



Doctor of Theology Degree in Multifaith Spiritual Direction

The Multifaith Spiritual Director

The School of Spiritual Direction

The **CAPSTONE Doctor of Theology Degree in Multifaith Spiritual Direction** is designed to offer comprehensive training for those embarking on their journey in the field, as well as to enrich the knowledge base of seasoned professionals seeking to formalize their expertise with a degree. With a curriculum that embraces an interfaith and multifaith perspective, these programs are crafted to encompass a broad spectrum of spiritual traditions and practices. Participants will engage in a deep exploration of diverse faiths, fostering an inclusive understanding and application of spiritual guidance across various religious contexts.

9 Required Courses | 0 Electives | 4 Units of CPE | 1 Dissertation

Within the D.TH. In SD you will engage with:

REQUIRED COURSES

There is a set number of Required Courses. The required courses titles, and descriptions follow.

ELECTIVE COURSES

Electives, when included in the requirements for an academic Degree, may include any 400-Level courses from Chaplaincy, Spiritual Care, Spiritual Direction, Clinical Pastoral Psychotherapy, or Thanatology.

UNITS of CPE

Some of the students will already have taken 1, 2, 3, or 4 units of CPE elsewhere, and that is ok. Those units you have taken elsewhere, upon approval, will count towards your academic Degree. If you are still in need of 1, 2, 3, or 4 units of CPE in order for you to obtain the required 4 for the Doctorate, or 2 for the Master, we utilize the Graduate Academy of CPE Supervision (GACS).

GACS CPE

A bold statement indeed, however, we see our **Graduate Academy of CPE Supervision** as the only existing CPE program in the world that utilizes ALL of the areas emphasized in the Education / Teaching / Supervision of Clinical Pastoral Education & Training (CPE) including: Formation of the Chaplain/Pastor/Spiritual Care Provider, SCA's 19 Quality Indicators, Skills & Abilities from the Field, Psychodynamic Psychotherapeutic Chaplaincy, Character First, Family Systems, Existential/Theological/Philosophical Reflection, Bio-Psycho-Socio-Spiritual (Holistic) Chaplaincy, Interfaith Multifaith Chaplaincy, and What it means to be a Spiritually Literate Chaplain. From Anton Theophilus Boisen & Richard Clarke Cabot (1923) to Best Practices (2024) with an emphasis in Spiritually Integrated Chaplain Functioning.





D.TH. in SD | 66 Credits

9 Required Courses | 0 Electives | 4 Units of CPE | 1 Dissertation

The **CAPSTONE Doctor of Theology Degree in Multifaith Spiritual Direction** is a professional doctorate for experienced professionals who want to translate their expertise into a higher position of credibility, leadership, and influence within the profession.

The **D.TH.in Multifaith Spiritual Direction** combines taught components with independent research in a student's area of expertise. This is achieved with the use of advanced research skills and specialist knowledge in their area of expertise. The fundamental difference between a PhD and a professional doctorate is that while PhDs teach students how to conduct research to create new knowledge that improves the understanding of a field, a professional doctorate teaches a student how to evaluate, synthesize and apply existing knowledge in novel ways to a field.

The D.TH. in SD Learning Outcome:

- Assess the current state of knowledge and practices within the profession of Spiritual Direction
- Develop expertise in Spiritual Direction.
- Learn about and use research methods.
- Advocate for changes that support clients, organizations, and/or communities through an action research project. This project enables you to focus on an everyday problem or unmet need and develop a plan for remediating the issue.
- Expanding the body of knowledge within Spiritual Direction through their research findings.
- Conduct effective analyses of Spiritual Direction processes and policies.
- Gain skills for designing and implementing programs for Spiritual Direction

Students will participate in courses, assignments with deadlines, and the opportunity to learn with likeminded professionals. The Program ends with the student writing a **Dissertation** that identifies a topic within **Spiritual Direction**, investigates it through research, and proposes practical solutions. In addition, general suggestions are made as to how others in their field can practically use the research findings, and other problem areas may be identified for future investigation.

Doctoral level courses combine taught components with independent research in a student's area of expertise. Students will be challenged and encouraged to utilize specialist knowledge and advanced research skills in each course to evaluate, synthesize, and apply their learning to the field of **Spiritual Direction**.

