

Cherry Hill Seminary Spiritual Direction Certification Program

Welcome Explorer!

Below is a list of students currently enrolled in the Spiritual Direction Certification program with Cherry Hill Seminary. During the second year of the program, students work with three people, for free, as a practicum. If you are interested in doing spiritual direction work, please click a website/email link below and book a “get to know you” appointment. The two of you then can discern a match together. It is common practice to meet with 2-3 companions to discover together which match feels most right. See below for suggested questions to ask at your get-to-know-you appointment.

PLEASE, leave space for someone who has not yet benefited from this opportunity. If you’ve already worked with a prior cohort, contact the instructor directly for your referral. (Amy Beltaine: abeltaine@uuma.org.)

Appointments begin March 2025 - If your chosen spiritual companion does not have an opening, to get on the waitlist, email abeltaine@uuma.org

Why engage in spiritual direction work:

<https://abeltaine.blogspot.com/2025/01/embark-on-spiritual-journey-with-free.html>

To connect with a graduate of the CHS SpiDir program click [here](#).

To learn more about the CHS SpiDir program click [here](#).

Name	email/website	definition of SpiDir work	notes
Milo Watson	https://geminimoon.blog/what-is-spiritual-direction/ milo.hth@gmail.com	Spiritual direction is a collaborative exploration & practice in discovering your authentic voice and your spiritual flourishing. The part of you that has always known who you are will be our magnetic north. Our process may include speech & silence, art & movement, mind & heart.	Available to meet online or in person in the Raleigh-Durham, NC area

NOT Accepting Praxis Appointments at this time			
Tamara Van Hook (she/her)	Website: The Wild Wisdom Journey: A Compass for the Wayfaring Soul Email: Tamara@wildwisdomjourney.org	In spiritual direction, a seeker meets with a trained companion who listens deeply as they navigate the seeker's spiritual journey. Together, they notice and explore the presence of the Sacred in the seeker's daily life, discuss questions of meaning and purpose, and nurture spiritual growth through contemplative conversation.	*I'm available to meet via video call, and/or in person. *In person meetings take place in Norman, Oklahoma.
Matt Ricke (he/they)	https://owlsong.my.canva.site/matt-ricke-spiritual-companion MLP.Ricke@gmail.com	Spiritual companioning is the process of building a relationship of trust and curiosity with an Explorer (the person seeking spiritual companionship) in support of their discernment, spiritual growth, and deepening their connection to Source (in whatever way they define it).	I can meet online or in person. For in-person appointments, I can meet with Explorers in the Greeley/Fort Collins/Loveland Colorado region.
Catherine Ishida (she/they)	cishida@uuma.org or cat@thistoois.com https://www.thistoois.com/spiritualdirection	Nurture your spirit. Pause to pay attention to what matters most in life, in the presence of another. Take time to cultivate your relationship with the sources of life, joy, and meaning as you know them, in the	I'm available online or in person in Hilo, Hawai'i.

		presence of a human who will witness, encourage, and challenge you along the way.	
Brenda Cole	brendacole4924@comcast.net  Website-flyer	Spiritual Companioning is holding a contemplative safe space for a seeker to explore and discern their connection to what they consider Divine. Engaging in this work can act as a compassionate mirror for your words and emotions as you discover your authentic path.	I am available online or locally in Albuquerque, NM. As of April 19th I no longer have any openings for seekers. If this changes in the future I'll change this post.
Silent	https://www.tokeepsilent.me/spiritual-direction silent@tokeepsilent.me	Spiritual companioning is a sacred journey where Seekers find a safe, open space to explore beliefs, emotions, and connection to the Divine. You will find deep listening and reflections that assist you in uncovering your truths, encouraging practices like journaling to reveal deeper insights.	I can meet in the Puget Sound area and on-line.

12 Questions to Ask at the Get-to-Know-You Appointment

It's important to ask questions to get to know your prospective spiritual mentor. It can be hard to know where to start, so here's a list of 12 questions that might be helpful to ask during your first session with a prospective spiritual director.

1. What kind of training did you undertake to become a credentialed spiritual director?

You may be more comfortable with a director who has gone through an accredited program, or at least a reputable formal training program. On the other hand, you may prefer to journey with someone who has been giving direction for a long time but may not have gone through a formal program, instead apprenticing or developing their skills in a specific cultural context.

2. How long have you been offering spiritual companioning?

Some directors may have been offering accompaniment for years, but have only had one or two seekers during that time. Others may not have been offering direction for as long, but have a number of seekers, meaning that they have a greater total hours of experience. While the numbers themselves may not be important to you, understanding the level of direct experience your mentor has in the practice of direction is helpful to know.

3. Do you have a spiritual director?

The answer to this question needs to be "yes".

4. Do you have a supervisor or a peer group?

This is an extremely important question to ask. One of the ways that a spiritual tender cares for you and tends your soul is to actively seek accountability and supervision by a credentialed supervisor. This process helps your mentor stay present and able to accompany you without distraction from their own journey.

5. Are you part of any professional spiritual direction associations? Do you hold to a formal code of ethics from any of these?

There are numerous spiritual direction associations that have a formal code of ethics for spiritual direction. Sometimes mentors who are part of a religious order have enough accountability within their order that they feel other associations are unnecessary.

6. What's your guiding image of spiritual direction?

Each mentor holds one or more images of what the spiritual accompaniment relationship is to them. Whether this is as a companion, mentor, guide, friend or any other word for their role,

knowing what guides them in their practice of direction will help you know if this guide fits well with your hopes for the spiritual mentoring relationship.

7. What has your journey with the divine/sacred been like?

Some people might feel that this is too personal a question to ask a spiritual companion; however, this is someone with whom you'll be sharing one of the most intimate areas of your life—your spiritual journey. This is what the Get-to-Know-You appointment is for! This question also helps you to understand the spiritual perspective that your companion will be operating from. It may be important that you and your spiritual mentor share a spiritual vocabulary.

8. What is your experience tending your relationship with what you hold holy? What spiritual practices nourish you?

Again, this seems like a deeply personal question, but it's one that your mentor will be asking you on a regular basis. Learning more about their practices will help you understand if this person is a good match for you.

9. What kind of on-going education or enrichment in spiritual direction are you undertaking?

The spiritual journey is never static—neither is the practice of spiritual direction. It's important to know what your spiritual director is doing to continue learning and growing.

10. What kind of covenant or agreement will we establish between us?

While some companions prefer an informal, spoken covenant (including, necessarily, confidentiality), many prefer a written agreement in order to establish roles, responsibilities and appropriate boundaries. This can sometimes seem like “just paperwork” but a formal agreement helps you to feel safe and protected.

11. How do you handle deciding how much to pay and how to pay?

Talking about money can be uncomfortable. This will be a good opportunity to practice self-trust and forthrightness, skills that we will nurture in spiritual mentoring.

12. How do you make this a place of growth, freedom and nurture for all people, especially those with marginalized identities or different ways of moving through and experiencing the world?

We are all unique and almost all of us have tender places and identities that have brought us both joy and sorrow in our lives. Whether your identities are systemically marginalized and a source of challenge in your life or you are beginning to explore how your spirituality calls you into relationships of mutuality, respect, love, and justice with others, it matters how your spiritual mentor will support you.