

Rev. Babu Sebastian, CMF

Curriculum Vitae

Personal Information

Name: Babu

Surname: Sebastian

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Languages known: English, Italian, Spanish, Malayalam, Hindi

Academic Formation

1992-1994: Studies in Philosophy at Dharmaram Vidya Kshetram (Pontifical Athenaeum of Philosophy and Theology), Bangalore, India. *B.Ph*

1995-1998: Studies in English, Psychology and Journalism at Bangalore University, Bangalore, India. *BA*

1999-2002: Studies in Theology at St. Peter's Pontifical Institute of Theology, Bangalore, India. *B.Th.*

2002-2004: Diploma in Formators' Training Programme at Institute for Formators, Bangalore, India.

2004-2006: Studies in English Language at Nagpur University, India. *MA Eng.*

2007-2011: Studies in psychology and psychotherapeutic formation at the Institute of Psychology of the Pontifical Gregorian University, Rome. *Lic. Psy.*

2011-2014: Doctoral studies in psychology at the Institute of Psychology of the Pontifical Gregorian University, Rome. *PhD.*

Topic: *From Restoration of the Self to the Recovery of Human Mystery: A Comparative Study on the Understanding of the Human Person and the Process of Therapeutic Change in Self Psychology and in Christian Anthropology.*

Areas of Research Interest

- *Psychology and Spirituality of Priesthood and Consecrated Life*
- *Psychology and Formation of Priests and Religious*
- *Psychotherapy and Spiritual Direction*
- *Anomalous Experiences in Human Life: Scientific and Religious Bases*

Work Experience

2003 - 2006: Formator and teacher at Claretian Ashram Institute of Philosophy and Major Seminary, Wardha, Maharashtra (India).

2013: Assistant lecturer at *Claretianum*, Institute of the Theology of Consecrated Life of the Pontifical Lateran University in Rome.

2014 – 2016: Lecturer in charge of Psychology of Religion at the Monastic Institute of the Pontifical Athenaeum of S. Anselm, in Rome

2014 – 2017: Lecturer in charge of Psychology and Consecrated Life at *Claretianum* (Institute of the Theology of Consecrated Life) of the Pontifical Lateran University.

2014 – 2018: Lecturer in charge at the *Institute of Psychology* and *Centro San Pietro Favre* of the Pontifical Gregorian University.

Since 2017: Associate professor at *Claretianum*, Institute of the Theology of Consecrated Life of the Pontifical Lateran University in Rome.

Since 2018: Invited professor at the *Institute of Psychology* and *Centro San Pietro Favre* of the Pontifical Gregorian University.

Since 2018: Administrator at *Claretianum*, Pontifical Institute of the Theology of Consecrated Life of the Pontifical Lateran University in Rome.

Since 2012: Spiritually integrated psychological accompaniment for consecrated persons at Claretianum, Rome.

Since 2014: Supervision of students doing internships at the Institute of Psychology of the Pontifical Gregorian University

Courses taught at Claretianum - Institute of the Theology of Consecrated Life of the Pontifical Lateran University (Since 2013)

- *Psicologia e vita consacrata* (corso fondamentale)
- *“Poiché dicono, ma non fanno” - (Mt 23,3): Una lettura psicodinamica del fenomeno della doppia vita fra i consacrati/e*
- *Introduzione alla tutela dei minori nel contesto della formazione dei consacrati/e*
- *Comunità e Leadership – Questioni specifiche della psicologia sociale applicate al contesto della vita consacrata e formazione*
- *Una lettura del fenomeno delle tendenze narcisistiche fra le persone consurate*

Courses taught at the Pontifical Gregorian University (Since 2014)

- *Esperienze anomale nella vita umana: basi scientifiche e religiose*

- *Esperienza spirituale cristiana: difficoltà psicologiche e il discernimento psico-spirituale*
- *Comunità e Leadership – Questioni specifiche della psicologia sociale applicate al contesto della vita consacrata e formazione*
- *Academic Paper Writing*

Courses taught at the Pontifical Athenaeum of St. Anselm (2014-2016)

- *Maturità affettiva e psicosessuale: aspetti psicologici e formativi*
- *Esperienza spirituale cristiana: difficoltà psicologiche e il discernimento psico-spirituale*
- *Psicologia e spiritualità: scienza, storia letteratura e pratica - I & II*

Publications by the author

Books

- BABU SEBASTIAN, *From Restoration of the Self to the Recovery of Human Mystery. An Interdisciplinary Study on the Transformation of Narcissism in Psychotherapy: Psychoanalytic Self Psychology and a Model Based on Christian Anthropology in Dialogue*, Bangalore, Claretian Publications, 2015.
- BABU SEBASTIAN, *Pienamente in Cristo: aspetti psicologici e formativi della vita consacrata*, Milano, Edizioni San Paolo, 2015.
- BABU SEBASTIAN, *Totalmente de Cristo. Aspectos psicológicos y formativos de la vida consagrada*, Madrid, Publicaciones Claretianas, 2015.