Prerequisite: Master Degree

Course Modality: Asynchronous Online and Hybrid Practicum Clinicals





D.TH. in SD | 66 Credits

COSTS

9 Required Courses | 0 Electives | 4 Units of CPE | 1 Dissertation

Course #	Requirements	Credits	Price
	FEES		
	CAPSTONE Application		\$75
	CAPSTONE Enrollment		\$75
	GACS Application		\$75
	GACS Enrollment		\$75
	CAPSTONE Technology		\$275
	CAPSTONE Administrative		\$500
	CAPSTONE Graduation		\$275
	9 Required		
SD421	Foundations	3C x \$275 =	\$825
SD422	Justice and Liberation	3C x \$275 =	\$825
SD423	Ecology and Embodiment	3C x \$275 =	\$825
SD424	Learning from the Mystics	3C x \$275 =	\$825
SD425	Creativity and Expression, Methods and Tools	3C x \$275 =	\$825
SD426	Ethics, Boundaries and Self-Care	3C x \$275 =	\$825
SD427	Spiritual Assessment and Ethics	3C x \$275 =	\$825
SD428	Setting up Your Own Practice	3C x \$275 =	\$825
DD422	Doctoral Project and Dissertation Writing Course	3C x \$275 =	\$825
	4 Units CPE		
CPE521	Unit 1 of GACS Clinical Pastoral Education	6C x \$275 =	\$1,650
CPE522	Unit 2 of GACS of Clinical Pastoral Education	6C x \$275 =	\$1,650
CPE523	Unit 3 of GACS of Clinical Pastoral Education	6C x \$275 =	\$1,650
CPE524	Unit 4 of GACS Clinical Pastoral Education	6C x \$275 =	\$1,650
	1 Dissertation		
CDP444	Capstone Dissertation Paper	15C x \$275 =	\$4,125
	TOTAL	66C	\$19,500

(Books: Each course may require approximately \$150 for books.)

OPTION A	w/ 0 Units of CPE from GACS	66 C	TOTAL	\$14,550
OPTION B	w/ 1 Unit of CPE from GACS	66 C	TOTAL	\$15,900
OPTION C	w/ 2 Units of CPE from GACS	66 C	TOTAL	\$17,100
OPTION D	w/ 3 Units of CPE from GACS	66 C	TOTAL	\$18,300
OPTION E	w/ 4 Units of CPE from GACS	66 C	TOTAL	\$19,500



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COURSE DESCRIPTIONS

SD421 **Multifaith Spiritual Direction Foundations** **3 credits**

(No prerequisite required)

Description: Introduction to Multifaith Spiritual Direction, is an overview of spiritual direction and companionship from a global perspective, including various religious traditions.

SD422 **Multifaith Spiritual Perspectives: Ecology & Embodiment** **3 credits**

(No prerequisite required)

Description: In this course we will examine various approaches to who we are spiritual beings and inhabitants of the earth. We will look at more traditional and also newer perspectives and understandings of our embodied nature. We will explore earth-based spiritualities and practices, among others. We will explore questions of: what does it mean to be an embodied spiritual being and who do we express that in the world and with each other? How can we be healthier, more responsible inhabitants of our planet? What relationships, practices, dynamics, and connections can we make to cosmic and natural energies and patterns that can aid us in developing a deeper more just, peaceful, and harmonious relationship with our planet, Mother Earth, the energies that connect us all, and to better harmony with each other? We will look at historical doctrinal and systemic beliefs that have created separations, hierarchies, and destructive beliefs and attitudes about who we are as human beings, and how those internalized beliefs and practices have gotten us to where we are today and caused harm. We will aim to bring more value to different ways of 'knowing,' 'being', and existing that have traditionally been dismissed, devalued, demonized, and persecuted.

SD423 **Multifaith Spiritual Perspectives: Justice and Liberation** **3 credits**

(No prerequisite required)

Description: In this course we will examine liberation and justice in light of themes and issues that many persons are living with today, persons who may seek out spiritual guidance and companionship. We will look at the themes of power and oppression, the revolutionary nature of authentic spirituality, spirituality and race, spirituality and relationships, spirituality and addiction, spirituality and social justice. We will examine our own identification and social locations with these themes, our proximity to power and privilege, and learn how to employ practices and tools to dismantle our own internalized oppression. Resources will include books, articles, videos, podcasts, and music.



