

The Chaplaincy Institute

An Interfaith Seminary & Community



2018-2019

Interfaith Spiritual Direction Certificate Program Catalog

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The Chaplaincy Institute and The ChI Interfaith Community

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Student Testimonial

ChI gives you a sense of home, a place to belong, because you develop new relationships with people that you can call upon that you didn't have before, and it doesn't matter what they may call their higher power because the language is universal. I just love everybody at ChI. It is an amazing experience.

—**Willie Ruth Harris**, ChI Interfaith Spiritual Direction Certificate Program Class of 2015-2016



Welcome!

Dear Prospective Student,

Thank you for your interest in the Interfaith Spiritual Direction Certificate Program at The Chaplaincy Institute. This course is intended to give you everything you need to begin a thriving private practice in spiritual direction.

Our Interfaith Spiritual Direction Program teaches a non-directive Interfaith approach. We do not believe in telling people how to think, what to believe, how they are supposed to feel, or what to do in any specific circumstance. We do believe that the person who comes to us for direction is the expert on his or her own spiritual life, and that the person knows, deep down, what is best. Thus, we assist people to discern their own deep inner wisdom and to live with a deeper sense of connection and alignment with Spirit.

The program's four week-long modules are designed for those who anticipate working with clients from a variety of faith traditions, and is well-suited for those of other helping professions who want to add a spiritual guidance perspective to their current work (such as psychotherapists, social workers, health practitioners, ministers and chaplains).

Because of the deep nature of this work, we want to emphasize the need to have adequate support as you begin your studies, and we encourage you to take active responsibility for yourself and your needs throughout the duration of the program. To that end, please be sure you are already working with a spiritual director *before* you begin the program. Likewise, if you feel you might be in need of psychotherapy to help you process the material that might arise during class, please be sure to secure that help for yourself.

Spiritual Direction is an amazing process, and in the process of our learning about it, we will be doing a lot of it with each other! You might find yourself in an uncomfortable place now and then. This is completely normal and is why we ask you to take responsibility for your own needs and to make sure you have a robust support network.

As you will see, in this catalog you will find specifics about the program's curriculum, requirements and the application process. For more information about The Chaplaincy Institute, please see our **About ChI Catalog**. We also provide separate catalogs each for our Interfaith Studies Certificate Program, Spiritual Psychology, Transfer of Ministerial Standing/Dual Ministerial Standing programs. All can be found on our website at chaplaincyinstitute.org.

I am excited to share our next spiritual direction journey with you!

Many blessings,

Rev. Dr. John Mabry, Director

Core Curriculum

NON-DIRECTIVE APPROACH

Our Interfaith Spiritual Direction Certificate Program teaches a non-directive Interfaith approach. We do not believe in telling people how to think, what to believe, how they are supposed to feel, or what to do in any specific circumstances. We believe that the person who comes to us for direction is the expert on his or her own spiritual life, and given time and prayerful or meditative reflection, can discern what is best. Thus, we teach skills to help people discern their own deep inner wisdom and to live with a deeper sense of connection and alignment with Spirit.

ORIENTATION OF PROGRAM

The techniques and concepts taught in this program rely on there being a Divine reality or a larger Self. How each student experiences and names this sacred presence will be quite diverse. Some students will call it “God,” or “Brahman,” “Buddha Nature,” or many other names, but however it is conceived of some acknowledgement and engagement with this Divine reality is essential. Students who do not believe in any Divine reality may be able to engage if they can rest in and trust a transcendent concept of Life seeking wholeness and harmony in all things. Students who do not believe in any Divine reality whatsoever will find this a difficult and frustrating program, since much of our practice depends on a deep trust, connection, and reliance on a Divine reality. *If you have concerns about this, please contact the program director to discuss whether the program is right for you.*

Areas of Study

Spiritual Direction (SD) Skills

- Definitions, varieties and history of SD
- Cultivating Holy Listening
- Directive and non-directive SD
- Methods of Spiritual Discernment
- SD with the Ill, Dying & Bereaved
- Dreamwork for Guiding Non-Religious People
- Guiding Non-Religious People
- Group SD and Group Supervision
- Relationship, Generational, and Sexual Issues

World Religions: Buddhism, Christianity, Hinduism, Islam, Judaism, Native Traditions, Taoism, Zoroastrianism

