

# PMI CORE VALUES



**Integrity**

## FOUNDATION COURSES (12) UNITS

*Introduction to Christian Spirituality*  
*Spiritual Discernment for Life and Ministry*  
*Spiritual Dynamics of Conflict:*  
*An Introduction*  
*Spiritual Life Rhythms for Transformation*

## CORE COURSES (9-units)

*The Art & Practice of Spiritual Direction*  
*Spiritual Direction Practice*  
*Spiritual Retreat Leadership*

## SPECIALIZATION COURSES (12-UNITS)

*Foundations of Transforming Prayer*  
*Transforming Prayer Practice*  
*Conflict Management and Spiritual Restoration*  
*The Art and Practice of Christian Mediation*

## RESEARCH SUBJECTS AND THESIS (6-UNITS)

*Research Methods and Thesis writing*  
*Thesis or non-Thesis project on Leadership, Christian spirituality and formation*

## ELECTIVES (3-UNITS)

*Practicum/Fieldwork in Christian Meditation*  
*Practicum/Internship in Transforming Prayer*  
*Practicum/Internship in Spiritual Direction*  
*Practicum/Fieldwork in Spiritual Formation*  
*(Organizing Conducting retreats)*

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TOTAL UNITS REQUIRED: 42

Accreditations and Recognition:  
SEC Reg. No.37698  
CHED GR -049 series of 2001  
Duly Accredited by Philippine Council for NGO  
Certification  
Accredited by the Bureau of Immigration (BI)  
Member of Association of Christian Schools  
Colleges and Universities (ACSCU) and  
Philippine Association of Bible and  
Theological Schools (PABATS)

School of Graduate Studies  
ASDECS Center



**A BULLETIN OF  
INFORMATION**

For the

**MASTER OF ARTS IN  
Transformative Spirituality**

*An Ecclesiastical Degree Program*

For more information, email the Academic Dean,  
School of Graduate Studies  
[rey\\_taniajura@yahoo.com](mailto:rey_taniajura@yahoo.com)

## Course Descriptions

### Introduction to Christian Spirituality

Provides an understanding of the meaning and purpose of Christian spirituality. The course includes an historical review of Christian spirituality and seeks to help students go beyond the foundational elements of cognitive understanding of biblical and theological knowledge to experiential practices that teach how to create sacred space for God to work in transformative ways through the Holy Spirit in life and in ministry.

### Spiritual Discernment for Life and Ministry

Lays the foundation for all aspects of spiritual formation through the learning of practical skills in the field of spiritual discernment. The course content prepares students to understand principles of spiritual discernment and shows how to experientially apply them both personally and in group settings. Particular emphasis is given to discerning the presence and activity of God in the process of decision-making.

### Spiritual Life Rhythms for Transformation

Seeks to help students to develop a model for spiritual growth and character transformation that is both theologically grounded and practically applicable to everyday life and ministry service. Students will engage in a variety of spiritual exercises designed to help them grow in their own personal love relationship with God. Emphasis is given to the student's personal development of spiritual life-rhythms that are foundational to the care of body, soul and spirit and which are essential aspects of living a life of wholeness in Christ and of preparedness for more effective participation in his ministry.

### Spiritual Dynamics of Conflict: An Introduction

Introduces students to the Biblical framework and concepts of conflict dynamics as a way of understanding and addressing personal, interpersonal, corporate, and societal conflicts. Students will likewise be introduced to some of the methodologies and tools in dealing with the two major categorization of conflicts, namely, personal and interpersonal.

### The Art and Practice of Spiritual Direction

Introduces students to the art and practice of the ministry of spiritual direction. Students will review the historical roots of spiritual direction, consider the differences between spiritual direction and counseling, coaching and mentoring and learn the nature and purpose of both individual and group spiritual direction in the context of spiritual discernment. Students will begin to administer and receive spiritual guidance from one another.

## Program Description

### MASTER OF ARTS IN

### TRANSFORMATIVE SPIRITUALITY

*The Master of Arts in Christian Spirituality and Formation is designed to assist a new generation of church leaders, practitioners, and educational leaders in learning, developing, practicing and teaching in the fields of spiritual formation, spiritual direction and spiritual mediation, leading to the deepening of relationships with God, self and others. The program equips students in the ministry of Christian caregiving through spiritually focused guidance with a view to bringing hope, healing and spiritual well-being to all levels of brokenness in the human condition. To this end, emphasis is placed upon an experiential knowing of the God who is revealed in Jesus Christ as Father, Son and Holy Spirit. Concomitant to the benefits of the program's design is the student's own personal transformation which in turn leads to the spiritual renewal of churches, communities and society as a whole.*

### Spiritual Direction Practice

Provides students with hands on experience in both individual and group spiritual direction through the application of the principles of holy listening and spiritual discernment in actual spiritual direction scenarios. Students will learn to assist others in a very accepting, gracious and nonjudgmental way to become more aware of the presence of God and his personal communication to them in life and to discover ways to respond to the voice of God and the movement of the Holy Spirit. (Pre-requisite: Foundations for the Art and Practice of Spiritual Direction)



## Course Descriptions

### Conflict Management and Spiritual Restoration

Reviews, explores and examines paradigms in understanding and addressing personal, corporate and societal conflicts. Students will be provided with skills and tools in dealing with various types of conflicts from a biblical perspective with the goal of paving the way for spiritual restoration to take place.

### Foundations of Transforming Prayer

This course will present a brief insight to the neuro-biological connection between prayer and the healing journey. Students will be afforded opportunity to define and deal with personal and historically-based obstacles to transformation—emotional wounds and traumas, which may have led to dysfunctional behaviors. Students will begin practical prayer exercises and practices for spiritual and emotional healing.

### Transforming Prayer Practice

This course covers Christ-centered and biblically-based application and experience of in-depth group and individual practice of the principles covered in Foundations of Transforming Prayer. Students are given the opportunity to experience and facilitate inner healing prayer, increase personal awareness of the presence of God, develop a more personal and intimate relationship with God and others via a team-ministry model of Transforming Prayer. (Pre-requisite: Foundations of Transforming Prayer) **Spiritual Retreat Leadership**

This course provides students with an in-depth understanding of the transformational value of spiritual retreats in the context of Christian spirituality and spiritual formation. Included are studies in the concept of rest and rejuvenation from both a biblical-theological perspective and an emotional/physiological perspective of the human condition. Students will also learn how to organize and direct various spiritual retreat formats.

### The Art and Practice of Christian Mediation

The course is designed to introduce students to the principles of Christian mediation. Additionally, students will be taught how to apply the principles of Christian mediation in actual conflict situations, both in ministry and in the workplace.

### Research Methods and Thesis Writing

A review of research methodologies both quantitative and qualitative, with special attention to various research methods common in the fields of spiritual formation, spiritual direction and conflict management.