

**Select Spiritual Direction Formation Programs
USA EAST Province of the Society of Jesus
January, 2023**

<p><i>*Most spiritual direction training programs require that applicants have the following:</i></p> <ul style="list-style-type: none"> – Experience a felt call to spiritual companionship with others – Have an adequate background in theology, scripture and spirituality – Be receiving monthly Spiritual Direction for at least one year – Possess emotional stability and spiritual maturity – Be committed to ongoing spiritual growth and regular prayer – Be a participating member of a faith community 	<p><i>Guidelines cited by Spiritual Directors International call for the creative integration of:</i></p> <ul style="list-style-type: none"> – Theological Foundations – Discernment – Psychological Foundations – Integration with Social Issues – Spiritual Direction Practicum – Mentorship Supervision
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	Program	Format	Prerequisites	Other
Boston College School of Theology & Ministry	Post-master's Certificate in Spiritual Formation http://www.bc.edu/schools/stm/summer/	Two-week sessions each summer for three years	Master's degree in a theological discipline	
Sisters of St. Joseph of Boston, Brighton, MA	Spiritual Direction Internship Initiative https://www.spiritualdirectionii.org Contact : 617-680-6815 Email : ii@csjboston.org	Eight-month virtual program. Full day session every Tuesday from September to mid-April; two in-person weekend retreats plus two integration days.	Two years of one-on-one regular spiritual direction. Some experience in pastoral ministry, background in theology, a felt call to spiritual companionship	
St. Anthony Shrine and Ministry Center, Boston, MA	Franciscan Spiritual Direction Certification Program https://stanthonyshrine.org/ministries/spiritual-direction-certification-program/ Contact: Carol Mitchell cmitchell@stanthonyshrine.org 727-492-8315	Two-year program meets mostly virtually on Saturdays Sept. - April; with one in-person weekend program and one weekend retreat.	a practice of daily prayer; at least three to five years' experience of being in spiritual direction	

<p>Fairfield University <i>Murphy Center for Ignatian Spirituality</i></p>	<p>Spiritual Direction Formation Program https://www.fairfield.edu/cat-holic-and-jesuit/center-for-ignatian-spirituality/ Contact: mcis@fairfield.edu</p>	<p>Two-year certificate program. Annual one-week residency and eight Saturday meetings. Quarterly meetings by phone with faculty advisor. Some distance learning.</p>	<p>Minimum 30 years of age; Appropriate background in theology and ministry Seeing a spiritual director regularly over a significant time. Active in faith community.</p>	
<p>Fordham University, Bronx, NY</p>	<p>Advanced Certificate in Spiritual Direction https://www.fordham.edu/graduate-school-of-religion-and-religious-education/academics/advanced-certificate-programs/spiritual-direction/</p>	<p>18 credits with option to take courses on campus, online or hybrid. Three req. courses before beginning Spiritual Direction Practicum.</p>	<p>One year's experience in monthly spiritual direction.</p>	<p>Fordham also offers an Advanced Certificate in Supervision and an Advanced Certificate in Christian Spirituality.</p>
<p>St. Francis Xavier Parish, New York, NY</p>	<p>Spiritual Director Training Program https://sfxavier.org/faith-formation/#spiritual-direction-formation-program Contact: Spiritualdirection@sfxavier.org</p>	<p>18-months. Bi-monthly classes The 18-month program includes bi-monthly classes, individual supervision, peer groups, retreats, mentoring</p>		
<p>Spiritual Renewal Center, Syracuse, NY</p>	<p>Horizons Spiritual Direction Program http://www.spiritualrenewalcenter.com/ Contact: Steve Moore mail@spiritualrenewalcenter.com</p>	<p>Two-year program with monthly sessions focusing on the principles and practices of spiritual direction with supervision of spiritual direction practice.</p>	<p>Substantial knowledge in theology/scripture/spirituality. One year's experience receiving spiritual direction.</p>	<p>Additional programs offered including the Spiritual Exercises.</p>

<p>Center for Spiritual Formation Carlisle, PA</p>	<p>The Ministry of Spiritual Direction</p> <p>http://centerformation.org/</p>	<p>Two-year program; one weekend each month</p>	<p>Receive spiritual direction at least once/month.</p>	<p>Also offer peer supervision gatherings and retreats.</p>
<p>Parish Resource Center, Lancaster, PA</p>	<p>Kairos Spiritual Direction Training <i>Based on the Ignatian Model</i></p> <p>https://connectprc.org/programming/spiritual-direction-training/</p> <p>Contact: info@parishresourcecenter.org</p>	<p>Two-year certificate program</p>		<p>Additional programs offered.</p>
<p>Pneuma Institute, LLC Pittsburgh, PA</p>	<p>Spiritual Direction & Leadership Program</p> <p>https://pneumainstitutesdl.org/sdlp/</p>	<p>Two-year certificate program that draws upon the Ignatian Spiritual Exercises. Includes one in-person and two virtual intensives each year.</p>	<p>BA or equivalent life experience; some biblical and theological background; completed the Ignatian Spiritual Exercises; spiritual direction for nine consecutive months; support of spiritual community and sense of call to ministry of spiritual direction</p>	<p>Additional programs offered including individual and peer supervision.</p>
<p>Cranaleith Spiritual Center Sisters of Mercy Philadelphia, PA</p>	<p>Spiritual Direction Formation Program</p> <p>https://cranaleith.org/spiritual-direction-formation-program/</p>	<p>Two-year certificate program of virtual sessions and on-site retreats with a contemplative approach and a focus on spiritual accompaniment with those who are marginalized.</p>	<p>Receiving spiritual accompaniment for one year prior to starting this program.</p>	<p>Additional programs offered.</p>
<p>Holy Trinity Catholic Church, Washington, DC</p>	<p>Ignatian Training Program: Becoming Spiritual Directors or Spiritual Companions</p> <p>https://trinity.org/training-programs-in-the-ignatian-tradition/</p> <p>Contact: Martina O'Shea moshea@trinity.org</p>	<p>Three-year program rooted in the Ignatian Spiritual Exercises.</p>		<p>Also offers:</p> <p>Explore and Discern for those discerning a possible call to the ministry of spiritual direction.</p> <p>Faber Training Program to Give the Spiritual Exercises of St. Ignatius</p>