Articles

- BABU SEBASTIAN, “The Compelling Power of Strong Ideals and Values: An Examination of How Strong Ideals and Values in the Self Influence a Life of Fidelity and Commitment in Consecrated Life.” in *Claretianum ITVC*, n.s. 15, t.64 (2024) 467-487.
- BABU SEBASTIAN, “The Tragic Man of Heinz Kohut: A Brief Exploration of the Psychological Anthropology of Psychoanalytic Self Psychology” in *GREGORINAUM* 104:3 (2023) 645-663.
- BABU SEBASTIAN, “Following Christ ‘at a distance’: Some considerations on the growing phenomenon of mediocrity in fidelity

and commitment among the consecrated” in *SANYASA Journal of Consecrated Life*, 16:2, (2021) 205-218.

- BABU SEBASTIAN, “Unmasking Moral Hypocrisy among the Consecrated: Some Psychodynamic Considerations”, in *Claretianum ITVC*, n.s. 10, t.59 (2019), 297-320.
- BABU SEBASTIAN, «Una lettura psicodinamica della doppia vita», in *Tredimensioni*, 14:1 (2017), 49-59.
- BABU SEBASTIAN, «Being in Truth and Untruth: A Psychodynamic Reading on the Divided Lives of the Consecrated», in *Sanyasa Journal of Consecrated Life*, 12:1 (2017) 35-49; and in *Claretianum ITVC*, n.s. 7, t. 56 (2016) 339-358.
- BABU SEBASTIAN, “Satya Asathy Jeevitham: Samarpitharile dvaithbhavathekcurich oru manashastra veekshanam” in *Roopeekaranabhashyam*, 12:2 (2017) 24-40. (In Malayalam)
- BABU SEBASTIAN, «Living the vow of religious obedience seen through a psycho-spiritual lens», in *Sanyasa Journal of Consecrated Life*, 11:1 (2016) 41-54; in *Claretianum ITVC*, n.s. 6, t. 55 (2015) 415-432; and in J.C.R. GARCIA PAREDES, ed., *New Horizons in Consecrated Life. Reflections on Renewal and Innovations*, Madrid, Publicaciones Claretianas, 2016, 169-190.
- BABU SEBASTIAN, «Anusarana vrathavum kriathmaka jeevithavum» in *Danahalaya Roopeekaranabhashyam*, 10:1 (2015) 4-15. (In Malayalam)
- BABU SEBASTIAN, «Narcissistic tendencies among the consecrated: Some psychological considerations based on the Self Psychology model of Heinz Kohut», in *Claretianum ITVC*, n.s. 5, t. 54 (2014) 341-372.
- BABU SEBASTIAN, recensione del libro di Giuseppe, Crea, *Riumanizzare la psicoterapia. Analisi Transazionale e Logoterapia a confronto nel processo terapeutico inteso come ricerca di senso*, Editrice Las, Roma, 2013, in *Claretianum ITVC*, n.s. 5, t. 54 (2014), 392-393.
- BABU SEBASTIAN, «Sanyasa jeevithathile ‘perfectionism’: oru manashastra veekshanam» in *Danahalaya Roopeekaranabhashyam*, 8:2 (2013) 5-20. (In Malayalam)

- BABU SEBASTIAN, «Perfectionism in Religious Living: Some Psychological Considerations» in *Sanyasa Journal of Consecrated Life*, 7:1 (2012) 81-94.

Some of the published materials are available at the following site:

<https://unigre.academia.edu/BabuSebastian>

Conferences and Talks Presented/Courses and workshops conducted

- Participation and presentation of a response paper at the one-day session organized by the Institute of Psychology on the theme, *Speranza: prognosi o illusione?*, at the Pontifical Gregorian University, 5 April 2025, in Rome.
- Conference on the theme: *The impact of behavioural addictions on the life and ministry of the Clergy* for the seminarians and priests in specialization at the Pontifical Irish College, 2 April 2025 in Rome.
- Conference on the theme: *Mediocrity and moral hypocrisy: two significant dangers to fidelity and commitment in consecrated living* for the members of the Missionary College of Antonio Rosmini of the Congregation of Rosminians, 20 December 2024 in Rome.
- Talk on the theme: *L'autoconoscenza (per un cammino più autentico e profondo con sé stessi, con Dio e con gli altri)* for the junior nuns of the congregation of Daughters of St. Paul, 21 November 2024 at Tor San Lorenzo, Rome.
- Talk on the theme: *The phenomenon of divided self-experience and mediocrity among the consecrated persons* for the theology students of the Congregation of the Legionaries of Christ, 16 November 2024, at their major seminary in Rome.
- An online conference for the formators of the Congregation of Rosminians on the theme of *Issues related to psychological assessment as a human growth tool in formation and the importance/role of psychological accompaniment in formation*, 10 October 2024.
- Facilitator at the group discussion in the course on Safeguarding of minors for the recently nominated Bishops (20th September) organized by the Dicastery for Evangelization (Section for the First Evangelization and the New Particular Churches) at the St. Peter the Apostle Pontifical College, Rome, 15-22 September 2024.