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COURSE DESCRIPTIONS - CONTINUED

SD424 **Multifaith Spiritual Perspectives: Deeping the Practice,
Learning from the Mystics** **3 credits**

(No prerequisite required)

Description: This course will look at classic mystical writings and practices through the lens of modern interpretations, with an emphasis on techniques that can be applied in today's world in a broad, practical, and effective way, for many different communities, individuals, populations, and needs. We will draw from multiple spiritual traditions. The Christian origins of mysticism will be included in a historic global context. We will learn ways to cultivate and create space for mystery, different states of consciousness, reverie, mystical union, visions, discernment, 3rd eye seeing, stillness, going inward. Prayer, meditation, lectio divina, listening. More visible, active, expressive, outward forms and modes for connecting to the divine/universe/spirit guides, creativity and expression will be covered in SD425. There will be a significant personal application element to this course, as we expand our repertoire for our own spiritual life and for our clients/companions. There will also be space for you to share about which mystic you are drawn to and who influenced you in your own life journey.

SD425 **Multifaith Spiritual Perspectives:
Creativity and Expression, Methods and Tools** **3 credits**

(No prerequisite required)

Description: In this course we will explore forms of creative and spiritual expression as a way to connect with the divine and sacred in ourselves, around us, and with others. We will draw from several spiritual traditions and practices. We will look at forms of movement including dance, yoga, artistic movement, breathwork, song, and vocal expression. We will look at visual artistic and creative techniques including painting, sculpture, working with the earth and plants, mandalas, and forms of writing and calligraphy. We will be looking at forms of music with instruments and without, including chanting. We will be looking at communal creative activities and practices as a way for humans to have a collective spiritual experience and to receive healing, inspiration, joy, awe, wonder from and for each other.





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COURSE DESCRIPTIONS - CONTINUED

SD426 **Multifaith Spiritual Perspectives: Monitoring the Self in Spiritual Direction and Companionship Work - Ethics, Boundaries & Self Care** **3 credits**

(No prerequisite required)

Description: In this course we will be looking at how we can develop a model of ethics that fits with our own spiritual orientation and practices. Once we have a deeper understanding of who we are as a spiritual being and as a Spiritual Director and Companion, we can operate out of a moral and ethical core that is respectful and appreciative of ourselves and those we walk alongside. We can better avoid exploitation and appropriation of certain practices and better create a healthier environment and model to operate from for authentic work, healing and growth. Some of the topics in this course will include: ethics and boundaries in Spiritual Direction work, referrals and community resources, supervision, resolving harm from previous helping relationships, religious or faith traditions and preventing harm from future ones, what does 'right relationship' mean in a Multifaith Spiritual Direction model? We will look at ways of avoiding unhealthy behaviors in a spiritual direction relationship and of addressing them in our own communities and environments, as well as in those of our clients. We will review samplings of various codes of ethics from different spiritual direction organizations and practitioners from around the world.

SD427 **Multifaith Spiritual Perspectives: Spiritual Assessment and Ethics** **3 credits**

(No prerequisite required)

Description: Are you interested in making a career of Spiritual Direction? Do you want to incorporate your skills and experience into your current career? In this course we will explore various ways to expand your network, explore different career paths, and to create your own unique path. We will look at how Spiritual Direction is practiced around the globe, and what is most helpful as a model for you, as well as how to connect to the wider SD global and regional communities. We will also explore what populations/communities you are most drawn to as you shape your practice and begin to plan and build your profession.



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COURSE DESCRIPTIONS - CONTINUED

SD428 **Multifaith Spiritual Direction and
Setting up Your Own Practice** **3 credits**

(No prerequisite required)

Description: In this course we will go over the practical pieces necessary to set up your own Spiritual Direction practice. Hopefully, you have a clearer understanding of who you are as a Spiritual Director and Companion: what will your practice look like based on that understanding? What are the steps required to be certified, licensed, and operating as a professional Spiritual Director and Companion? What kind of populations do you want to work with and how will you create and shape your physical space and your marketing for those potential clients? What will your sessions contain and how will they be designed? What kinds of networking resources are available for you in your area and region and worldwide? What kinds of Spiritual Direction is currently being offered where you live? In your faith traditions, in your community? How do we create a contract for a client? What kinds of fees should we charge for the work? Are there grants and other forms of subsidizing that are available to you? How do we create a visible online platform including social media and websites for exposure? What kind of referral network can we build? These are some of the topics we will explore.

