Application for Spiritual Direction Formation & Certification

Formation and certification for Spiritual Direction with LIGHT @Meadville Lombard

The Spiritual Direction Certificate equips and forms you to be a compassionate and boundaried spiritual director. Liberation is the heart of Spiritual Direction and is realized through deep, radical listening practices that reconnect and remember people to their authentic selves and the God of their understanding.

This 2-year program is a three-fold combination of:

- Experiential training, skill-building, and reflection in community
- Readings that center Unitarian Universalist theology and sources with both individual and communal reflection
- Access to modeling from experienced spiritual directors who are practiced in a wide variety of spiritual direction models and have developed particular areas of expertise in response to contextual needs in the field.

Consider this path if you...

- are a professional or lay religious leader who wants to use spiritual direction skills to go deeper with people in your care
- want to use spiritual direction components for congregational retreats and/or faith formation
- are interested in supporting individuals or small groups in their spiritual development
- are known and called upon by your peers to accompany them in times of crisis and transition

Certification Requirements

- 4 all-day Virtual Retreats in a community of up to 24 other students.
- 4 integrative, end-of-term wrap-up sessions
- 32 asynchronistic, virtual classes: resources and reflection
- 16 virtual classes with a cohort of up to 12 other students
- 12 practice spiritual direction sessions with support from supervisor and peers
- 12 peer supervision sessions
- Monthly spiritual direction as directee
- 16 assigned books to read/review in an annotative bibliography
- 1 book review
- 1 article review
- Regular reflections
- 1 individual supervision meeting (with the option to add more)
- 1 website/ business material design
- 1 final reflective paper integrating your experience as a spiritual director, the readings, and the practicum.
- 1 final interview
Assigned Books that inform the curriculum

- Bowler, Kate. No Cure for Being Human (2021)
- Brackett, Marc. Permission to Feel: the power of emotional intelligence to achieve well-being and success (2019)
- Brené, Brown. The Gifts of Imperfections: let go of who you think you’re supposed to be and embrace who you are (2010)
- Cameron, Julie. The Listening Path (2021)
- Case, Sarajane. The Honest Enneagram: know your type, own your challenges, embrace your growth (2020)
- Devine, Megan. It’s OK That You’re Not OK: meeting grief and loss in a culture that doesn’t understand (2017)
- Nieuwhof, Carey. Didn’t See It Coming: overcoming the 7 greatest challenges that no one expects and everyone experiences (2018)
- Norris, Gunilla. Simple Ways Towards the Sacred (2008)
- van Dernoot Lipsky, Laura. Trauma Stewardship (2009)

Tuition

$2500/year (August – May): Payment plans are available. The cost does not include books or the enrollee’s personal spiritual direction. Unfortunately, we are not able to offer scholarships at this time.

Application process/ to be invited into the program

Prerequisite: being in spiritual direction yourself at least 6 months

☐ Cover letter explaining why this formation and certification is essential to your journey. No more than one page, please.
☐ Letter of recommendation from a Spiritual Director or other religious leader
☐ Letter of recommendation — other
☐ Reflection questions (below) — No more than one paragraph per question, please.
☐ Interview (set up once application packet is complete)
☐ Background Check (following invitation to participate)

Application packets are due on July 21, 2022. Send to trogers@meadville.edu, subject line “Spiritual Direction Application.” Ideally, letters of recommendation will be included in the application packet.
Invitations to the program will be decided no later than August 12, 2022. The first term begins the week of August 20 and ends on December 16, 2022. The second term begins on January 31 and ends on May 26, 2023.

Reflection questions

1. What attracts you to this program?
2. What important life experiences lie behind this attraction?
3. What specifically do you need from such a program?
4. With whom and where do you expect to use your learnings?
5. What is your understanding of the intent of spiritual direction?
6. What do you feel are the most important qualifications of a spiritual director?
7. How would you honestly assess your assets and deficits relevant to spiritual direction at this point?
8. What readings and personal experience have influenced your understanding of spiritual direction?
9. What is your sense of acceptance and support from those with whom you live, pray (family, religious community, etc.), and work for your participation in the program?