

# Interspiritual Counseling



## 2017-2018 Professional Training Program

"Grow spiritually and help others to do so; it is the meaning of life."

- Leo Tolstoy

# Interspiritual Counseling - Why enroll in ISC?

Be part of a training that is at the leading edge of what is emerging in the counseling field. One Spirit's Interspiritual Counseling Program (ISC) is the only program that trains spiritual counselors in an Interspiritual model. Interspirituality allows us to honor the richness of wisdom from all the world's religions and spiritual traditions to help address both the perennial challenges of human existence and the difficulties of our time.

One Spirit's Interspiritual Counseling program is grounded in interspirituality, presence, awareness, deep listening, facilitation, counselor competence, and ethical practice. Students will be offered learning/growth experiences and resources that will enhance their competence in assisting and guiding seekers in:

- experiencing their connection to God, the Divine, or a Power larger than oneself
- recognizing and listening to the Divine's guidance in their lives
- distinguishing the voice of the Divine from other voices or powers in their lives
- incorporating meaningful spiritual practice into their lives
- discovering and embracing their already existing wholeness
- connecting with a sense of meaning and purpose in life
- expressing their authentic and essential self as manifested in life through work, relationships, community and service

## Program Structure

One Spirit's Interspiritual Counseling Professional Training Program is a four-semester program offered over two years. Classes meet one weekend a month, from 9:30 am – 5:00 pm on Saturday and Sunday. Fall semester goes from September to January; Winter/Spring semester, from February to June.



## Training as an Interspiritual Counselor

The foundational core of the One Spirit Interspiritual Counseling Program is centered around the cultivation of presence: within the counselor, within the counselee and in communion with the Divine. Each semester is anchored and guided by the following 5 pillars:

*Soul Encounters:* Presentations and experiential processes that deepen the counselors' direct and intimate relationship with the Divine, while expanding their understanding of how others experience spirit.

*Counseling Skills:* Each weekend offers multiple opportunities to work in dyad and triad formats, practicing open-ended inquiry (working with what is alive in the moment). In addition, exposure to a broad range of counseling modalities allows counselors to "try on" various skills, helping them gradually grow their own unique counseling style. Each semester offers opportunities to observe master counselor demonstrations (fishbowls) and discuss case study presentations.

*Self-Work:* Experiences in class and homework offer counselors the opportunity to go deeper and witness their own psychological patterns or any "unfinished business" that may interfere with counseling. Encounters with the inner self are also designed to cultivate presence and grow a larger and more compassionate container for the work.

*Body of Knowledge:* Graduates come away with strong skills and exposure to a broad overview of the spiritual and psycho-spiritual foundations that currently exist in the field. Exposure to these modalities and interventions is intended to inspire areas of interest that may inform future professional development.

*Nuts and Bolts of a Spiritual Counseling Practice:* Students learn practical tools to set up a successful spiritual counseling practice including marketing, networking, money competency, etc., as well as ethical practice considerations such as setting healthy boundaries, dual relationships, self-disclosure, and so forth.

*Let no one ever come to you without leaving better and happier.  
Be the living expression of God's kindness: kindness in your  
face, kindness in your eyes, and kindness in your smile.  
Mother Teresa*

## Candidate Qualifications

Our Interspiritual Counseling Program is open to all ordained clergy, healthcare and wellness professionals, life coaches, psychotherapists, expressive arts therapists, and those offering human growth services in diverse settings such as corporations, community-based organizations, schools, and non-profit institutions. Appropriate candidates may also be transitioning from other fields and feel a calling to become a spiritual counselor.

One Spirit Learning Alliance is committed to diversity and welcomes all qualified adults, regardless of age, gender, race, religion, ethnic background, socioeconomic status, or sexual orientation. Acceptance into the program is based heavily on the applicant's character and emotional and spiritual maturity. Students must be able to communicate, read, and write at a post-secondary educational level.

Please apply early and allow two to four weeks to complete the Admissions Process

Applications are accepted January through August of each year. Once your application has been received, it is reviewed and an interview is scheduled with a staff member. Interviews are scheduled for a mutually convenient time. It may take up to three weeks to schedule.

Ideal Candidates demonstrate the following qualities:

- A serious commitment to their spiritual life
- A desire to be of service to the world
- The recognition that there are many valid paths
- A commitment to self-awareness and self-responsibility
- A determination to grow and self-direct
- A desire to deepen their understanding and experience of the Infinite
- An interest in bringing spirit into all their relationships

As the only program to offer spiritual counseling in the Interspiritual model, we require candidates who have not graduated from One Spirit Interfaith Seminary (or a comparable interfaith seminary program) to complete the first year of the seminary program. During your interview, it will be discussed whether you will be required to take the first year of the Interfaith Seminary program before or after ISC.