DD422 **Doctoral Project and Dissertation Writing** **3 credits**

(No prerequisite required)

Description: This course serves as an introductory course in the dissertation writing process. This course deals with both the theoretical and practical aspects of designing dissertation research and with writing the proposal and dissertation. The core objective of this course is to provide guidance and motivation to the doctoral student so that the methodology and the entire prospectus will be approved by the student's dissertation committee. This course also provides students with the opportunity to interact with colleagues who are engaged in the same process.





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COURSE DESCRIPTIONS – CONTINUED

CDP444 **Capstone Dissertation Paper** **15 credits**

Description: SCA CAPSTONE doctoral programs consist of three primary components: the coursework, the experiential education, and the dissertation. The student completes coursework to develop and hone critical thinking skills, writing skills, and knowledge. The units of CPE act as the internship putting skills and theories learned into praxis and practical application. The purpose of the coursework is to prepare the student to become a doctoral candidate. The doctoral dissertation is the final academic requirement for the doctoral program and is designed to evaluate the candidate's capabilities as a scholar.

CPE521	Clinical Pastoral Education	#1	6 credits
CPE522	Clinical Pastoral Education	#2	6 credits
CPE523	Clinical Pastoral Education	#3	6 credits
CPE524	Clinical Pastoral Education	#4	6 credits

Description: SCA CAPSTONE utilizes the Graduate Academy of CPE Supervision (GACS) for teaching Clinical Pastoral Education (CPE). CPE is the experiential component of the Doctoral programs. GACS offers updated, current, contemporary Clinical Pastoral Education and Training. CPE centers in the past have traditionally created dividing lines similar to the silos offered in the medical care industry. CPE cognate groups have fallen victim to the same type of one-upmanship as has befallen many of our religious groups and denominational subtleties today. GACS utilizes all of the major areas such as pastoral psychotherapy, spirituality, skills, formation, interfaith, and multifaith perspectives in its search for the best way that a chaplain or spiritual care provider can offer healing to those in need and in pain. Utilizing a bio-psycho-socio-spiritual perspective the helping professional can draw from many resources in order to assist someone in their spiritual journey. GACS takes CPE back to the days of Boisen and Cabot, yet stays relevant with today's highly competitive market of quality indicators, best practices, and interfaith chaplaincy and spiritual care.





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FIND MORE INFORMATION

For additional questions please contact our office at (253)442-6850 or email us at info@CAPSTONEuniversity.org

Developing the Next Generation of CPE Supervisors & Spiritual Care Professionals

CAPSTONE FAST FACT – Degrees. Units. Programs

CAPSTONE University provides education for professional learners at every level:

Doctoral Programs: Five doctoral degrees designed for the working professional wanting to capitalize on their helping skill-set.

Master’s Programs: Five masters degrees designed for the student wanting to focus their learning in a specific helping field.

Executive Diploma Programs: Fourteen executive diplomas furthering the education of experienced professionals that aim to polish and refine their skill-set in the helping industries.

Professional Specialty Certificate Programs: Eleven online certificate programs to help you become a specialist in an essential specific area within the professional helping industry.

Clinical Pastoral Education Units: Provided by the **Graduate Academy of CPE Supervision**.

CPE Supervisor Education Fellow Units: Developing future CPE Supervisors / Educators

Doctor of Theology Degrees

D.TH. in CPP	Doctor of Theology in	Clinical Pastoral Psychotherapy	(72 credits)	(\$21,150)
D.TH. in THAN	Doctor of Theology in	Thanatology	(69 credits)	(\$20,325)
D.TH. in SD	Doctor of Theology in	Spiritual Direction	(66 credits)	(\$19,500)
D.TH. in SC	Doctor of Theology in	Spiritual Care	(63 credits)	(\$18,675)
D.TH. in CH	Doctor of Theology in	Chaplaincy	(60 credits)	(\$17,850)

Master of Theology Degrees

M.DIV. in PM	Master of Divinity in	Pastoral Ministry	(45 credits)	(\$13,725)
M.TH. in SD	Master of Theology in	Spiritual Direction	(45 credits)	(\$13,725)
M.TH. in SC	Master of Theology in	Spiritual Care	(45 credits)	(\$13,725)
M.TH. in CH	Master of Theology in	Chaplaincy	(45 credits)	(\$13,725)
M.TH. in SCN	Master of Theology in	Spiritual Care Nursing	(45 credits)	(\$13,725)