<p>Shalem Institute, Washington, DC</p>	<p>Nurturing the Call: Spiritual Guidance Program</p> <p>https://shalem.org/programs/types/long-term-programs/</p>	<p>Two-year certificate program with a contemplative approach includes at-home work and two residencies in Washington, DC</p>	<p>Sense of call to spiritual companionship validated by others; experience receiving spiritual direction/spiritual companionship; support of faith community for the ministry of spiritual direction; commitment to a religious tradition and openness to other traditions</p>	<p>Additional contemplative programs offered including group spiritual direction.</p>
<p>The Open Door, Charlottesville, VA</p>	<p>Spiritual Direction Institute</p> <p>https://opendoorsdi.org/what-is-spiritual-direction/</p>	<p>Two-year program includes 16 Saturday meetings from September through June and four weekend retreats.</p>		
<p>West Virginia Institute for Spirituality, Charleston, WV</p>	<p>Spiritual Direction Certification Training Program</p> <p>Practicum</p> <p>http://wvis.org/</p>	<p>Certificate program rooted in the Ignatian Spiritual Exercises and offered through a hybrid model of in-person and virtual sessions. Includes a number of retreats.</p>	<p>BA degree or equivalent life experience; sufficient knowledge in the areas of theology, scripture, psychology and the spiritual life; two years ongoing spiritual direction; 30-day directed retreat or full year 19th Annotation Retreat before or during program</p>	<p>Also offer a training program in Supervision and directing the 19th Annotation of the Ignatian Spiritual Exercises.</p>
<p>Spring Hill College, Mobile, AL</p>	<p>Certificate of Spiritual Direction</p> <p>https://www.shc.edu/academics/graduate-students/degrees/certificate-spiritual-direction/</p>	<p>Two-year certificate program rooted in Ignatian spirituality offered in a hybrid model of virtual and in-person sessions.</p>	<p>Minimum age of 30; extensive theological and spiritual prerequisites or corequisites (30-hours of course work or the equivalent).</p>	
<p>World on Fire Spiritual Direction Formation Program, Charlotte, NC</p>	<p>Spiritual Direction Formation Program</p> <p>https://www.worldonfireformationprogram.com/</p> <p>Contact: info@worldonfireformationprogram.com</p>	<p>Four-year certificate program, grounded in Ignatian spirituality, following the themes of the four weeks of the Spiritual Exercises.</p> <p>Annual, required one week Residency period in June of each year [Sunday to Saturday residency]. For the remainder of each year, all work and assignments occur from home.</p>	<p>Minimum of 30 years of age; in regular spiritual direction for at least one year prior to admission; be engaged in regular spiritual practice [individually and communally]</p>	

OTHER JESUIT PROGRAMS	Program	Format	Prerequisites	Other
Loyola House Ignatius Jesuit Centre, Guelph, ON	Ignatian Training Program in Spiritual Direction https://ignatiusguelph.ca/events/category/all/spiritual-direction-training/	Programs include: Summer Training & Practicum in Spiritual Direction Spiritual Directors' Workshop Ignatian Training Program in Spiritual Direction & Retreat Ministry Exploring the Heart of Ignatian Spiritual Direction	Applicants must have completed the Spiritual Exercises (30-day or 19 th annotation) under personal direction	
John Carroll University, University Heights, OH	Ignatian Spirituality Institute Certificate in Ignatian Spiritual Direction http://sites.jcu.edu/isi/pages/program-description/	Two-year certificate program in spiritual direction can be done on a non-credit basis or as part of the MA program. Year 1 sessions 2x/month plus some weekends. Year 2 schedule is more flexible.	College degree or equivalent. Helpful if applicants have prior experience in theological study and maintain a regular prayer practice or desire to cultivate one.	
Loyola University Chicago, Chicago, IL	Institute of Pastoral Studies Graduate Certificate in Spiritual Direction MA in Christian Spirituality with concentration in Spiritual Direction https://www.luc.edu/ips/graduate-certificates/spiritual-direction/	MA: 36-hour degree program offered virtually, in-person or hybrid Certificate: Two-year 18-credit program with both supervised practicum and course work.	MA: Must have a bachelor;s degree. GRAD. CERT: Must have MA or above. Must complete 30 day or 19 th Annotation prior to conceptual element part of program.	
Creighton University, Omaha, NB	Grad Certificate in Spiritual Direction & Directed Retreats https://gradschool.creighton.edu/programs/graduate-certificates/ministry-formation/spiritual-direction-directed-retreats	Program includes reflection, prayer, worship, community and study that cultivates a deep knowledge and personal appropriation of Christian Spirituality in the Ignatian tradition. Includes a nine-month, directed practicum experience with supervised spiritual direction and retreat formation.	BA or equivalent; see website for detailed requirements for this program.	