



The Center for  
Lifelong Learning  
COLUMBIA THEOLOGICAL SEMINARY

CERTIFICATE IN  
*Contemplative  
Spiritual Direction*

## Certificate in Contemplative Spiritual Direction

***I look at God. I look at you, and I keep looking at God.***

***-Julian of Norwich, The Path of Prayer***

Spiritual Direction, also known as *spiritual guidance* or *holy listening*, is a sacred companionship between a person seeking spiritual guidance and a trained individual grounded in God who is Love.

The Certificate in Contemplative Spiritual Direction (CSD) at Columbia, rooted in the Christian mystical tradition and contemplative spirituality, is a transformative pilgrimage towards awakening. Guided by the cohort model, participants begin their training with immersive learning in contemplative spiritual practices, cultivating essential qualities as spiritual directors. The program places a significant emphasis on supervised practicum and discernment in spiritual direction, facilitating a deeper understanding of diverse contexts and self-awareness. Employing a hybrid model that blends in-person and online components, participants can complete the program within two years, offers. For further insights into the program structure and curriculum, refer to the Program Overview and the Course of Study. The CSD program is committed to promoting diversity, equity, and inclusion as core values.

### Program Features

- Contemplative spiritual formation as the foundation
- A 24-Month Focused Program with home-based assignments
- A Cohort Model in a hybrid format (online and residential components)
- Facilitated by seasoned practitioners
- A Supervised Practicum (One-on-One/Peer Group) facilitated by trained supervisors
- The use of the Enneagram in Spiritual Direction for greater self-awareness and spiritual growth

### Admission Requirements

- Applicants to the Certificate in Contemplative Spiritual Direction (CSD) program are required to have completed a minimum of one year of spiritual direction with a trained spiritual director before beginning the training and must agree to continue in spiritual direction while participating in the program.
- Writing short narratives through which applicants should be able to:
  - articulate an understanding of spiritual guidance and discernment of call to the ministry of spiritual direction;
  - narrate their faith journey and current spiritual practices;
  - exhibit readiness for the program; and
  - reflect on current relationship to a faith community.
- One letter of reference is required.
- Computer and internet access are needed to participate in some events, use the online learning platform, and complete the online components of the course work.

## Program Overview

### Phase I

#### **Listening Heart: Cultivating contemplative orientation and sensibilities**

Spiritual Formation in Contemplative Living courses include:

- Introduction to Contemplative Spirituality (ONLINE): July
- Contemplative Living I (ONLINE): September-December
- Contemplative Living II (ONLINE): January-April
- Contemplative Five-day Prayer Retreat (In-Person): Fall and Spring

### Phase II

#### **Awakening Heart: Fundamentals of Spiritual Direction**

Five-day residency during the fourth week of July  
at the Center for Lifelong Learning  
Columbia Theological Seminary, Decatur, GA.

#### **Awakening Heart: Awakening to our Essence**

Spiritual Dimension with the Enneagram (Online): Four weekly sessions in August

### Phase III

#### **The Nurturing Heart: Spiritual Direction in Contexts**

Monthly Sessions (ONLINE): January-May

#### **Practicum in the Art of Spiritual Direction**

The Practicum is designed to deepen competency, cultivating participants' receptivity to the Spirit and their unique embodiment of God, and enriching understanding of the art of spiritual direction. Seasoned leaders guide both combined group and individual modules of the Practicum, facilitating the formation and learning process. Group reflection, self-assessments, and supervisor assessments will be used to monitor growth in skills as a spiritual director.

## Course of the Study

### Phase I

#### Listening Heart: Contemplative Orientation and Sensibilities

Spiritual Formation in Contemplative Living courses ONLINE

The art of Spiritual Direction is intrinsically anchored in receptivity to the Spirit. This first phase of the program is designed to guide participants in attuning to their inner self and to the movement of the Divine. Participants will experience the profound implications of contemplative listening as a sacred gift. Throughout this phase, you will learn to experience daily life as prayer with a goal of living as a contemplative heart.

