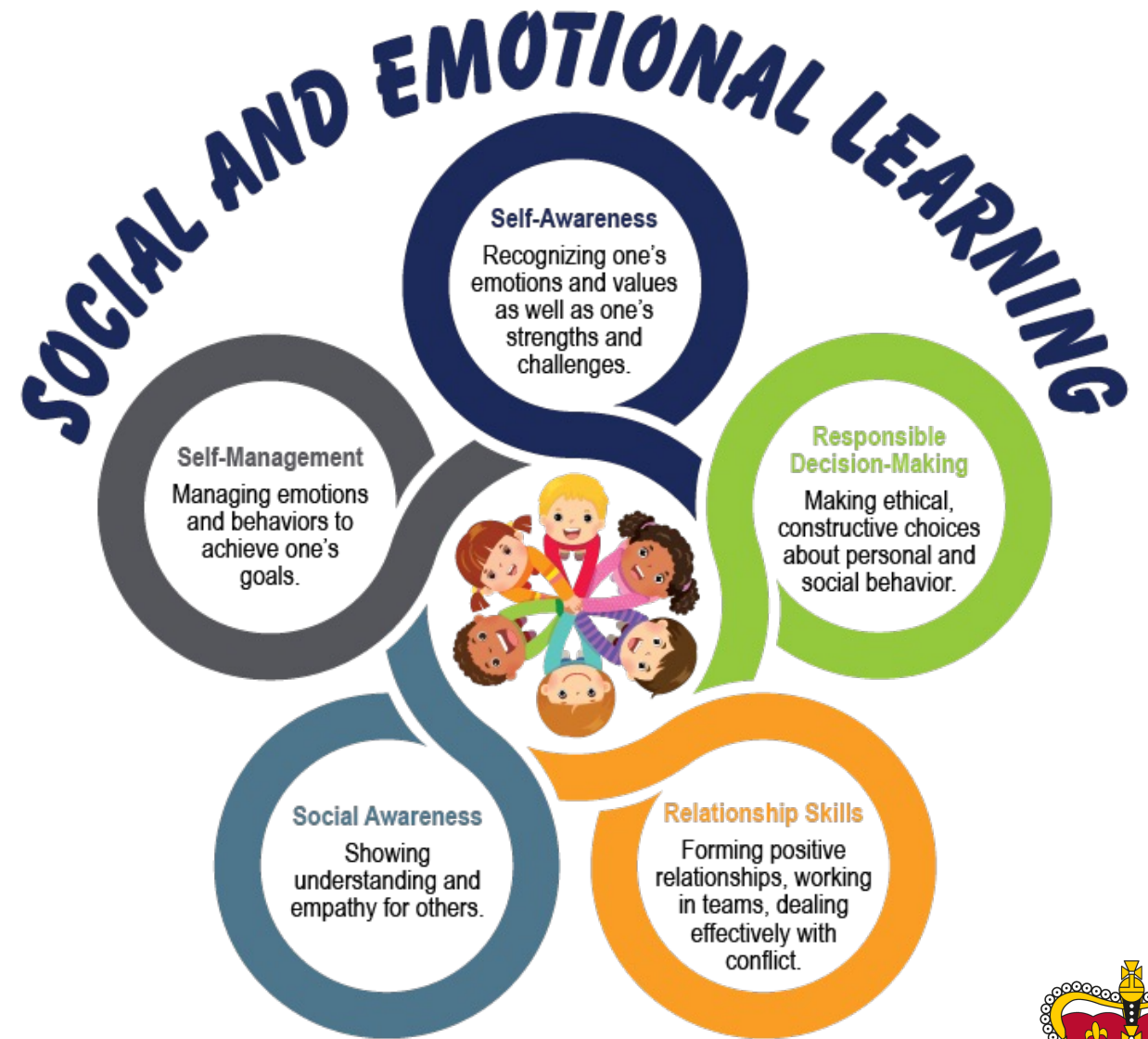
Mind Full, or Mindful?

The Examen and Mindfulness



Social and Emotional Learning Skills

- Self and emotional awareness = contemplative practice, introspection.
- Empathy and compassion = looking to the greater good, the community.
- Relationship = care of the individual, each other.
- Self-awareness = purpose, meaning and discernment.



In
conclusion..



Ignatian indifference is the capacity to let go of what doesn't help me to love God or love others—while staying engaged with what does.

ignatianspirituality.com

- In the work of a school psychologist, we are striving to support the children and young people we work with to "let go" of what holds them back and to remain connected with the things that draw them to living with purpose, meaning and value.
- A nice connection to what we are challenged to do when looking at our spirituality and connection with God.