## The Experience

One Spirit's model of InterSpiritual Counseling model provides students with growth experiences and resources to deepen their spiritual life, while also developing their capacities and competence in the art of spiritual counseling. Personal transformation and the acquisition of practical tools and approaches create a high level of skill and confidence for the ISC graduate.

One Spirit's teaching style creates an environment of safety, facilitating in-depth learning and growth for each participant. Students move into a deeper resonance with the Higher Energy that supports all life. Each student is called to develop his or her own unique gifts with ample opportunity to become familiar with the most penetrating teachings, writings, and skills in the field of spiritual counseling. The ISC program is taught by One Spirit's skilled faculty, who have years of training in several disciplines.



## Requirements for Completion

To successfully complete the Interspiritual Counseling Program students must meet the following requirements:

- "Real Time" class attendance in person or via live webinar for distance learners – post class audio option available when necessary
- Completion of all written assignments for above classes
- Receive monthly individual Interspiritual Counseling over the course of program
- Offer pro-bono Interspiritual Counseling practice sessions & submit documentation of these sessions
- Receive supervision for above Interspiritual Counseling practice sessions.
- Complete The Interspiritual Counseling Manual which synthesizes 4 semesters of learning
- Complete 6 credits of class electives over the 4-semester period
- Participate in a monthly peer support group to explore spiritual counseling concerns and issues that may arise in practice, holding confidentiality in the highest regard

## Semester A - Fall 2017

### Being an Interspiritual Counselor: The Skills of Authentic Presence

Sep 9 - 10, 2017

Dec 2 -3

Oct 7 - 8

Jan 6 - 7, 2018

Nov 4 - 5

*Class Times: 9:30 am – 5:00 pm Saturday and Sunday*

In this work, we are the vessel. Growing our capacity for loving presence and care in the face of life's challenges and inner woundedness is the work we are being called to. The focus of this semester is to learn how to navigate skillfully the defenses of ego while reaching for the innate wholeness and inner divine that is always present. Grounding this work in the stages of faith development anchors the work deeply in sacred service.

This semester covers:

- Interspiritual Spiritual Counseling: Definitions and roles
- Developing the client/counselor relationship and ethical considerations
- Listening, nonjudgmental communication, inquiry
- Working with images of God, Goddess, Divine
- Working with client's personal religious/spiritual history
- Working with trauma, grief and loss
- Working with resistance and defenses
- The practice of forgiveness
- Counselor self-care, resources, and career development



## Semester B - Spring 2018

### Pathways to Soul and Spirit: Exploring Expressive, Somatic and Alternative Modalities in Spiritual Counseling

Feb 3 - 4, 2018

May 5 - 6

Mar 3 - 4

Jun 2 - 3

Apr 7 - 8

*Class Times: 9:30 am – 5:00 pm Saturday and Sunday*

There are so many wonderful modalities that cultivate presence and help our counselees strengthen and deepen their internal connection to soul and spirit. As we journey towards wholeness, different “portals” become available at various stages of the life cycle. Expanding our “tool kit” enables us as spiritual counselors to offer the most resonant options for our clients’ journeys as we learn to discern which “portal” is most receptive to change.



This semester covers:

- Overview of alternative modalities for facilitating psycho-spiritual growth, healthy living and service
- Resilience, meaning-making, and flourishing in transitions
- Body/Spirit approaches to Interspiritual Counseling. Learn how to help clients tap into the wisdom of the body
- Creativity, Expressive Arts, and the healing power of the imagination
- Continued maturation in one’s personal, transpersonal and interpersonal domains of the life journey and continue to deepen how to work with others at different developmental stages
- Practicing self-care to promote resilience, creativity and work life balance
- Continuing to foster the practices of awareness, presence, and inquiry
- Strengthening the counselors ability to engage in life with courage and compassion
- Continuing to clarify and build your Counseling Practice

# Semester C - Fall 2018

## Interspiritual Counseling from Multiple Perspectives

*Class Dates TBD*

*Class Times: 9:30 am – 5:00 pm Saturday and Sunday*

This semester explores various wisdom and psychological/contemporary thought perspectives offering students a balanced range of diverse viewpoints.