- Talks on the theme: *L'autoconoscenza (per un cammino più autentico e profondo con sé stessi, con Dio e con gli altri)* for the junior nuns of the congregation of Daughters of St. Paul, 16-17 November 2023 at Tor San Lorenzo, Rome.
- Online conference for the formators of the Congregation of Claretian Missionaries (Vic, Spain) on the theme: *Accompanying young seminarians in their journey towards affective and psychosexual maturation – formative implications*, 2 August 2023.
- Talk on the theme: *The phenomenon of divided self-experience of consecrated persons* for the students of Religious of the Order of the Most Holy Trinity, Rome, 14-15 June 2023.
- An Online Conference on the theme of *affective and psychosexual maturity and religious formation* for Claretian students preparing for perpetual professions from the East Asian Delegation, 27 February 2023.
- Conference on the theme: *L'autoconoscenza (per un cammino più autentico e profondo con sé stessi, con Dio e con gli altri)* for the junior nuns of the congregation of Daughters of St. Paul, 16-17 November 2022 at Tor San Lorenzo, Rome.
- Conference on the theme: *Celebrating life and mission in Intercultural and Intergenerational communities: Challenges and opportunities* for the members of the general curia of the Congregation of the Missionary Sisters of St. Peter Claver at their generalate in Rome on May 21, 2022.
- Participation in the Weekend Conference of Continuing Education online organized by the International Psychotherapy Institute, Maryland (USA) on *Psychodynamic Synergy Paradigm: The Marriage of Multiple Theories* by presenter Martha Stark, MD, April 22-24, 2022.
- Conference online from Rome via Zoom on the theme: *Assessment in the initial formation: what formators and candidates should know about the assessment and their requirements during the initial formation* for the formators of the Society of Divine Saviour on April 9, 2022.
- Conference on the theme: *L'autoconoscenza (per un cammino più autentico e profondo con sé stessi, con Dio e con gli altri)* for the

junior nuns of the congregation of Daughters of St. Paul, 8 February 2022 at Tor San Lorenzo, Rome.

- Conference for the members of the General Curia of the Congregation of Oblates of May Immaculate at their general curia on the theme: *“Persevering in fidelity and consecrated life today: a psychological reading based on the recent document of the CICLSAL, The gift of fidelity and the joy of perseverance”*, 8 May 2021.
- Conference for the members of the general curia of the Suore Ministre degli Infermi di San Camillo, Rome, on the theme: *“Alcuni principi di iniziazione alla vita adulta nelle comunità religiose”* - 15 October 2020.
- Online conferences for the young priests of Ernakulam-Angamaly Diocese (Kerala, India) (ordained between 2010-2020) on the theme: *“Infidelity and integrity in priestly life: some psychological considerations on helping young priests who may struggle between a life of moral hypocrisy and vocational integrity.”* - 30 May 2020 and 26 June 2020.
- Conference series on the theme: *“Interpersonal relations in community: processes and dynamics”* and on the theme: *“Learning non-violent communication skills – A Language of Life for Religious Communities”* for the Sabbatical group of the Congregation of the Poor Servants of the Divine Providence at their General Curia in Verona, Italy - 20-22 May 2019.
- Workshop on the theme: *“Development and implementation of a human formation program for initial formation with culturally sensitive ways of addressing the issues”*, for the students of licentiate at the Centre for Child Protection of the Pontifical Gregorian University, 03-06 June 2019.
- Conference of Ongoing Formation for all the priests of the Collegio San Paolo, Rome on the theme: *“Formazione all'affettività, alla castità e alla solitudine sacerdotale”* – 9 March 2019.
- Conference for the International Vocational Director's Meeting of the Sacred Heart Congregation at their General Curia in Rome on the theme: *“Understanding and working with families of prospective candidates to religious life – challenges and prospects in the rapidly changing socio-cultural context”*, 6 February 2019.
- Conference series for the formators of the SSC congregation (Dehonians) at their General Curia in Rome on the theme: *“Il discernimento psico-spirituale della vocazione religiosa: aree di attenzione per il formatore religioso nel contesto attuale”* October-November 2018.
- Workshop on the theme *“Le frontiere tra umanità sana e patologia”* for the course of formation of spiritual directors organized by the Institute of

Spirituality of the Pontifical Gregorian University at Convento S. Francesco, Frascati, Roma, 5 May 2018.

