



INTERSPIRITUAL COUNSELING PROGRAM

OneSpirit
learning alliance

SPIRITUAL EDUCATION FOR THE 21ST CENTURY

Out of Many. One Spirit.

Companion Others With Radical Acceptance And Unconditional Love

Interspiritual Counseling Program

The Interspiritual Counseling Program (ISC) at One Spirit Learning Alliance (One Spirit) is at the leading edge of the newly emergent field of Interspiritual Counseling. ISC trains counselors to serve the most rapidly growing segment of the population – those who are spiritual but not religious (SBNR) – as well as those who are grounded in one tradition yet open to the wisdom and guidance available from other traditions.

One Spirit's interspiritual counseling model is grounded in interspirituality, presence, deep listening, counselor competence, ethical practice, and sacred service.

Program Logistics:

- ❖ Part-time professional training program designed for working adults
- ❖ Classes meet one weekend a month from September to June on Saturday and Sunday
- ❖ Available to attending and distance learning students live via Zoom and/or audiobook and video downloads
- ❖ Provides peer and professional staff support
- ❖ Supports personal transformation and professional training
- ❖ Skills developed within the program are applicable in any setting

The Interspiritual Counseling Curriculum

At this historical juncture, we are being called to grow our capacity for loving presence and care in the face of life's profound challenges. One of the most defining features of interspiritual counseling is its reliance on the fundamental belief that within each one of us lies an innate wisdom and innate wholeness that is our birthright, that is our Divinity. This wholeness can never be broken or destroyed, but it can be obscured. In our counseling program, we learn to live and guide from this wholeness and help others find it within themselves.

Rev. Therese Bimka, LCSW
Program Director

Overview: The Interspiritual Counseling Curriculum

At One Spirit, five pillars form the basis of our programming:

1. **BODY OF KNOWLEDGE**
2. **COUNSELING SKILLS**
3. **SOUL ENCOUNTERS (Spiritual Deepening)**
4. **SELF-WORK (Inner Work and Healing)**
5. **NUTS AND BOLTS OF AN INTERSPIRITUAL COUNSELING PRACTICE**

Unique, Transformational, Experiential, and Practical

PILLAR 1: BODY OF KNOWLEDGE

Over the two-year training, students are exposed to a broad overview of the psycho-spiritual approaches and modalities that currently exist in the field, helping them grow an extensive toolbox of skills. The body of knowledge we present draws on numerous wisdom teachings, from the ancient to the cutting-edge, and helps cultivate spiritual maturation and depth of presence.

Students are exposed to theoretical and experiential grounding in spiritual counseling modalities and sacred technology tools, useful in supporting spiritual growth, healing, and transformation.



“I use the deep wisdom and skills offered by the ISC program in every session I have with a counselee. It is such a beautiful gift, honor, and blessing to sit in witness of a counselee’s unfolding soul, and the ISC program is alive and present in each and every session. I am so very grateful to you all!”

One Spirit ISC Program Graduate



PILLAR 2: COUNSELING SKILLS

The Counseling Skills pillar is extensive and comprises the heart of the ISC curriculum. Exposure to demonstrations and a range of modalities allows students to “try on” various approaches and gradually develop their own unique counseling styles.

The in-class monthly Counseling Practicum offers a spacious format for practicing, witnessing, and deepening counseling skills while receiving real-time supervision and feedback.

Some of the competencies that are cultivated in depth throughout the two years are:

- ❖ Using invitational language to ask open-ended questions without an agenda
- ❖ Deepening sacred listening and sacred silence
- ❖ Skillful use of prayer and spiritual technologies to support inquiry
- ❖ Creating safety and engagement in the counseling relationship
- ❖ Working with resistance and defenses and spiritual bypass
- ❖ Uncovering wholeness and innate wisdom
- ❖ Discerning the voice of ego from the voice of the Divine

PILLAR 3: SOUL ENCOUNTERS (Spiritual Development and Healing)

Soul Encounters include presentations and experiential processes that develop and deepen students’ direct and intimate relationship with their own spiritual life. Spiritual counselors cannot companion someone on a meaningful journey without an engaged and active connection to Source. In this work, the practitioner is the vessel. In addition to the benefit of their own spiritual maturation, students also expand their understanding of the diverse ways others experience spirit.

Topics within this pillar include:

- ❖ The wisdom of the chakras as a map for wholeness
- ❖ Soul maps like the hero’s and heroine’s journey
- ❖ Individual and group prayer
- ❖ Working with energy
- ❖ Nature-based wisdom
- ❖ The arts as portals to the sacred



PILLAR 4: SELF-WORK (Inner Work and Healing)

Self-work offers the opportunity to witness one's own psychological patterns and any "unfinished business" that may interfere with counseling. We do not do therapy together, but we do explore what might get in the way of authentic presence when sitting with a counselee. Encounters with the inner self are also designed to cultivate presence and grow a larger and more compassionate container for the work of spiritual counseling.

The One Spirit model of teaching is very heart centered, creating a powerful and safe container for deep and authentic transformation and healing.

