



THE CHAPLAINCY INSTITUTE
An Interfaith Seminary & Community

Interfaith Spiritual Direction

Certificate Program Overview

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The Chaplaincy Institute and The CHI Interfaith Community

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Published by CHI Press

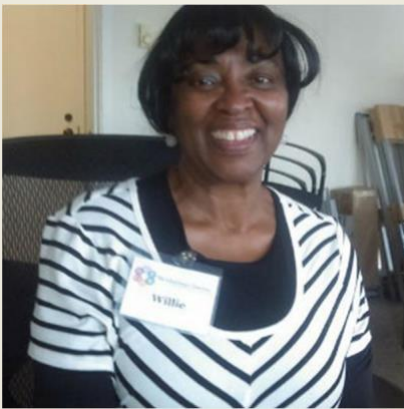
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Student Testimonial

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 of study 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 their 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.

To hear more, and see a segment of spiritual direction as it unfolds, please view this short video: https://www.youtube.com/watch?v=oyeXEQwd2_o

Our program's curriculum and training modules are designed for those who anticipate working with clients from a variety of faith traditions. The training 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.

In this catalog you will find specifics about the program's curriculum, the six three-day modules, the residential retreat and other requirements, plus the application process. For more information about The Chaplaincy Institute and our other programs, (Interfaith Chaplaincy, Transfer of Ministerial Standing/Dual Ministerial Standing and Open Courses) please visit our website at chaplainsinstitute.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, Sufism, 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

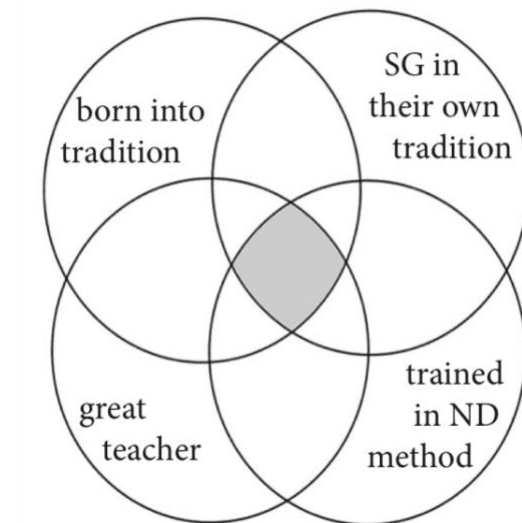
Criteria for Guest Faculty

We bring in guest faculty 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 their faith
- qualified to do spiritual guidance in their 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). It is also a prerequisite that students must have engaged in Spiritual Direction for a minimum of 3 sessions before the first day of class.

Their spiritual directors must be graduates of reputable spiritual direction training programs and 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 do not count toward the required 30 sessions. All spiritual directors must be vetted with the Director of the program using the forms provided on the spiritual direction page on Moodle (our online learning platform). 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 at Retreats

This program will include a gathering in Maine or California, for 4 days in residence in a retreat center. For the retreat week, students will engage in experiential learning and practices better done in person than over Zoom. The retreat is a time of connection to the community of your cohort. All fees for room and board will be paid directly at time of program enrollment, separate from the tuition payment plan.

Live Zoom Instruction

For the six online modules, students will gather on Zoom all day for 3 days for intensive learning modules that focus on practical skills, spiritual direction competencies and working with people of particular faith traditions. Although each module is different, all of them contain elements of interfaith competency, spiritual care skills, spiritual practice, and personal development. During each module a team of core and guest faculty guides students in an integral learning experience,

incorporating theoretical, practical, and creative elements. Class content in the modules flows between didactic and experiential artistic and reflective modalities.

Independent Study

In addition to intensive learning modules, students are required to participate in online classes in the three to six weeks *before* the module dates on Zoom. They also work independently on reading, practicum, and spiritual practices. They communicate with faculty and classmates via Moodle, email and/or social media.

- **Online Classes:** Asynchronous classes before modules are conducted over Moodle, an online classroom platform. Students follow a semi-flexible structure wherein independent work is required for each 3-week class, combined with video viewing and online discussion threads.
- **Reading of Assigned Texts:** Each module has between 300 and 700 pages of independent reading material assigned at least two months ahead. Students should read the material before the Zoom dates and ideally before the Moodle classes begin.
- **Individual SD 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:** Starting after the third or fourth module, 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, over the practicum time of 12 months. This is where students 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, once each month they are seeing clients.
- **Personal Spiritual Practice:** Each student is required to have a personal spiritual practice to which they are 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.
- **Spiritual Community:** Students are required to participate in spiritual community. This can be a spiritual community you are already committed to, or you may take on a new community for the duration of your studies. You do not need to hold the faith of the spiritual community you will be involved in. Examples of spiritual communities include a coven, synagogue, church, sangha, gurdwara, women's ritual group, 12-Step meeting, and many other options.