- Conference on the theme: “*Youth as a process of growth towards the maturity of individuals: a psycho-socio-cultural description of the youth today.*” for all the vocation directors of Claretian missionaries at the General Curia of the Claretians, Rome, 14 February 2018.
- Conference on the themes: “*La maturità umana e spiritualità*” and “*Alcune problematiche legate alla immaturità umana (narcisismo e doppia vita nella vita consacrata)*” for the members of the general assembly of the Catechist Missionary Sisters of the Sacred Heart at their General Curia at Potenza, 26-27 December 2017.
- Conference on the theme, “*Le relazioni interpersonali. Relazioni simmetriche ed asimmetriche: complessità degli aspetti antropologici personali e di gruppo in gioco e risorse che ci vengono dalla fede*” for the local superiors of the Mediterranean province of the OMI Congregation at Centro San Silvestro, Monte Compatri (RM), 13-14 November, 2017.
- Seminar on the theme, “*Le differenze nell’approccio terapeutico del modello di O.F. Kernberg e di Heinz Kohut nell’accompagnamento terapeutico di persone con disturbi narcisisti*”, for the clinical internship students of the Institute of Psychology of the Pontifical Gregorian University, 23 November, 2017.
- Conference on the theme: ‘*Vocational discernment and psycho-spiritual accompaniment: psychological and spiritual perspectives*’ for the cloistered nuns of the congregation of Clarist sisters at Perugia, Italy, 3 May 2017.
- Conference on the theme: “*Psychological aspects of discernment and spiritual accompaniment*” for the congregation of the sisters of the Most Precious Redeemer at Magliano Sabina, Rome, 5 April 2017.
- Organizes the Forum for the Institute of Psychology on the theme: “*The Self: from fragmentation to Cohesion*” on the *Dies Academicus* at the Pontifical Gregorian University and makes a poster presentation on the theme: “*The sense of Fragmentation of the Self, precedes human destructiveness: the Relation between the sense of the Fragmentation of the Self and the Reality of Sin*”, 15 March 2017.
- Conference on the theme: “*The process of achieving integrity along the vocational journey: some psychological considerations on helping your religious who live a constantly divided life*” for all the young priests of the Claretian missionary congregation in India at Kerala, India on 5 August 2016.
- Conference on the theme: “*Exercise of mercy in the religious community: psychological aspects*” for the religious sisters of Mary Immaculate, in Rome, 7 May 2016.

- Workshop on the theme: “*Anomalous Experiences in Human Life: Their Relevance to Psychopathology and Psychotherapy*” for the staff and students of the Institute of Psychology of the Pontifical Gregorian University, 5 March 2016.
- Course on the theme, “*Internalization of Vocational Values in Consecrated Life: Process and Dynamics*” for the members of the Community of Our Lady of Walsingham, at Abbotswick, Brentwood, (England) from 9-13 November 2015.
- Conference on the theme “*Creative ways of living the vow of obedience in the present times*” for the members of the province of St. Thomas of the Claretian Missionaries in Kerala (India) at their provincial house in Karukutty, Kerala, 30 July 2015
- Conference on the theme: “*Saper leggere oltre il problema: alcune questioni relativi alla formazione dei candidati al sacerdozio e alla vita consacrata*” for the formators and rectors of the congregation of the Legionaries of Christ at their Regina Apostolorum centre in Rome, 07 May 2015.
- Workshop on the theme: “*Accompaniment and discernment in the initial formation*” at the International Congress of Formators for Consecrated Life organized by the Holy See’s Congregation for Institutes of Consecrated Life and Societies of Apostolic Life, held at Hotel Ergife Palace, Rome 09 April 2015.
- Conference on the *present challenges to formation in consecrated life* at Claretian Ashram, Institute of Philosophy, Wardha (India) for Claretian formators and major seminarians, 24 April 2014.
- Workshop for all the novice masters of the Congregation of Augustinians of Assumption on the theme: “*Contribution of psychology in the process of vocational discernment during the period of novitiate*” at their general curia in Rome (Italy) 12 May 2014.
- Course of ongoing formation for the formators of the Congregation of Poor Servant of the Divine Providence on the theme: “*Ongoing formation: Psychological Aspects*” at Verona (Italy) from 24th to 26th April 2013.