The Spiritual Experience

- God’s presence in daily life
- Spiritual Life Stories
- Images of the Divine & their impact upon the spiritual life
- Faith Styles & their impact on the SD process
- Dark Night of the Soul
- Varieties of prayer and devotional disciplines
- Addiction and the Longing for Transcendence
- The archetypal spiritual journey

Personal Development & Integration

- Discerning one’s call
- Rules & Ethics: Boundaries, confidentiality, and self-care
- Generational Issues in SD
- Sexual Issues in SD
- Establishing a business practice of SD

CRITERIA FOR GUEST FACULTY

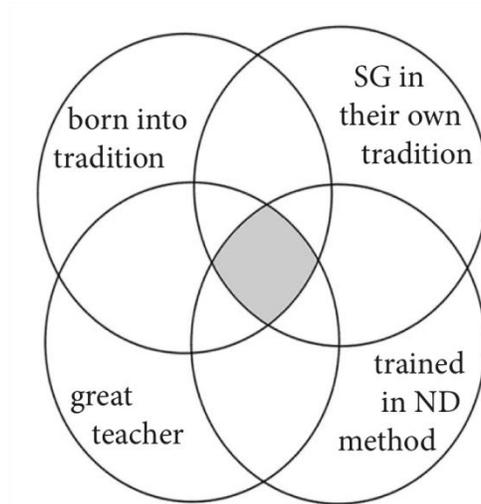
While we train our students to use the non-directive method with everyone, it is nevertheless instructive to learn about how spiritual guidance has traditionally been offered in various world religions. Thus, we bring in guest faculty who are authorized to give spiritual guidance in their own traditions to speak to us about the methods of spiritual guidance used historically in their tradition.

We then ask them to speak to us about what we should know if we work with a client from their tradition—what are some common spiritual goals in that tradition, and what are common pitfalls and struggles for people in that tradition? They may also offer concepts, insights, tools, and techniques from their tradition that will be of use when working with clients of that tradition—or perhaps of any tradition or none. What are the gifts for spiritual guidance that this tradition brings to us?

Ideally, every faculty member would be:

- born into his or her faith
- qualified to do spiritual guidance in his or her own tradition
- trained in the non-directive method as well
- a cracking good teacher

Unfortunately, teachers who fit all four of these criteria are exceedingly rare. If you look at the Venn diagram below, you'll see that the point where all four meet is very small indeed. So, while this is always our ideal, at The Chaplaincy Institute, we aspire to employ guest faculty that possess three out of the four criteria:



In the past, some people have insisted that our professors be born into the tradition, or at least be ethnically from the region where that religion is dominant (for instance, our Hinduism teacher should be from India, etc.). Again, while this might seem ideal, in actual practice many of the people who will come to us for spiritual guidance in the North American context will be North American converts to these faiths. Converts often have very different perspectives on their adopted faiths from those born into them. Because of this, we feel the perspective of converts is valuable in our class room, and while we always strive for diversity, some of our instructors will be converts.

SPIRITUAL DIRECTION POLICY

Students in the Interfaith Spiritual Direction Program are required to be in spiritual direction for the duration of the program (for a total of 30 sessions). Their spiritual directors must be graduates of reputable spiritual direction training programs and each must be in possession of a certificate in spiritual direction. There are no exceptions to this rule. Sessions with transpersonal psychologists, therapists, clergy persons, hypnotherapists, shamans and those in other helping professions may be marvelously beneficial but may not count toward the required 30 sessions. All spiritual directors must be vetted with the Director of the program using the forms provided in the student handbook. Students may, if they wish, work with more than one spiritual director at a time, splitting their sessions between them.

Likewise, spiritual direction supervisors must hold a certificate in spiritual direction supervision—this is a separate and advanced training beyond the standard spiritual direction training. Supervisors must also be vetted with the Program Director. One’s supervisor and Spiritual director must be different people—one person cannot serve both roles for any particular student, even if trained in both roles.

Program Structure

In-Person instruction

Students travel to Berkeley, California, to attend intensive learning modules that focus on practical skills, spiritual direction competencies and guiding people of particular faith traditions. Although each module is different, all of them contain elements of spiritual direction, spirituality, and personal development. During each module a team of core and quest faculty guides students in an integral learning experience, incorporating theoretical, practical, and creative elements. Class content at the modules flows between didactic and experiential artistic and reflective modalities.

Independent study

In addition to intensive learning modules, students work independently on reading, practicum, and spiritual practices. They communicate with faculty and classmates via email and/or social media.