#### Courses and Topics

❖ **Introduction to Contemplative Practices**

- Overview of Contemplative Spirituality
- Centering Prayer and other Contemplative Practices

❖ **Contemplative Living I: Contemplative Practices in Daily Life**

- Lectio Divina
- Logging
- Spiritual Reading,
- The Active Prayer
- The Welcoming Prayer
- Sabbath

❖ **Contemplative Living II: Daily Life as Prayer**

- Contemplative Listening
- Contemplative Discernment
- Contemplative Awareness related to Addictions, Attachments, and Aversion
- The Forgiveness Prayer: Weavings
- Contemplative Service- A Way of Life rooted in Living a Contemplative Life
- Commitment to a Contemplative Rule of Life
- Contemplative Living Communities

❖ **Contemplative Retreat:**

Five-day Centering Prayer Retreat (recommended before Phase 2, required to complete before the end of the program)

## Certificate in Contemplative Spiritual Direction

### Phase II

#### **Awakening Heart: Fundamentals of Spiritual Direction**

Five-day residency at the Center for Lifelong Learning

Columbia Theological Seminary, Decatur, GA

Awakening Heart delves deeper into the fundamentals of spiritual direction. Participants will build upon their contemplative orientation and sensibilities to learn the theory and practice of spiritual direction. They will gain practical knowledge, including how to conduct initial meetings with directees, fostering director-directee relationships, and maintaining professional ethics. This residency includes experiential learning in classroom including real plays and small group practices led by experienced spiritual directors.

#### **Topics**

- Intro to Spiritual Direction
- 1:1 Spiritual Direction Relationship
- Discernment: Movements of the Spirit
- Paschal Mystery
- Consolation and Desolation
- Mysticism
- Spiritual Director as a Healer
  - Self-awareness
  - Addiction and Trauma
  - Boundaries and Ethics

#### **Awakening Heart: Awakening to our Essence**

The Spiritual Dimension of the Enneagram course (ONLINE)

Participants will use the Enneagram, the ancient wisdom, to explore the connection between the patterns of their Enneagram type interfere with spiritual deepening and development. There will be opportunities to sit with and listen to others, utilizing guiding questions that peel back these patterns and invite the radiant essence within own selves.

#### **Practicum**

- Peer Group Supervision sessions
- Individual Supervision sessions

**\*\*Following Awakening Heart, participants will give spiritual direction to two directees.**

### Phase III

#### Nurturing Heart: Spiritual Direction in Contexts

Monthly Sessions (ONLINE)

Nurturing Heart focuses on the application of spiritual direction in diverse contexts to meet the unique needs of varied individuals and communities. From various contexts, spiritual direction as a means for fostering diversity, equity, inclusion and belonging. Through a better understanding of the myriad layers that shape personal narratives, lenses, and barriers participants will offer spiritual direction as compassionate practice envisioning diversity, equity, inclusion and belonging. This includes praxis-driven lectures and group practices led by experienced spiritual directors.

#### Topics

- History and Theological Grounding of Spiritual Direction
- Social Discernment
- Multi-Faith Pluralism and Multiculturalism,
- White Supremacy and Decolonization

#### Practicum

Peer Group Supervision

- Individual Supervision
- Individual meeting with Group leader

## Program Completion and Certification

Upon completion of the coursework's three phases, practicum, and required reading and writing assignments, the two certificates will be awarded.

The Certificate in Contemplative Spiritual Formation, concentration in *Contemplative Living* as recognition of their comprehensive training and the depth of their spiritual formation.

The Certificate in Contemplative Spiritual Direction, attesting to the completion of this formation and training program to develop the gifts and sensibilities of spiritual directors and support their callings to this ministry.

Click here to learn further about the program and registration:

<https://www.ctsnet.edu/academics/lifelong-learning/certificate-programs/>

## Program Fees

Listening Heart: \$1900 (includes room and meals for retreat) Upon acceptance, you will be given a promo code for discounted course registration.

- Awakening Heart: \$2250 (includes the fee for practicum)
- Nurturing Heart: \$2250 (includes the fee for practicum)

The total cost of the program is \$6400, comprising the course fee of \$4500 (including meals and housing for retreat) and the practicum fee of \$1900. The program fee covers all online modules, course materials, meals during the residency, and the practicum fee. Housing for ***Awakening Heart*** is available for an additional fee.

For more information, please email Contemplative Spirituality Programs at Center for Lifelong Learning [lifelonglearning@ctsnet.edu](mailto:lifelonglearning@ctsnet.edu)





Certificate in Contemplative Spiritual Direction  
Columbia Theological Seminary  
Contemplative Spirituality Programs  
at the Center for Lifelong Learning  
404-687-4557  
701 S. Columbia Drive  
P.O. Box 520  
Decatur, Georgia 30031