



SPRING HILL
COLLEGE

DEPARTMENT of THEOLOGY

NOW FORMING

New Cohort for the Diocese of Charleston

STARTING SUMMER/FALL 2026

Certificate of Spiritual Direction

CERTIFICATE of SPIRITUAL DIRECTION

18 credit-hour graduate program designed to guide students to grow in their personal spirituality and to learn skills for contemplative listening and discernment in the ministry of spiritual direction.

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, plus 8 credits from two Summer Institute sessions)

Summer Institute

First 2 weeks of June (total of 8 credits):

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

Class Sessions

- Year One meets one Saturday a month, 4 times each semester (9:30am–2:30pm ET)
- Year Two meets one Saturday a month, 5 times each semester (9:30am–1:30pm ET)
- Summer Institute courses meet in the first two weeks of June for two summers
- All classes are taught live online and recorded for those who are not able to attend a particular class

Prerequisites

These may also be fulfilled as "co-requisites" during the course of the CSD program. Review of past seminars and training to determine how much prerequisite credit will be recognized.

- 30 credit hours (or non-credit equivalents) in: Scripture, Church history, spirituality, moral and dogmatic theology
- 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)
- A bachelor's degree in any discipline is required

Cost

\$375/credit hour or \$6,760 for the entire certificate program. Limited to 25 students.

Contact **Deacon Tom Whalen** by **April 30, 2026**
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Spring Hill College in Mobile, Alabama, was founded in 1830 and is the oldest Catholic college in the southeast. The CSD program began in 1999, and the first Diocese of Charleston cohort was formed in 2018. This graduate credit program requires all students to participate in live, online classes. Students are evaluated on their work and their interaction creates an experience of spiritual direction in the cohort itself. Faculty hold doctoral degrees in theology and spirituality, and the program builds understanding and spiritual growth in the tradition of Ignatian spirituality. After completion of CSD credits, students may take additional courses for the Master of Pastoral Studies or Theological Studies, both offered online by Spring Hill.