

# SPIRITUAL DIRECTION CERTIFICATE

Available Online. The Graduate Certificate in Spiritual Direction is suited to applicants holding a Master's degree or above in theological or ministerial studies, psychology or counseling, psychiatric social work, or health care and who seek to develop and integrate spiritual direction skills and practices into their work. Those not holding such a qualifying degree should apply to the MA in Christian Spirituality, Concentration in Spiritual Direction (<https://catalog.luc.edu/graduate-professional/institute-pastoral-studies/christian-spirituality-spiritual-direction-concentration-ma/>).

For those who have discerned a call to work in specifically Jesuit contexts or in ways that integrate Ignatian Spirituality into their practice, IPS offers a track that trains students to be a director in the Spiritual Exercises of St Ignatius. This option requires that a student have completed the Spiritual Exercises within five years of commencing the Certificate or can commit to doing so during their first year (before entering the contextual education requirement of the Certificate).

## CURRICULUM

The certificate comprises the following courses:

| Code               | Title  | Hours     |
|--------------------|--|-----------|
| IPS 545            | The Foundations of Christian Spirituality    | 3         |
| IPS 501            | Advanced Human Relation Skills               | 3         |
| IPS 430            | Spiritual Direction Development and Practice | 3         |
| IPS 572            | Ignatian Spirituality                        | 3         |
| IPS 578            | Contextual Education Preparation             | 0         |
| IPS 579            | Contextual Education Introduction            | 0         |
| IPS 580            | Contextual Education I                       | 3         |
| <b>Total Hours</b> |  | <b>15</b> |

Students must also complete 4 semesters of spiritual direction. The 30-day or 30-week version of the *Spiritual Exercises of Ignatius of Loyola* will count for 2 semesters of personal spiritual direction.

Students in the Certificate in Spiritual Direction seeking to learn how to direct the Spiritual Exercises of St. Ignatius must have completed the 30-day or the 30-week 19th Annotation format of the Exercises prior to beginning the Contextual Education component of their program. This requirement will be waived for those who have taken the complete Spiritual Exercises within 5 years of commencing their studies at IPS.

The Contextual Education requirement is adapted to enable students of the Certificate in Spiritual Direction to acquire the practical skills for and experience of spiritual direction in learning interaction with their peers and under the supervision of an experienced spiritual director. Students have the unique opportunity to learn to direct and use the Spiritual Exercises of Ignatius of Loyola in and for spiritual direction. They also have the possibility of learning to practice spiritual direction in a spiritual tradition other than Ignatian (e.g., Carmelite, Benedictine, Franciscan, etc.) under the guidance of a trained coach/mentor. Suitable field learning settings may be found in the Chicago area, elsewhere in the United States or in other countries, upon approval by Prof. Dan Rhodes, Faculty Coordinator of Contextual Education.

Applicants holding a Master's degree in psychology, counseling, or psychiatric social work must provide evidence of having completed prerequisite graduate level courses in biblical and foundational theology, typically a 3-credit hour course in Hebrew Scriptures (Old Testament) or New Testament, and a 3-credit hour course in systematic theology.

Applicants from the psychology or counseling fields who have not completed courses in biblical and theological foundations can do so at the IPS by taking courses such as:

| Code    | Title                             | Hours |
|---------|-----------------------------------|-------|
| IPS 416 | Introduction to New Testament     | 3     |
| IPS 417 | Introduction to the Old Testament | 3     |
| IPS 531 | Christian Doctrine                | 3     |

## Graduate & Professional Standards and Regulations

Students in graduate and professional programs can find their Academic Policies in Graduate and Professional Academic Standards and Regulations (<https://catalog.luc.edu/academic-standards-regulations/graduate-professional/>) under their school. Any additional University Policies supercede school policies.

## LEARNING OUTCOMES

By completing the Spiritual Direction Certificates, students will be able to demonstrate:

1. An understanding of key components and considerations for the practice of spiritual direction;
2. Self-awareness of one's own spirituality as it relates to the ministry and practice of spiritual direction;
3. Demonstrate professional skills in and for spiritual direction.