

# About the Spiritual Direction Requirement

The Chaplaincy Institute for Arts & Interfaith Ministries, Berkeley, CA

During studies at The Chaplaincy Institute, every student is required to complete a certain number of sessions with an approved Spiritual Director/Spiritual Counselor. ChI is a deep spiritual program, and lots of “stuff” emerges while people are going through it. Having a spiritual director to talk to while you are sorting through all this “stuff” is very helpful indeed.

Spiritual Direction/Spiritual Counseling fees are not included in your tuition fee; these are paid separately under the agreement you make with your spiritual director.

You are asked to work with a Spiritual Director/Spiritual Counselor who has completed a Spiritual Direction Certificate Program (or a close equivalent). All Spiritual Directors require prior approval from ChI. If your chosen Spiritual Director is not a graduate of ChI, we require a copy of their resume or certificate of completion of an approved and certified course of Spiritual Direction or equivalency. Attach it to this form and turn in to the office for our records.

If you have never been to spiritual direction, upon first glance it resembles psychotherapy; the content of the spiritual direction session, however, is quite specifically focused on the seeker’s spiritual life. Spiritual direction can take many different forms. Some spiritual directors work with people of specific religions, usually their own. But often spiritual directors are not tradition-specific in this way, and instead call themselves “interfaith.” An Interfaith spiritual director will help you discern what your spiritual path is, and will encourage you to walk it to the best of your ability—even if it is very different from his or her own path.

A skilled spiritual director will walk with you on your spiritual journey, listen as you uncover your true purpose, and support you as you discover your true path. A good spiritual director will not tell you only those things you want to hear, but will point out things that you may not be able to see because they are too close to your field of vision. Remember: you don’t have to take their word for anything -- you are always the expert on your spiritual life.

For more information on Spiritual Direction, visit <http://www.sdiworld.org>.