



NOW FORMING A NEW COHORT FOR DIOCESE OF CHARLESTON ***Formation in Ignatian Spirituality and Spiritual Direction***

Certificate of Spiritual Direction/CSD program is designed to guide students to grow in their own personal spirituality and to learn basic skills for contemplative listening and discernment. Hybrid classes combine face to face instruction with online work.

Certificate of Ignatian Spirituality/CIS is designed for those who seek to enrich their personal spirituality, but do not intend to guide others through spiritual direction.

Spring Hill College (Mobile, AL), founded in 1830, is the oldest Catholic college in the Southeast. The CSD program began at our home campus in 1999. The first cohort in the Diocese of Charleston was formed in Fall 2018.

CSD Requirements: 18 credits, two full years (4 semesters & 2 summers/Spirituality Institute)
Year One: Spiritual Direction Seminar/Fall (3 credits); Spirituality & Psychology/Spring (3 credits)
Year Two: Spiritual Direction Practicum I & II/Fall-Spring (4 credits total)

CIS Requirements: 18 credits, same as CSD, but Year Two is replaced by a third summer of the Spirituality Institute

Summer Spirituality Institute: 2 weekends + online (for 2 summers/total of 8 credits; CIS 3 summers/12 credits)

- Core Courses (4 credits total): Prayer & Discernment and Spiritual Exercises of St. Ignatius
- Spirituality Electives (1-3 credits each, total of 4; for CIS, total of 8)

Class sessions/Locations

Year One & Two (Fall and Spring semesters) meet one Saturday a month (usually 9-2), 4 times each semester (5 times for Year Two): twice online and twice at Our Lady of the Hills, Columbia.

Summer Institute courses meet in June for two summers, either online or at SHC campus in Mobile, for two weeks or two intensive weekends. When possible, also in Columbia.

Prerequisites (these may also be fulfilled as “co-requisites” during the course of CSD program)

- **30 credit hours (or non-credit equivalents) in biblical, historical and moral theology: NOT required for CIS**
- **One individually directed Ignatian retreat (5-8 days), and a second retreat during the course of the program**
- **Experience of at least one year of ongoing spiritual direction (may also begin at the start of the program)**

Cost: \$345/credit hour or \$6,210 for the entire certificate program. Limited to 20 students total (CSD + CIS).

Contact Deacon Tom Whalen by April 30: thomas.whelen@stmarysgvl.org or email theology@shc.edu