This semester covers:

- Exposure to diverse spiritual counseling perspectives. Sourced from the wisdom traditions, these may include: Hinduism, Buddhism, Judaism, Catholicism/Christianity, Islam, Sufism, Goddess, Shamanic, African, and Native American
- Exposure to diverse spiritual counseling perspectives. Sourced from contemporary thought, these may include: Course in Miracles, Diamond Heart, Jungian, Transpersonal Psychology, and Twelve Step.
- Deepening self- attunement, presence and open ended inquiry
- Understanding "out of the ordinary" mystical spiritual experiences
- Discerning and working with spiritual emergencies
- Developing diversity competency
- Growing counselor self-care and continue to clarify career development
- Practicing counseling styles and receive in-class supervision



## Semester D - Spring 2019

### The Illusion of the Separate Self: Being in Relationship from Self to Family to Groups

*Class Dates TBD*

*Class Times: 9:30 am – 5:00 pm Saturday and Sunday*

This semester focuses on the often challenging arena of family and group dynamics. Deepen your capacity to skillfully navigate the world of “we” in both your personal and professional lives.



In contemporary life we are all involved with a myriad of organizations, groups and relationships. Clients seek assistance from counselors in these challenging areas in the hope of deepening their capacity to be authentic in relationship, and to balance healthy connections with healthy autonomy.

This course will assist the Interspiritual Counselor to:

- Understand family life cycle stages, group dynamics and organizational structures
- Learn how self-connection and family of origin influence how we connect, relate, or listen to the divine
- Investigate assumptions, beliefs and defenses that impede communication and skillful action between individuals and in groups
- Discover the natural role of resistance and learn how to more gracefully navigate resistant patterns within individuals and groups
- Help counselees navigate more skillfully in the groups they are a part of - their family, school, organizations, congregations, and other community settings
- Learn how to design, lead and execute inspirational workshops
- Practice counseling styles and receive in-class supervision
- Promote resilience, creativity and work life balance
- Continue to foster the practices of awareness, presence, and inquiry
- Strengthen the ability to engage in life with courage and compassion

## On-site and Distance Learning Available

One Spirit offers state of the art distance learning options for attending and distance learning students.

We are committed to creating a vibrant classroom experience. And since counseling skills are consistently incorporated into the weekend classes, live attendance is required to grow and meet the graduation competencies. "Live attendance" is either in person or via live webinar streaming from anywhere in the world. The Live Webinar option allows students to log into the classroom through their computer. Students are able to listen to the class and actively participate in real time, including all the dyad and triad counseling sessions, break-out discussions and other exercises.

One Spirit records all classes on audiobook, allowing students the option to review what was covered in class and to have access to the classroom learning experience should an emergency situation interfere with live attendance. While we do stress that live attendance is required, job challenges (such as clergy with congregations) can be explored with ISC directors to see if it is possible to meet the graduation criteria combining live and audiobook participation.

When attending class by webinar, distance learning students participate in break-out sessions, fishbowls, and other forms of experiential learning using several types of technology such as Skype, cell phones, and webinar software. This broadens the program experience and allows attending and distance learning students to get to know each other, deepening the supportive experience of the One Spirit community.

The distance learning experience is enhanced by participation on the dedicated website (known as Wisdom Web). The class website offers on-going connection for chatting with fellow students about class work, sharing about life, and supporting one another in community.

**Apply Now!**

Classes Begin September 2017

In order to communicate effectively with other students, faculty, and staff, applicants must have the following technical capabilities.

- *A computer with hi-speed Internet access (broadband strongly encouraged)*
- *A printer (all assignments must be typewritten)*
- *A personal email account (for privacy reasons, it is inappropriate to use the email of a friend or family member)*
- *Working knowledge of computers, especially the ability to access websites, download files, and send, receive and manage email*
- *A Skype, iChat or other such account for use in electronic face-to-face meetings*

Class recordings are distributed through digital files in the m4b audiobook format. Every month, students download the audiobooks to their computers for listening at their convenience. The m4b audiobook format can be played on a computer using iTunes as well as some portable digital audio devices such as recent generations of the iPod. The m4b audiobook format may be converted to mp3 or m4a audio formats for playback on other devices and systems.

### Audiobook Technical Requirements



- *A multimedia-ready computer that is capable of displaying graphics, animation, audio and video. Almost all computers sold today have that capability.*
- *Broadband access to the Internet (Cable, Satellite or “DSL” or comparable) through an account with an Internet Service Provider (ISP).*
- *Ample available hard disc space to receive audio files (500MB minimum, 2 GB recommended).*
- *iTunes – Free software available for download from apple.com.*

*Please note – While other software packages might be able to play the m4b audiobook format, OSLA staff can offer tech support for the iTunes system only.*

# Tuition, Fees & Additional Expenses

## Application fees: (Non-refundable application fee)

For a September start date:

Early Fee: \$75 (Application & all supporting materials received before Mar 30)

Regular Fee: \$200 (Application & all supporting materials received Apr 1 thru June 30)

Late Fee: \$250 (Application and all supporting materials received after July 1)

There is a streamlined application for OSIS graduates. Please contact Admissions, 212-931-6840 x51.