Reading of Assigned Texts: Each module has between 150 and 300 pages of reading material assigned. Ideally, students should read the material before arriving for the module, but materials may be read after the assigned module as well.

Individual Sessions: Each student is required to attend a total of 30 spiritual direction sessions with an approved spiritual director. Spiritual Directors are hired independently of the school and are compensated for their services directly by the student.

Spiritual Direction Practicum Hours: Students provide spiritual direction sessions to real-world clients to develop and hone their spiritual direction skills. This contextual learning gives students the opportunity to integrate learned concepts and techniques into the flow of lived experience. This is where students can test their wings and begin to grow their skills within the supportive structure of our learning community.

Supervision Sessions: Students meet 12 times with a qualified Spiritual Direction Supervisor to review and reflect on their practicum hours.

Personal Spiritual Practice: Each student is required to have a personal spiritual practice to which one is committed. The options for a personal spiritual practice are multiple and flexible. Examples include attendance at a weekly worship service, daily meditation or prayer based on a primary faith tradition, yoga, art, journaling, and so on.

Program Calendar and Daily Schedule

Four intensive learning modules for **5 days**, Monday through Friday, from 9am to 4:30pm each day with occasional evening classes in Berkeley, CA. Although each module is different, each offers opportunities to practice deep listening, spiritual discernment and essential spiritual direction skills. **Attendance is required on all days.**

DATES ARE TENTATIVE

2018 Module Schedule		2019 Module Schedule	
June 25 -29	Module 1	January 7-11	Module 3
August 6-10	Module 2	June 25-28	Module 4

Program Requirements Summary

4 Intensive Learning Modules (5 days each)	30 Individual Spiritual Direction Sessions
18 Practicum Hours	Reading as assigned
12 Supervision Sessions	Personal Spiritual Practice

MID-WAY REVIEW & DISCERNMENT PROCESS

Not everyone is a good fit for the ministry of spiritual direction. While the initial interview process may reveal some behaviors and dispositions inappropriate to the ministry, other discernments will take more time to reveal themselves. After the first two modules of the spiritual direction program, the mid-way point, each student will complete a self-evaluation. Core faculty members will meet to review, discuss and discern any concerns. If a student is not invited to advance, s/he will be given an explanation for the decision but will not be entitled to a refund for the first two modules of instruction.

Certificate Bestowed

All graduates of the Interfaith Spiritual Direction Certificate Program receive a **Certificate of Completion** from The Chaplaincy Institute. Students have the option of having it mailed to them once they have completed their practicum or they can be honored at a one of our **Ordination and Credentialing Ceremonies** held in March and September.



Application Process - Apply Now!

Download Program Application: [PDF](#) or [DOC](#)

This program begins on **August 20, 2018**. Applications are **due by July 31st**. Applications are accepted on a first come, first served basis. Up to 25 students will be accepted into the program.

Prerequisite

Applicants must have engaged in Spiritual Direction for a minimum of 3 sessions before the first day of class.

A written application, application fee, professional resume or CV and letters of recommendation are required. Application materials can be sent in as they are completed; they do not all have to arrive together.

Email the application and materials to admissions@chaplaincyinstitute.org, or **mail** application materials to:

The Chaplaincy Institute
1400 Shattuck Avenue, Suite 14
Berkeley, CA 94709

Application Interviews

We review applications in the order we receive them, within 2 weeks of receiving them. Once reviewed, we will be in contact with you to schedule a 60 minute phone or in-person interview with Program Director Rev. Dr. John Mabry.

More Information

Admissions Manager

510-631-3066

admissions@chaplaincyinstitute.org

Program Fees

[Click here](#) for a description of this program's fees, or visit the website at: <http://chaplaincyinstitute.org/education/interfaith-spiritual-direction-program/fees/>

Other Policies & Fees

[Click here](#) for a description of our payment policies and other fees and costs, or visit the website at: <http://chaplaincyinstitute.org/education/about-academics/other-policies-fees>

Financial Aid

Scholarships

We are committed to making our interfaith education programs accessible to all qualified applicants. In this spirit, ChI is offering scholarships to eligible applicants.

[Download Scholarship Application: PDF or DOC](#)

Work Study Positions

The Chaplaincy Institute (ChI) is committed to making our courses accessible to all qualified applicants. In this spirit, ChI offers a limited number of work study positions to provide partial assistance with tuition fees to students who are enrolled in the Spiritual Direction Certificate Program.

