



The Serra Club of Arlington
Minutes for Tuesday 05 October 2021 Luncheon Meeting
The Portofino Restaurant | Arlington, Virginia



Guest Speaker

Reverend Father David Songy, O.F.M Cap., S.T.D., Psy.D
President and CEO Saint Luke Institute (Silver Spring, MD)

GUEST SPEAKER

Rev. David Songy, O.F.M.Cap., S.T.D., Psy.D., is a psychologist who has extensive experience working with clergy and religious, including integrated psychological and spiritual treatment, multicultural candidate assessments and initial and ongoing formation. He previously served as spiritual director and prefect of studies at Redemptoris Mater Missionary Seminary and held several positions at St. John Vianney Theological Seminary, both in Denver. He also was director of counseling services for the Pontifical North American College in Rome. Fr. Songy served on the Provincial Council for the Capuchin Province of Mid-America and was formation director and safe environment coordinator. He holds a doctorate in psychology from the University of Denver, a doctorate in sacred theology from the Teresianum in Rome and a master's degree in pastoral counseling from Loyola College.

Highlights from the talk (no order):

- Seminarian candidate assessments is his specialty area
- Priests have psychological problems and need “treatment”
- Rehab centers have been established to address and help the priests
- Key areas of treatment included but are not limited to depression, anxiety and addiction
- Treatment teams consist of two psychologists and one director
- Both the psychological and Spiritual need to be supported
- Some loose sense of being a priest and need to “rebuild that”
- Pressure of transitioning to a pastor contributes to the problems and transition time from priest to pastor can range from “quick” to 20 years
- Outpatient program can consist of treatment during the week and “someplace” during the weekend