Topics within this pillar include:

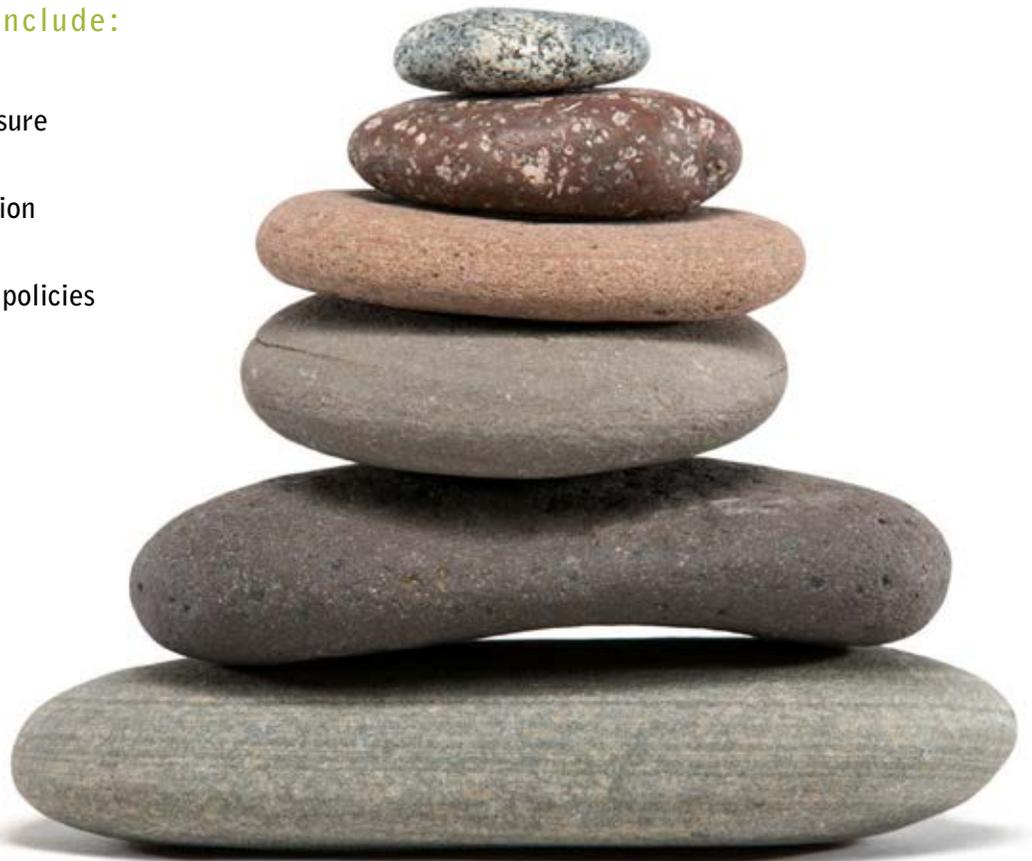
- ❖ Accessing dreamwork as a portal to divine guidance
- ❖ Identifying purpose and passion in life
- ❖ Exploring one's relationship to anger and forgiveness
- ❖ Working with the inner child
- ❖ Healing your relationship to money
- ❖ Understanding spiritual attachment theory

PILLAR 5: NUTS AND BOLTS OF A SPIRITUAL COUNSELING PRACTICE

This pillar offers tools to set up a successful interspiritual counseling practice. It includes marketing and networking, as well as informed explorations into ethical practice considerations.

Topics within this pillar include:

- ❖ Healthy boundaries
- ❖ Appropriate use of self-disclosure
- ❖ Dual relationships
- ❖ Healthy endings and termination
- ❖ Finding your niche
- ❖ Creating sustainable practice policies



**Reach our Director of Admissions at
Admissions@1Spirit.org or call 212-931-6840 ext 151.**

Year A Course Content

Within the context of an inquiry into faith formation and spiritual development, Year A focuses on cultivating the skills of authentic presence and exploring creative and somatic modalities in interspiritual counseling.

As our counselees journey towards wholeness, different “portals” become available that help strengthen their internal connection to soul and spirit. In Year A, we learn to discern which portal is most open and receptive as we simultaneously expand our toolbox of counseling skills.

Year A topics include:

- ❖ Body-based approaches to spiritual counseling
- ❖ Healing through the expressive arts
- ❖ Spiritual maturation and the evolution of faith
- ❖ Creating safety in the counseling relationship
- ❖ Self-care
- ❖ Spiritual assessment models

Year B Course Content

Year B offers an in-depth exploration into the illusion of the separate self. In this curriculum, we explore “all of our relations” – understanding our connection to self, healing family-of-origin wounds, cultivating conscious partnerships, exploring group dynamics, deepening our connection to creation, and exploring healthy leadership and authentic power.