Program Requirements Summary

On-site Learning Retreat for 4 days, in Maine or California

6 Intensive Modules (3 days each)

18 Practicum Hours

30 Individual Spiritual Direction Sessions

12 Supervision Sessions

Readings and Moodle Classes as Assigned

Personal Spiritual Practice

Program Calendar and Daily Schedule

Students attend **six** intensive learning modules on Zoom for **3 consecutive days**, usually from 9:00 am to 4:30 pm PST. Asynchronous Moodle classes begin three to six weeks before scheduled course dates held on Zoom. Students also attend one four-day intensive learning retreats in person.

Planned attendance is required for all Zoom days and all retreat days. If life intervenes in those plans, a later completion can be arranged.

We usually offer two training cohorts each year. The spring cohorts begin in May, with applications due in February. Fall cohorts begin in October, with applications due in June. Please inquire with admissions regarding upcoming cohort dates: Admissions@chaplaincyinstitute.org

SAMPLE SCHEDULE:

Fall 2023 Cohort Meeting Dates:

One on-site Learning Retreat

October 16 – 20, 2023

Six three-day meetings on Zoom

ChI Culture & Foundations

September 8 - 10, 2023

SD-Only module

November 17 – 19, 2023

Global Spiritual Traditions 1

January 19 – 21, 2024

Global Spiritual Traditions 2

March 22 – 24, 2024

Spiritual Care Concerns

June 14 - 16 , 2024

SD-only

August 9 - 11, 2024

Certificate Bestowed

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



Application Process

Request or download program application:

Admissions@chaplaincyinstitute.org

Applications are due by **June 15th** or **February 15th**. The homework for the first gathering is posted a month after applications are due. Applications are accepted on a first come, first served basis. Only 16 students will be accepted into each cohort, so *we advise submitting your application early*.

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. **Please request the application and then return via email:**

Admissions@chaplaincyinstitute.org

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 remote interview with Program Director Rev. Dr. John Mabry.

Program Fees & Financial Policies

For a description of this program's fees, please inquire with Admissions.

Reduced coursework and tuition discounts are available for students who have previously completed an interfaith chaplaincy program.

Financial Aid

Scholarships and Work Study Positions

The Chaplaincy Institute (ChI) is committed to making our interfaith education programs accessible to all qualified applicants. In this spirit, we offer a limited number of scholarships or work study positions to provide partial assistance with tuition fees to enrolled students.

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.

Please request the Financial Aid Application from Admissions.

Program Leadership

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.



Rev Dr John Mabry is the Director of the Interfaith Spiritual Direction Certificate Program for CHI. He has been teaching spiritual guidance since 2003. A United Church of Christ minister, John pastors Grace North Church (Congregational) in Berkeley, California and has taught spiritual guidance, world religions and comparative theology at CHI and many other Bay Area schools. 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.

Core Faculty



Rev Lauren Van Ham, MA, former 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. Raised under the big sky of the Midwest prairie, Lauren began her professional life as a performing artist in NYC before pursuing interfaith seminary studies in California. She served, for 9 years, as a hospital chaplain focusing in psychiatry, palliative care, and bereavement support. Moved by spirituality and ecology, Lauren's ministry called her to a consulting firm where she custom-designed employee engagement sustainability programs for multi-national corporations. For nearly a decade, she served as Seminary Dean for the Chaplaincy Institute, and interfaith seminary and community. Lauren's passion for spirituality, art and Earth's teachings have supported her specialization in eco-ministry, grief & loss, and sacred activism. Her essay, "Way of the Eco-Chaplain," appears in a collection of

women's work; and her work with Green Sangha is featured in *Renewal*, a documentary celebrating the efforts of religious environmental activists from diverse faith traditions across America. She is a guest writer for "Progressing Spirit." Lauren holds degrees from Carnegie Mellon University and Naropa University. Currently, Lauren serves as Climate Action Coordinator for URI (the United Religions Initiative). She is a spiritual director and guest faculty for several schools in the Bay Area.



Rev Scott Quinn, MDiv, MA, 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, visit us on the web at chaplaincyinstitute.org.

Catalogs for each of our programs, (Interfaith Chaplaincy, Transfer of Ministerial Standing/Dual Ministerial Standing and Open Courses) can be requested directly or found on our website, as well as resources and information about the Interfaith approach to chaplaincy and spirituality.

For more information about any of our programs, or to speak with one of our admissions team members, email admissions@chaplaincyinstitute.org or call 510-843-1422

Contact us

Email: admissions@chaplaincyinstitute.org

Phone: 510-843-1422

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.