

Master of Theology Degree in Multifaith Spiritual Direction



www.CAPSTONEUniversity.org

The Master Multifaith Spiritual Director

The School of Spiritual Direction

The **CAPSTONE Master of Theology Degree in Multifaith Spiritual Direction** equips students with the expertise to become Spiritual Directors in diverse environments, blending theoretical knowledge with practical skills. It emphasizes understanding spiritual practices, principles, ethics, and diversity in spiritual service. A significant focus is placed on developing profound self-awareness and engaging with sacred texts and spirituality from multiple perspectives. Students learn introductory research methods, fostering engagement with diverse voices for professional growth and collaboration. The program concludes with a thesis that combines research with practical solutions, preparing students for thoughtful and effective spiritual guidance.

9 Required Courses | 0 Electives | 2 Units of CPE | 1 Thesis

Within the M.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 300-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.





M.TH. in SD | 45 Credits

9 Required Courses | 0 Electives | 2 Units of CPE | 1 Thesis

The **CAPSTONE Master of Theology Degree in Spiritual Direction** provides students with the skill set and knowledge to serve as Spiritual Directors in a variety of settings.

The **M.TH. in SD Degree** coursework is designed to combine theoretical and practical learning, attunement to experiences, trying out spiritual exercises, connectedness to the body, combining multiple perspectives, and the critical reading and application of research.

The M.TH. in SD Degree Learning Outcomes:

The Spiritual Direction master's program allows students to gain knowledge and skills related to:

- The current state of knowledge within professional Spiritual Direction, including spiritual practices, philosophy, principles, and legal and ethical responsibilities.
- Acquiring and developing experiences with sacred texts, theology, spirituality, and diversity in ministries of service and support.
- Profound self-awareness, including one's own internal movements and patterns of reacting to others and to circumstances, and welcoming differing experiences of the divine.
- Introductory use application of research methods.
- Engaging diverse voices and networking for personal and professional growth, collaboration, leadership, and change transformation.

Students will participate in courses, assignments with deadlines, and the opportunity to learn with likeminded professionals. The Degree ends with the student writing a **Thesis** 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.

Master-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 professional **Spiritual Direction**.

Prerequisite: Bachelor Degree

Course Modality: Asynchronous Online and Hybrid Practicum Clinicals





M.TH. in SD | 45 Credits

COST

9 Required Courses | 0 Electives | 2 Units of CPE | 1 Thesis

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		
SD321	Introduction to Spiritual Direction	3C x \$275 =	\$825
SD322	Mystic Traditions	3C x \$275 =	\$825
SD323	The Self and Living a Spiritual Life I	3C x \$275 =	\$825
SD324	Spiritual Disciplines	3C x \$275 =	\$825
SD325	Dynamics of Transformation	3C x \$275 =	\$825
SD326	The Self and Living a Spiritual Life II	3C x \$275 =	\$825
SD327	Professional Standards and Practice	3C x \$275 =	\$825
SD328	Themes	3C x \$275 =	\$825
MT321	Masters Project and Thesis Writing Course	3C x \$275 =	\$825
	2 UNITS		
CPE521	Unit of GACS Clinical Pastoral Education - Unit #1	6C x \$275 =	\$1,650
CPE522	Unit of GACS Clinical Pastoral Education - Unit #2	6C x \$275 =	\$1,650
	1 THESIS		
CTP333	Capstone Thesis Paper	6C x \$275 =	\$1,650
	TOTAL	45 C	\$13,725

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

OPTIONAL ADDITIONAL CPE			
OPTION A	w/ 0 Units of CPE from GACS	45 C	TOTAL \$11,175
OPTION B	w/ 1 Unit of CPE from GACS	45 C	TOTAL \$12,523
OPTION C	w/ 2 Units of CPE from GACS	45 C	TOTAL \$13,725
OPTION D	w/ 3 Units of CPE from GACS	51 C	TOTAL \$15,375
OPTION E	w/ 4 Units of CPE from GACS	57 C	TOTAL \$17,025





The Master Multifaith Spiritual Director

COURSE DESCRIPTIONS

SD321 **Introduction to Spiritual Direction** **3 credits**

(No prerequisite required)

Description: This course provides a fundamental understanding of the profession of Spiritual Direction, as well as exploring the spiritual self as instrumental with a focus on the experiential dimension

SD322 **Mysticism in Theistic and Non-Theistic Traditions** **3 credits**

(No prerequisite required)

Description: This course provides a structural dialogical model for understanding spirituality and mysticism, applying it to personal spiritual life and to religious traditions. Emphasis place on exploring different form of prayer.

SD323 **The Self and Living a Spiritual Life** **3 credits**

(No prerequisite required)

Description: This course focuses on the developmental and phenomenological approaches to the Self.

SD324 **Spiritual Disciplines: Practices that Transform Us** **3 credits**

(No prerequisite required)

Description: This course explores Individual and collective spiritual practices, characteristics of religious learning and development, shadow work, and growth in being present.

SD325 **Dynamics of Transformation** **3 credits**

(No prerequisite required)

Description: This course explores general features and themes of several multifaith traditions and the dynamics of transformation.





The Master Multifaith Spiritual Director

COURSE DESCRIPTIONS - CONTINUED

SD326 **The Self and Living a Spiritual Life II** **3 credits**

(No prerequisite required)

Description: This course explores perspectives of the Self in society and contemporary culture with an emphasis in multifaith spiritual work.

SD327 **Professional Standards in Spiritual Direction** **3 credits**

(No prerequisite required)

Description: This course discusses ethical practices for spiritual directors. Skill practice includes knowledge about setting up a spiritual direction practice with emphasis on contract creation, arc of sessions, professional relationships, and displaying Self in the service of the client.

CD328 **Themes of Spiritual Direction** **3 credits**

(No prerequisite required)

Description: This course explores themes of ecology, gender, globalization, illness and others as well as time given to allow for the exploration of a student chosen topics.

MT321 **Master's Project and Thesis Writing** **3 credits**

(No prerequisite required)

Description: The Master's Project and Thesis Writing course aims to foster the development of the core knowledge, skills, and abilities needed to construct a thesis. In this course learners will be guided through a step-by-step process of preparing to write a thesis, writing the Introduction, Literature Review, Methods, Results, and Discussion sections of a thesis, and will also partake in giving peer feedback and editing and revising each section they have produced. Various tools will also be introduced and utilized which will aid in the entire thesis construction process. Additionally, upon completion of this course, students seeking a doctorate will have laid the foundation for their thesis.





The Master Multifaith Spiritual Director

COURSE DESCRIPTIONS - CONTINUED

CTP333 **Capstone Thesis Paper** **6 credits**

Description: As part of their degree requirements, all SCA CAPSTONE master's students must complete a project, thesis or practicum. The master's thesis option offers graduate students the opportunity to engage in research with a faculty member. A master's thesis document presents the theoretical foundation, methodology, results, and implications of a research endeavor. A thesis project may be a clinical or non-clinical empirical study, methodological study, meta-analysis, systematic review, or a novel analysis of existing data.

CPE521	Clinical Pastoral Education	#1		6 credits
CPE522	Clinical Pastoral Education	#2		6 credits
CPE523	Clinical Pastoral Education	#3	<i>(optional)</i>	6 credits
CPE524	Clinical Pastoral Education	#4	<i>(optional)</i>	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 it's 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.





The Master Multifaith Spiritual Director

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)