Year B topics include:

- ❖ Working with the inner child and family dynamics
- ❖ Partnership as a spiritual path
- ❖ Evolution of spiritual groups and group dynamics
- ❖ Diversity and inclusion competency: working with “the other”
- ❖ Soul maps: exploring various “maps” to the center of the self and stages along the way
- ❖ Working with different populations, such as LGBTQ, women, those in grief, people with addictions, incarcerated/homeless, the religiously wounded



Distance Learning

The InterSpiritual Counseling program offers a robust and immersive distance learning option for students who don't live within commuting distance to the New York classroom. Our distance learners are such an integral and contributing part of the classes that we refer to them as companion learners. Our companion learners are able to ask questions, share reflections, and interact in many ways with the in-class presenters, teachers, deans, and other students using the Zoom videoconference platform.

Companion learning is inherently a different experience than in-residence study. It requires greater degrees of independence and self-initiative on the part of the student. Nevertheless, companion learning students find the InterSpiritual Counseling training program to be a rich and life-enhancing experience, and develop a strong sense of spiritual community with their classmates and colleagues over the course of the two-year training. Companion learning students are free to attend class whenever feasible.



The ISC Program offers two distinct certificate tracks:

Three-Year Track Certificate in Interspiritual Counseling, 480 Instructional Hours

The Certificate in Interspiritual Counseling is One Spirit's signature spiritual counseling training program. This track combines two years of comprehensive training and mastery in spiritual counseling (ISC) plus one year of deep experiential immersion in the study of the world's great religious traditions – Eastern, Western, and indigenous. This third year anchors the counseling work in greater spiritual competency.

This foundation of literacy in the diverse heritage of the world's wisdom teachings is developed through taking Year One of One Spirit's Interfaith/Interspiritual Seminary training program. (Note: This "third year" may be taken prior to or following the two years of ISC training.) Students who complete Year One of Seminary in good standing may decide to go on to complete Year Two of the Seminary training and become ordained as interfaith/ interspiritual ministers.

Students who successfully complete the Three-Year Track may represent themselves professionally as "Interspiritual Counselors" and have the option to become professionally affiliated with One Spirit, which includes the benefit of being listed in One Spirit's online directory of interspiritual practitioners.

Two-Year Track: Certificate in Spiritual Counseling, 320 Instructional Hours

The Certificate in Spiritual Counseling offers applicants who meet the criteria the option to receive the same two years of comprehensive training and mastery in spiritual counseling skills as our signature program cited above. These skills ground the practitioner in excellence and competence as a spiritual counselor. Note: The Two-Year Track references and applies interspiritual principles and wisdom teachings from various faith and contemporary traditions as they pertain to spiritual counseling and companioning.

Students who successfully complete the Two-Year Track may represent themselves professionally as "Spiritual Counselors" but not as "Interspiritual Counselors." Two-Year Track students who complete ISC may decide at any time to go on to the third year and complete the requirements to earn their Certificate in Interspiritual Counseling and change their professional designation to "Interspiritual Counselor."

Criteria for the Two-Year Track

The two-year track is open to applicants who have completed professional training in the healing and transformational arts. These include therapists, social workers, nurses, coaches, ministers, hospice care workers, etc. We define professional training as a formal one-year-plus program that has a clear curriculum along with graduation/completion criteria.

Applicants with an M.Div. or related masters degree may also apply to the two-year track.

Lastly, applicants for the two-year track are expected to have engaged in their own inner work and to be familiar with counseling/depth work from a personal vantage point.

Criteria for the Three-Year Track

The three-year track is open to applicants who long to deepen, clarify, and strengthen their understanding of the world's wisdom traditions. Applicants are sometimes making a career change but have not undergone a professional training as per the two-year track.

Our third-year classes are part of our Interspiritual Seminary program. Details of those classes can be found within our brochure for that program.

If you are not sure about which certificate track is right for you, our Admissions Department can assist you in your discernment process.

The Interfaith and Interspiritual perspective recognizes that each individual has a unique soul, a personal expression of the life force that births us all. It sees that throughout history and across the globe various expressions of this fundamental Oneness have emerged, and that those expressions share a common foundation of understanding and experience.

By enrolling in a One Spirit program, you will learn how to use (and to support others to use) every experience in life as an opportunity for spiritual evolution. Our heart-centered programs contain a deeper curriculum of evolving consciousness and spiritual maturity that will help you to:

- ❖ Foster the unique expression of divinity that lies deep within your soul
- ❖ Allow that higher wisdom to become the navigator of your life
- ❖ Make a transformative positive impact in your life, in your community and in the world around you
- ❖ Embody a greater sense of service and lead from a new perspective

Once open, once awake, once aware of the profound interconnectedness and the sanctity of all life, there is simply no other way to be in the world than to be of service.

ARE YOU BEING CALLED TO A HIGHER LEVEL OF SERVICE?
**Are you ready to bring mind and heart into harmony
as you take your next steps?**

One Spirit Interfaith Seminary and Interspiritual Counseling programs will give you a new understanding of your place in the world, a new way to create a life of meaning and purpose, and the skills and presence to humbly serve.



For more information and registration visit www.1Spirit.org

One Spirit Learning Alliance • 247 West 36th Street • 6th Floor • New York, NY 10018