



### Prerequisites for Admission

- ❖ Bachelor's degree or equivalent
- ❖ Several years' experience receiving spiritual direction

### Applying for Admission

The application includes two brief essays, letters of recommendation, and transcripts, and an interview with the program director. Application forms may be downloaded online or requested through the Admissions Office. *Financial aid is available.*

To discuss the program in light of your background and interests, contact:

#### Director of Admissions & Financial Aid

314.256.8806 or 800.977.3869

[admissions@ai.edu](mailto:admissions@ai.edu)

### Who We Are

Aquinas Institute of Theology is an accredited graduate school of theology and ministry in the Roman Catholic tradition, rooted in the 800-year Dominican pursuit of truth through study. It is a school for collaborative lay and ordained ministry, a center for preaching education, a community for scholarship and theological reflection, and a resource for adult faith formation.

We are a community of scholars and ministers offering witness to the Gospel of Jesus Christ; a diverse community of believers – men and women, Catholic and Protestant, lay, ordained, and vowed religious – all called to a deeper understanding of our faith and to service in the Church.

We are a supportive and prayerful community with a collaborative spirit among faculty and students transformed by our commitment to community, to a spirit of holiness and respect, and to innovation grounded in the Catholic tradition.

Aquinas Institute is located one block from the campus of Saint Louis University. Our students have complete access to the academic, cultural and recreational opportunities of this Jesuit urban university.

## The Graduate Certificate in Spiritual Direction

*Spiritual Direction is guiding other Christians to be attentive and responsive to the presence of God in their lives, to develop faithful relationships with others and to grow in authentic Christian maturity.*

**NOW ON CAMPUS OR *ONLINE***



Frank Kacmarcik



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## CERTIFICATE IN SPIRITUAL DIRECTION

The Certificate in Spiritual Direction is designed for women and men actively serving as spiritual directors or those who wish to become spiritual directors. Applicants need to demonstrate *experience of a call* from others for this ministry, commitment to discerning this call, and response to it by developing the skills needed for spiritual direction.

The program builds upon the spiritual and practical gifts of each student to better equip directors in their ability to walk the spiritual journey with those seeking guidance. The program is open to ministers serving in a *variety of pastoral settings*. *The certificate is not a license for practicing spiritual direction, but is evidence of training in this area.*

Certificate students will engage in *supervised practice of spiritual direction* which will provide guidance and stimulate growth in their own spirituality and in the ability to give spiritual direction. They will explore theoretical and practical issues in spiritual direction in the context of an integrative seminar.

### Program Objectives

- ❖ To explore the Christian spiritual tradition rooted in biblical wisdom
- ❖ To gain a theological understanding of faith, grace and response to the Spirit
- ❖ To explore theoretical and practical issues in spiritual direction in the context of a reflective peer group
- ❖ To engage in a supervised practice of spiritual direction which provides guidance and stimulates growth in this ministry
- ❖ To help develop a personal theology of spiritual direction
- ❖ To help individuals in their discernment of call about becoming a spiritual director

### Other Requirements and Information

- ❖ Students are expected to complete the certificate program within three years (six semesters).

### Further Study

Graduate credits earned for the certificate may be applied toward our Master of Arts in Pastoral Studies degree.

## Designed for Your Busy Schedule

**On-campus full-time** students can complete the certificate in one academic year. **Part-time** students may choose to finish the program over a period of two or three academic years.

**Online** students can complete the program in two full years (including summers). Coursework is posted weekly so that students may complete reading and writing assignments as their personal schedules allow.

### Program Curriculum

- ❖ **Foundations of Spirituality** (3 credits) offered in the spring, even-numbered years
- or
- ❖ **History of Spirituality** (3 credits) offered in the spring, odd-numbered years
- ❖ **Spiritual Direction** (3 credits) offered every fall
- ❖ **Bible Interpretation** (3 credits) offered in the fall, odd-numbered years
- ❖ **An Elective** (3 credits) on campus or online-hybrid
- ❖ **Practicum** (6 credits total):
  - Practicum IA consists of a week-long course on campus during the first full week of June the first year of the program (2 credits),
  - During Practicum IB and IIA the student offers direction to others under the tutelage of a mentor during the two semesters of the second year (1 credit each semester),
  - Practicum IIB consists of a week-long course on campus during the third week of June in the second year (2 credits)