## Tuition 2016-2017 School Year

Full Year Tuition \$2,350

**Elective Fees:** Students are required to take a minimum of six credits of elective classes over the 4 semester program (minimum of 3 per 2 semesters). One Spirit has a \$300 Flat Rate elective fee *per year*. The flat rate fee covers access of up to four credits of classes per academic year at a discounted rate and to a selection of recordings during One Spirit Summer School.

**Books:** *Each year* of study has required texts and training manuals. Some of these can be purchased from our bookstore. Most books are also available commercially. Prices vary.

**Additional Expenses:** During all four semesters you will need to be engaged in monthly spiritual counseling for yourself. After your first semester, you will begin to see pro-bono Spiritual Counseling clients and are required to participate in monthly supervision sessions.

**Counseling & Supervision fees:** A number of experienced counselors and supervisors have agreed to offer the following services for our students at a special rate. These fees are paid directly to your supervisor and counselor.

\$75 per month for counseling

\$75 per month for supervision

## Graduation Fee: \$125

After completing the four semesters of work, graduates participate in a special commencement and graduation ceremony held in one of New York City's large houses of worship.

## The Foundations in Spiritual Inquiry Primer: \$600

This innovative and pioneering program designed by ISC Directors Therese Bimka and Sally Schwager is for first semester students and offers a foundational base to support students in launching their owning counseling program with greater ease, confidence, and skillful inquiry into matters of spirit. Students explore eight themes that serve as a "spiritual point of entry," inviting an in-depth exploration in religious and spiritual questions. Note: Foundations meets the Spiritual Counseling criteria for first semester students.

## Our Distinguished Faculty



### Rev. Therese Bimka, Program Director

Therese Bimka is a Licensed Clinical Social Worker, artist, educator, and Interfaith Minister, ordained at One Spirit in 2008. Therese has worked in the Human Potential field for more than 25 years. She has extensive experience working with children, families, adolescents and adults, both in private practice and within social service and educational settings. As an administrator, Therese created and supervised a number of agency-based programs in NYC and has supervised graduate social work students, art education majors, guidance counselors, and spiritual counselors. For two decades, Therese has pursued training in a wide range of psycho-spiritual practices including meditation, mindfulness and Buddhist Psychology, Gestalt, Jungian (Sandplay Therapy), Expressive Arts, Guided Visualizations, Process Oriented Therapy, and Dream Work. She is now pursuing training in The Realization Process and Somatic Experiencing. Therese enjoys publishing and lecturing, and has presented at a number of regional and national conferences. She has a full time private practice in Brooklyn New York and in the Hudson Valley area. As part of her ministry, Therese has been offering Restorative Justice counseling for violent offenders who have been incarcerated with life sentences. This work has been profoundly gratifying, affirming that healing and transformation are possible under all circumstances.



### Rev. Sally Schwager, Associate Director

Sally Schwager is an Interfaith Minister, Spiritual Counselor, and psychotherapist in private practice in NYC and Connecticut. She is also an Interactive Theater Facilitator working in the field of diversity, inclusion, and transformative leadership. Loving the adventure of both the inner and outer journey, Sally weaves diverse experience into the fabric of her teaching, counseling, and facilitation work. She received her Master's Degree in Education from Harvard University following a decade living and working in Japan where she studied the Noh Theater and Buddhism. She has completed several post-graduate clinical training certifications, including Gestalt Therapy and Core Energetics. She is a certified yoga instructor, has studied with various Diamond Approach teachers, and is a long-time student of A Course in Miracles. Sally volunteers as a Restorative Justice Counselor working with incarcerated violent offenders. She is also a certified Exceptional Marriage Mentor, and together with her husband works with couples as a couple. Sally is deeply interested in the integration of psychotherapy and spirituality, and strives to embody and teach a psychology infused with spirit and a spirituality grounded in psychological principles. Energetic, humorous and heart-centered, Sally has a passion for counseling, teaching and parenting. She lives in Connecticut with her husband, young son, and a flock of chickens.

Classes are taught by our distinguished ISC staff, along with guest lecturers and presenters who enhance the curriculum with their expertise in the counseling field. We are also delighted to have One Spirit Founder and Spiritual Director Diane Berke as a program presenter.

