

Richmont Graduate University Certificate in Spiritual Direction

This program offers the appropriate training for those who desire to practice the ministry of spiritual direction. The courses are each 3 credit hours and are offered consecutively in a blended format of residency and online coursework.

Course 1: Perceiving a Holy Invitation

This course is the first in a five course sequence in spiritual direction. The purpose of this course is to introduce students to the foundations of the practice of spiritual direction. Special emphasis will be given in this course to the clarification of terms, spiritual direction's relationships with both theology and scripture, and discerning one's call to spiritual direction. This class will also focus on historical roots of spiritual direction and the role of spiritual direction within the Kingdom of God. All of these topics will be explored and experienced in a growing community of learning, prayerfulness, and intentionality. This course has both residency and online components. The residency component includes a short monastic retreat.

Course 2: Preparing an Available Self

This course is the second in a five course sequence in spiritual direction. The purpose of this course is to develop students' understanding of the nature of spiritual formation and invite them to pursue significant self-reflection. Particular emphasis on the Ignatian Exercises continues the program's focus on historical roots and the role of spiritual direction within the presently available Kingdom of God. Attention will be given in this course to spiritual formation, the role of personality and psychometric assessment tools. All of these topics will be explored and experienced in a growing community of learning, prayerfulness, and intentionality. This course is taught in an online format.

Course 3: Discerning and Knowing God

This course is the third in a five course sequence in spiritual direction. The purpose of this course is to help students know God more intimately and develop their ability to discern God's communication. Special emphasis will be given in this course to the process of knowing God, methods of prayer, awareness and surrender in the discernment process, and the Ignatian rules of discernment. This class will continue the program's focus on historical roots of spiritual direction and the role of spiritual direction within the Kingdom of God. All of these topics will be explored and experienced in a growing community of learning, prayerfulness, and intentionality. This course has both residency and online components.

Course 4: Developing a Listening Ear

This course is the fourth in a five course sequence in spiritual direction. The purpose of this course is to help students develop the practical listening skills of spiritual direction. Special emphasis will be given in this course to practicing spiritual direction as a director and participation in individual and peer supervision. This class will continue the program's focus on historical roots of spiritual direction and the role of spiritual direction within the Kingdom of God. All of these topics will be explored and experienced in a growing community of learning, prayerfulness, and intentionality. This course has both residency and online components.

Course 5: Arranging a Sacred Space

This course is the fifth in a five course sequence in spiritual direction. The purpose of this course is to prepare students to offer the ministry of spiritual direction with integrity. Special emphasis will be given in this course to identifying the needs of various constituencies, ministering within different contexts, and addressing special issues that arise in spiritual direction. This class will continue the program's focus on historical roots of spiritual direction and the role of spiritual direction within the Kingdom of God. All of these topics will be explored and experienced in a growing community of learning, prayerfulness, and intentionality. This course is taught in an online format.