

**PROGRAM OF STUDIES:**  
**Master in Transformative Spirituality**

**FOUNDATION COURSES (15) UNITS**

- *Introduction to Christian Spirituality*
- *Spiritual Discernment in Life and Ministry*
- *Nature and Dynamics of Conflicts: An Introduction*
- *Spiritual Life Rhythms for Transformation*
- *Fundamentals of Christian Counseling*

**CORE COURSES (18 units)**

- *Journey To Wholeness – An Inner Healing*  
Course 1: Principles
- *Journey To Wholeness – An Inner Healing*  
Course 2: Practices
- *Restoration and Conflict Resolution 1: Principles*
- *Restoration and Conflict Resolution 2: Practices*
- *Art & Practice of Spiritual Direction Spiritual*  
Direction 1: Principles
- *Art & Practice of Spiritual Direction Spiritual*  
Direction 2: Practice

**COGNATE SUBJECTS (9 UNITS)**

- *Organizing and Conducting Spiritual Retreats*  
Practicum Part 1
- *Organizing and Conducting Spiritual Retreats*  
Practicum Part 2
- *Master Capstone: Documentation of Final Project*

=====

**TOTAL UNITS REQUIRED: 42**



ASIAN SCHOOL OF DEVELOPMENT AND  
CROSS-CULTURAL STUDIES  
Transformational. Experiential. Contextual. Participatory. Innovative. Holistic.

## Graduate Studies Center

### **A BULLETIN of INFORMATION for 2024**

For the

## **Master in Transformative Spirituality**

**An Ecclesiastical Degree Program**

For more information,  
email Secretary of  
the Graduate Studies Center,  
Ms. Vicky Constantino at  
[victory80264@gmail.com](mailto:victory80264@gmail.com)

or

Terrence Santibañez  
MTS, Program Director  
[mats.asdecspmi@gmail.com](mailto:mats.asdecspmi@gmail.com)

## Program Description

### **MASTER IN TRANSFORMATIVE SPIRITUALITY**

**The Masters in Transformative Spirituality 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.**

### **Introduction to Christian Spirituality**

This course introduces the student to the fundamental concepts of Christian spirituality. Its aim is to present the what and why of Christian spirituality. It shall also look into the relationship between spirituality and spiritual transformation. It also focuses on the topics, true self and false self, and as well, the Being and Doing.

### **Spiritual Discernment in Life and Ministry**

This course lays the foundation for all aspects of spiritual formation through the learning of practical skills in the field of spiritual discernment. Particular emphasis is given to discerning the presence and activity of God in the process of decision-making.

### **Spiritual Life Rhythms for Transformation**

This course seeks to help students to develop a model for spiritual growth and character transformation that is both biblically and 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.

## Course Descriptions

### **Nature & Dynamics of Conflicts and Introduction**

This course introduces students to the Biblical framework and concepts in 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.

### **Fundamentals of Christian Counseling**

This course provides students with the basic principles of counseling as applied to the practice of Inner Healing and as is applicable to the following two tracks.

### **Organizing and Conducting Spiritual Retreats Practicum Part 1**

Experiencing The Presence - In this retreat, the participants will be companioned, helping them to discern areas of their lives where the Lord is wanting to bring healing and wholeness, leading to a greater awareness of his transformative presence.

### **Journey to Wholeness-An Inner Healing Course 1: Principles**

This course will present a brief insight into the neuro-biological connection between prayer and the healing journey. Students will be afforded opportunity to define and address personal developmental obstacles to transformation which may include emotional wounds and traumas, that may have led to dysfunctional behaviors.

### **Journey to Wholeness-An Inner Healing Course 2: Practices**

This course covers Christ-centered and biblically-based application and experience of in-depth group and individual practice of the principles in inner healing.

### **Restoration and Conflict Resolution 1: Principles**

This course reviews, explores and examines the Restorative Justice paradigm 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.

## Course Descriptions

### **Restoration and Conflict Resolution 2: Practices**

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.

### **Art and Practice of Spiritual Direction 1: Principles**

This course introduces students to the art and practice of the ministry of spiritual direction. Students will review the biblical, historical, and theological roots of spiritual direction and consider the differences between spiritual direction and counseling, coaching, mentoring and other soul care ministries. Students will learn and experience principles of spiritual listening along with developing skills in spiritual discernment.

### **Art and Practice of Spiritual Direction 2: Practice**

This course 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 accompany others in a safe, gracious and nonjudgmental way, helping them to become more aware of the presence of God and his personal communication to them in life's activities.

### **Organizing and Conducting Spiritual Retreats Practicum Part 2**

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.

### **Master Capstone: Documentation of Final Project**

This course is the culminating project where the students can apply their experience, knowledge and skill learned from the program and applied in conducting a Spiritual Retreat.