



SCHOOL OF SPIRITUAL DIRECTION

Master of Theology Degree in Spiritual Direction (MTH-SD)

45 Credits

The School of Spiritual Direction provides students with the skill set and knowledge to serve as Spiritual Directors in a variety of settings.

The Spiritual Direction program uses Program Standards to outline competencies ensuring a broad knowledge base for future work in Spiritual Direction. By successful academic study, critical thinking, research, and completion of clinical work, students will have the foundational competencies for spiritual direction and increase their current level of spiritual care for individuals.

Spiritual Direction Program Objectives:

- The body of knowledge in the field of Spiritual Direction, including the related cultural, technological, ethical, and professional competencies.
- Skills of critical thinking and analysis by investigating, generating, and synthesizing complex ideas and concepts at an abstract and/or applied level, critically evaluating contemporary debates and literature in their field of study, analyzing problems or issues, articulating appropriate solutions and justifying propositions and/or professional decisions.
- Oral and written communication skills, including the academic and technical writing skills appropriate to the field of Spiritual Direction and applying inquiry-based learning and ways of thinking to new disciplinary and/or professional contexts, and communicating complex ideas in a variety of formats to diverse audiences.
- Effective collaboration with peers, colleagues, and communities by demonstrating a high level of personal autonomy and accountability in the acquisition or application of knowledge or skills and an understanding of, and the ability to apply, the principles of teamwork and collaboration.
- Equity and diversity as these apply to effective practice in the field of Spiritual Direction.
- Knowledge and skills of leadership and advocacy as these apply to the field of Spiritual Direction.
- The organization, implementation, interpretation, and analysis of research appropriate to the field of Spiritual Direction.

Master of Theology Degree in Spiritual Direction (MTH-SD)

The Master of Theology in Spiritual Direction provides students with the skill set and knowledge to serve as Spiritual Directors in a variety of settings. Coursework in the program is designed to combine theoretical and practical learning, emphasizing critical thinking, analysis of Spiritual Direction practice, and the reading and application of research.

Program Learning Outcomes:

Student will demonstrate knowledge, skills and dispositions associated with:



- The current state of knowledge within professional Spiritual Direction, including spiritual practices, philosophy, principles, and legal and ethical responsibilities.
- Acquiring and developing experiences with sacred texts, theology, spirituality, and diversity in ministries of service and support.
- Profound self-awareness, including one’s own internal movements and patterns of reacting to others and to circumstances, and welcoming differing experiences of the divine.
- Introductory use application of research methods.
- Engaging diverse voices and networking for personal and professional growth, collaboration, leadership, and change transformation.

Students will participate in courses, assignments with deadlines, and the opportunity to learn with like-minded professionals. The Program ends with the student writing a thesis that identifies a topic within Spiritual Direction, investigates it through research, and proposes practical solutions for implementation.

Prerequisite: Bachelor’s degree

Academic Requirements: 45 credits total

8 required core courses (8x 3 credits)	24 credits
2 required CPE units (800 hours CPE) (2 x 6 credits)	12 credits
1 required Thesis Writing Course	3 credits
1 required capstone thesis paper	6 credits

Required Core Courses: 8 courses / 24 credits

- SD321 Introduction to Spiritual Direction/3 credits
- SD322 Mysticism in Theistic and Non-Theistic Traditions/3 credits
- SD323 The Self and Living a Spiritual Life I /3 credits
- SD324 Spiritual Disciplines: Practices that Transform Us /3 credits
- SD325 Dynamics of Transformation /3 credits
- SD326 The Self and Living a Spiritual Life II/3 credits
- SD327 Professional Standards in Spiritual Direction/3 credits
- SD328 Theme of Spiritual Direction/3 credits

Required Clinical Pastoral Education units: 2 courses /12 credits

- CPE521 Clinical Pastoral Education / 6 Credits
- CPE522 Clinical Pastoral Education / 6 Credits

Required Thesis Writing Course: 1 class/3 credits

- MT321 Master’s Thesis Writing/ 3 credits

Required Capstone Thesis Paper: 6 credits

- Optional WL321: Master’s Thesis Writing Lab (not for credit)



Course Modality: Asynchronous Online and Hybrid Practicum Clinicals