Also popular is "Lunch with Joyce Liechenstein," an informal time to chat and make use of former ISC Director Joyce Liechenstein's down to earth wisdom and enormous biblio-resources.

In addition to the program directors, students are supported and guided through the program by our very diverse and professional staff of deans and advisors.



## ONE SPIRIT'S MISSION STATEMENT

One Spirit is an Interspiritual institute that offers in-depth experiential education and professional training to:

- Teach & Explore the common core of ancient and emerging human wisdom as expressed in ancient and modern wisdom traditions
- Train and Ordain Interfaith/Interspiritual ministers
- Prepare spiritual leaders, counselors and clergy to serve diverse communities
- Support and Nurture individuals' on-going spiritual development, growth and service to the world

## ONE SPIRIT'S VISION STATEMENT

As sacred consciousness evolves in a diverse yet increasingly interconnected world, One Spirit inspires passionate, caring individuals and communities to live engaged lives of authenticity, celebration, compassionate service and integrity.

*"A word about the facilitators - You will not find better. These and Sally bring a wealth of their own experience in this field, along with a tremendously gifted ability to teach, draw students in, and create an experience for both in-person and distance learners to develop and grow. They are both channels for peace and love themselves."*

*- Rev. Beth G*

One Spirit is the umbrella organization for our Core Programs and shorter workshops. We fulfill our vision and mission through these offerings:

### Interspiritual Counseling

One Spirit's Interspiritual Counseling Program offers ordained ministers and qualified health care professionals an opportunity to both deepen their spiritual life and connection with the Divine as well as their capacity and competence in the art of Spiritual Counseling. ISC is a two-year part-time professional certificate training program.

### One Spirit Interfaith Seminary

One Spirit Interfaith Seminary is a two-year part-time professional training that explores the world's religions and spiritual diversity and supports deep personal growth and transformation. Designed for working adults, this program leads to ordination as an Interfaith/Interspiritual minister.

### Clinical Pastoral Education/Training

One Spirit's CPE/T program gives attention to the development and refinement of pastoral identity, authority and clinical skills through an action-reflection-action education model. Trainees will be immersed in exploring issues related to their site placements including homelessness, aging, long-term care, dementia, end-of-life care, bereavement, bio-ethics, multicultural diversity, critical incident and pastoral-theological, psychological, emotional, or mal/adaptive behavior themes.

### Community of Sacred Practice

One Spirit's Community of Sacred Practice offers you a variety of ways to be in spiritual practice. We invite you to join our Daily Inspiration email list. <http://onespiritinterfaith.org/sacred-practice/reading>. We hope you will join with us in a time of sacred reflection, prayer, and meditation based on the daily reading.

### Courses and Workshops

Each year One Spirit offers a full calendar of courses and workshops designed to support each person's spiritual development. Courses are open to students in our core programs and to the public and can be taken either in person in NYC or by live web feed or audio books. All courses require pre-registration on our website [www.onespiritinterfaith.org](http://www.onespiritinterfaith.org)

# What Our Students Are Saying...



*"The ISC program is a state-of-the-art, cutting edge program that has inspired and thrilled me and taken my 20+ years in ministry to a new level! It builds spirit and soul and is rejuvenating. It has prepared me for the next level in my spiritual life and has given me the tools, skills,*

*and spirituality to help bring others to the next level in spirituality for our times."*

*"...a fantastic blend of learning and practice to build the skills and confidence needed to help each of us to be a channel for connection and love."*

*"I have been working as a spiritual director in a Christian context for several years now. I am grateful for the complementary skill-set offered through the ISC programs' broadly spiritual, immensely practical, and both psychologically and culturally-informed approach to preparing professionals to work for the happiness and wellbeing of others."*

*"As a psychotherapist and university professor, I can safely say that the loving and highly gifted One Spirit faculty is a rare experience today in the world of multi-faith learning."*

*"I begin an internship at Four Winds Hospital (psychiatric) in February. Even more than my M.S. in Marriage and Family Therapy, they are interested in my ministerial background and asked about One Spirit. I have been assigned to the adolescent unit, because more adolescent patients seem to want to address spiritual questions and 'God' issues."*

*"One of the great strengths is the love and acceptance toward all who walk through the door and the willingness to accept everyone exactly where they are."*

*"As a third semester student I absolutely love the ISC program. We are getting such a well-rounded view of Spiritual Counseling. The speakers and teachers are knowledgeable and freely share their wisdom with the class."*

## Apply Now!

For more information and registration see [www.onespiritInterfaith.org](http://www.onespiritInterfaith.org) \* 212-931-6840 x51  
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