The most important factors that are considered when determining work study awards are a student's financial need, matching of specific skill sets to organizational needs, and student's ability and commitment to keeping a regular work schedule that we can count on and manage to. Work Study awards are applied to Program Fees only and should not be requested to offset expenses associated with other program costs.

[Download Work Study Application:PDF or DOC](#)

Program Leadership



Rev. Dr. John Mabry is the Director of the Interfaith Spiritual Direction Certificate Program for ChI. He has been teaching spiritual guidance for 10 years. A United Church of Christ pastor, John pastors Grace North Church (Congregational) in Berkeley, California and teaches spiritual guidance, world religions and comparative theology at Sofia University, Santa Clara University as well as ChI. He is the author of several books on spirituality and interfaith ministry, including *Growing Into God: A Beginner's Guide to Christian Mysticism*; *Noticing the Divine: An Introduction to Interfaith Spiritual Guidance*; and *Faith Styles: Ways People Believe*, among many others. The landscape of

interfaith may seem as foreign to you as Morocco, or Nepal. For this reason you need guides on the journey who are knowledgeable, who speak the language because they have been there and have learned from experience, or who can join you in finding the way to ask the questions that will point to the next step on the path. Our core faculty helps to expand students' working language of Interfaith Spiritual Direction. They interact with the student's unique gifts of calling and aspiration for spiritual direction in order to support the student's attainment of the skills and competencies necessary for being a professional and successful spiritual director.

ChI Faculty



Rev. Lauren Van Ham, M.A., Dean of ChI's Interfaith Studies Certificate Program, was ordained with the very first cohort of ChI ordinands in 1999, and completed the Interfaith Spiritual Direction Certificate Course in 2006. Before joining the ChI staff in 2010, Lauren served for eight years, as a staff chaplain at St. Mary's Medical Center in San Francisco. From there, she moved to a corporate environment, where she custom-designed employee programs for multi-national companies committed to sustainability and culture change. As part of her evolving call and commitment to "eco-chaplaincy", Lauren served as Executive Director for Green Sangha (a non-profit dedicated to spiritually-engaged environmental activism) from 2004-2006 and currently chairs Fair Trade Berkeley, a group whose dedication helped make Berkeley the 19th Fair Trade Town in the U.S. Lauren holds degrees from Carnegie Mellon University, and Naropa University.



Rev. Amy Brucker, MA, is alumni, former co-director and board member of The Chaplaincy Institute. She currently teaches dreamwork and spiritual marketing in their Interfaith Spiritual Direction Certificate Program. She also teaches spiritual marketing at Sofia University (formerly Institute of Transpersonal Psychology). As a lifework guide, Amy integrates shamanic healing, dreamwork, spiritual guidance, creativity and her background in business and marketing to help people turn their life calling into meaningful work.



Rev. Scott Quinn, M.Div, M.A., was ordained as a Lutheran minister after completing a Masters of Divinity, and served as an associate pastor at a congregation in the Dallas, Texas area for five years. In 2005, he completed a Masters of Spiritual Psychology from the University of Santa Monica and became an educator and spiritual director at an interfaith spirituality center. Since moving to the Bay Area in 2011, Scott has completed ChI's Interfaith Spiritual Direction Certificate Program, Spiritual Direction Program, and Supervision of Spiritual Directors Certificate Programs, and he has transferred his ordination to The ChI Community. After serving as Director of The ChI Community for three years, Scott now serves as Executive Director of the Marin Interfaith Council.

About Us

For more information about The Chaplaincy Institute Seminary & Community, see our [About Us Catalog](#) or visit us on the web at chaplaincyinstitute.org

Other Program Catalogs

We also provide a catalog for each of other programs: Interfaith Studies, Spiritual Psychology, and Transfer of Ministerial Standing/Dual Ministerial Standing.

You will find these on our website or you can request one from Admissions Manager, admissions@chaplaincyinstitute.org or 510-631-3066

Contact us:

Email: chioffice@chaplaincyinstitute.org

Address: 1400 Shattuck Avenue, Suite 14,
Second Floor

Berkeley, CA 94709

Website: chaplaincyinstitute.org



Accessibility Accommodation and ADA Policy

The Chaplaincy Institute is committed to helping students realize their academic potential and eliminate physical, programmatic and attitudes that serve as barriers for students with disabilities. The American Disabilities Act (ADA) of 1990 prohibits discrimination on the basis of disabilities in employment, education, public accommodations, transportation, state and government services, and telecommunications.