Other spiritual direction training programs

Liberated Together (for BIWOC and Queer BIWOC)

Focus on BIWOC, ancestral wisdom
Cost: $5000
Length: 9 months
Commitment:

- First Saturday of each month from 9-2:30
- Monthly meeting with practice and supervision team (small group), 2-hour sessions
- Readings and assignments each month
- Meeting with a spiritual director each month (at student's expense)
- For the first 4 months, monthly SD practice with 2 classmates, under supervision
- In-person year-end retreat (cost included)

Hesychia (no longer active)

Interspiritual focus (sort of)
Cost: $5000 (includes 4 weeks room and board)
Length: 4 total weeks onsite, in two segments, plus reading and writing between
Commitment:

- 4 weeks onsite
- Completion of reading and writing assignments

What's special:

- Intensive onsite model
- Emphasis on practicum

One Spirit

Interspiritual focus
Cost: $5900 (including intensive)
Length: 9 months (after a 9-month preliminary program "Interspiritual Foundations")
Commitment:

- 9 weekends online via Zoom (9:30-5, Saturday and Sunday)
- 4-day onsite intensive
- Homework: reading, questions, reflection, life review, design of ceremonies and ritual
- At least 20 hours of community service per year
- Availability of a graduate mentor

What's special:

- First year dedicated to deep learning of multiple spiritual traditions
- Kaleidoscope Pedagogy (1spirit.org/teaching-model)
- "Deep study of diverse faith traditions and contemporary spiritualities"
- "Bring spiritual wisdom into activism, organizations, and everyday life"
- "Integrate spiritual practice with justice, service, and collective wellbeing"
- Multiple paths available, including ordination, chaplaincy and spiritual leadership

Phoenix Center Apprenticeship Training Program (Teresa Blythe)

Interspiritual focus

Cost: $3000 (based on $100/hour)

Length: 6-9 months (at student's own pace)

Commitment:

- 30 hours with a trainer, 19 sessions
- Conduct 12 SD sessions with a directee
- Receiving personal spiritual direction throughout the program
- Prerequisite: "substantial time" in spiritual direction

What's special:

- One-to-one learning
- Flexible schedule
- Emphasis on practicum, including videotaped sessions for review
- Opportunity to complete SD training begun in other programs

Shalem Institute for Spiritual Formation

Explicitly Christian focus

Cost: $10,210 (including residencies)

Length: 20 months total (including 9 months of at-home "integrative phase")

Commitment:

- 4 Zoom sessions, 11am to 5pm
- 2 onsite, nine-day residencies in MD
- Much writing: short theme papers, personal journal, reports to Shalem, 6-12 page final paper

What's special:

- Minimal regular class schedule commitment
- Frequent sessions on prayer
- Explicitly Christian, requires commitment to a Christian tradition

Haden Institute

Focus on personal spirituality

Cost: $3800/year (so $7600 total) plus room and board for intensives (~$900/session)

Length: 2 years

Commitment:

- Six four-day, onsite intensives (alternative: same, via Zoom)
- Monthly Zoom meetings
- Personalized reading, reflection, and writing assignments
- Personal spiritual direction

What's special:

- Integrates Jungian psychology, dream work, contemplative practices, embodiment
- Includes creative expression
- Includes a Dream Work Training certification
- Focus on accessing inner wisdom, emphasis on personal spirituality

Pax Center for Christian Spiritual Formation

Explicit Christian focus

Cost: $3100 (+$950 for prerequisite program)

Length: 10 months (after 1st-year prerequisite)

Commitment:

- Monthly Saturday meetings 10:00 – 4:00
- An in-person retreat (no details mentioned)
- Reading one book per month, writing a reflection blog post
- Monthly spiritual practice and prayer journal
- Personal spiritual direction
- Act as a SD for at least two directees
- Final reflection paper

What's special:

- Prerequisite: Transformational Listening: Soul Care Companions course (9 months)
- After completion: check-in phone call from staff after 1 year, 2 free mentorship sessions, annual in-person alumni retreat
- Additional training options

Unity Worldwide Spiritual Institute – Spiritual Direction Certificate

Interspiritual / New Thought, non-denominational; open to any religion or none

Cost: $6,850 (textbooks purchased separately)

Length: 2 years, fully online; 14 classes, 48 class hours, plus two online weekend retreats

Commitment:

- About 3 hours of class per week (two 1.5-hour sessions), mostly evenings or weekends
- Up to ~2 hours of outside work per week per class
- Quarterly one-on-one online meetings with a program advisor
- Monthly sessions with your own spiritual director
- Year two: internship with two directees (monthly) plus monthly supervision
- Two online weekend retreats (summer of year one, spring of year two)

What's special:

- Cohort-based; classes not sold individually and cannot be made up later
- Instructors are almost all practicing spiritual directors
- Instructors and staff cannot serve as a student’s own director
- Certificate carries no credentialing status within Unity churches
- Prerequisite: recommendation letters showing spiritual leadership or desire to lead

Kol Dodi Jewish Spiritual Director Training (Institute for Jewish Spirituality)

Explicitly Jewish; contemplative, trauma-informed, with sacred activism

Cost: $9,500 (shared room) to $11,500 (single room); covers room and board for both retreats; $120 application fee; payment plans available

Length: 20 months; cohort of up to 30

Commitment:

- Two in-person retreats (Sunday–Thursday each), spring 2027 and spring 2028
- Three Zoom intensives, 12–7pm ET
- Ongoing online learning sessions
- Regular mentor meetings and chevruta (peer learning partners)
- Small-group experiential practice and interim work

What's special:

- Built on IJS's core contemplative practices; tightly aligned with the organization's mission and values
- Relational mindfulness, sacred listening, prayer, embodied wisdom, creativity
- Trauma-informed orientation
- Prerequisite: at least six months of spiritual direction experience before starting; must continue direction throughout
- Financial support available, with priority for Jews of Color, LGBTQ+ people, and people with disabilities

Fairfield University – Murphy Center for Ignatian Spirituality (Two-Year Certificate)

Explicitly Ignatian / Catholic; "Developing a Listening Heart"

Cost: $3,500 tuition for the two years; $750/year room and board at Mercy Center; students pay their own direction and supervision fees; financial aid available

Length: 2 years

Commitment:

- One residential week each January at Mercy Center (Madison, CT)
- Eight mandatory in-person Saturdays per year, 9am–4pm
- Monthly personal spiritual direction
- 12 individual supervision sessions per year with an independent supervisor
- Two in-depth self-evaluations per year; quarterly faculty mentor calls
- Assigned readings and reflection papers; each participant sees two or three directees monthly

What's special:

- Capped at 15 participants
- Designed for people whose schedules don't allow daytime, evening, or long-residency formats
- Practicum includes case studies, verbatims, peer supervision, and role play
- Special topics: discernment, developmental spirituality, schools of spirituality, sexuality and spirituality, the Enneagram, and dreams
- Prerequisite: theological and ministerial background; must already be in direction and supervision

Stillpoint: The Center for Contemplative Spirituality

Christian, also welcoming Interfaith, Interspiritual, and spiritual-but-not-religious; grounded in contemplation and action

Cost: Not listed (contact the center)

Length: Not listed (contact the center)

Commitment:

- Offered in Southern California, at Ghost Ranch (New Mexico), and online

What's special:

- Core program: “The Art of Spiritual Direction”
- Graduate tracks: Group Spiritual Direction, Eco-Spiritual Direction, Peer Group Supervision
- Focus areas include dreamwork, ecospirituality, grief and loss, and energy work
- Integrates contemplation with faithful action in everyday life