



Evolving Enneagram Spiritual Direction Training & Certificate Program

Frequently Asked Questions

What is spiritual direction?

Spiritual direction is the practice of accompanying another person as they attend to the presence and movement of the Sacred in their lives. Through deep, prayerful listening, a spiritual director offers a compassionate, nonjudgmental space where people can notice how Spirit is inviting them toward greater freedom, wholeness, and love.

Known by many names—including spiritual companionship, soul friendship, and sacred accompaniment—its heart remains the same: helping people become more attentive to their own lived experience of the Divine, however they understand or name the Sacred.

Who is this program for?

This program is designed for those who already accompany others—or who sense a call to begin doing so.

Participants include:

- Enneagram practitioners
- Spiritual directors
- Therapists and counselors
- Clergy and chaplains
- Coaches
- Retreat leaders
- Spiritual companions
- Experienced contemplative practitioners
- Anyone who feels called to accompany others with greater wisdom, compassion, and contemplative presence

Whether you're newer to this work or have years of experience, the program is designed to deepen your capacity for presence, discernment, compassionate listening, and contemplative leadership.

Do I need to belong to a particular faith tradition?

No. The program is intentionally interspiritual and inclusive, welcoming participants from diverse religious traditions, spiritual paths, and life experiences. Rather than teaching a particular theology, we cultivate the contemplative posture of listening deeply for the Sacred as it is uniquely encountered within each person's journey.

Do I need previous Enneagram experience?

Not necessarily. A basic familiarity with the Enneagram is recommended, but extensive knowledge is not required.

Some participants will arrive with years of Enneagram experience, while others may already be seasoned spiritual directors. One of the gifts of this cohort is learning from one another as these two streams of wisdom come together.

Throughout the program, the Enneagram is woven into every phase of formation—not as a stand-alone subject, but as an integrated path of contemplative, psychological, and spiritual transformation that deepens self-awareness, compassionate presence, and the capacity to accompany others with wisdom and freedom.

How are the Spiritual Direction, Contemplative Enneagram Practitioner (CEP), and Contemplative Enneagram Teacher (CET) pathways related?

Evolving Enneagram offers three complementary formation pathways that support different expressions of contemplative leadership.

The **Spiritual Direction Training & Certificate Program** is the heart of our formation pathway. Within that journey, participants also have the option of earning the **Contemplative Enneagram Practitioner (CEP)** Certification, which is integrated directly into the program rather than offered separately.

The **Contemplative Enneagram Teacher (CET)** Training & Certification is a separate program for those who feel called to teach Evolving Enneagram's contemplative approach to the Enneagram. It has its own curriculum, tuition, and schedule and is designed to complement both the Spiritual Direction Training & Certificate Program and the Contemplative Enneagram Practitioner (CEP) Certification.

Together, these pathways allow participants to discern the combination of formation that best supports their unique calling.

Is the CEP Certification included in this program?

Yes. The **Contemplative Enneagram Practitioner (CEP) Certification** is offered as an integrated part of the Spiritual Direction Training & Certificate Program rather than as a stand-alone certification.

Participants who complete Phase 3 of the Spiritual Direction program together with the accompanying CEP coursework will earn the designation **Certified Contemplative Enneagram Practitioner (CEP)** through Evolving Enneagram.

Those who continue through the full twenty-two-month formation and complete the required post-program supervision will also receive their **Certificate in Spiritual Direction**.

Because we believe cohort-based formation is an essential part of the contemplative journey, the CEP Certification is available only as part of this shared formation experience.

Does this program qualify for IEA accreditation hours?

Yes. The full program qualifies for International Enneagram Association (IEA) professional accreditation hours.

How long does the program last?

The training consists of twenty modules over approximately twenty-two months.

Participants pursuing the Certificate in Spiritual Direction then complete four post-program supervision sessions, typically over an additional four to six months, before receiving their certificate.

How much time should I expect to invest?

Expect to invest approximately 4–6 hours per month, on average, including live cohort gatherings and self-paced learning. In addition, each phase begins with a live online training weekend held on Friday and Saturday from 10:00 a.m.–2:30 p.m. Central Time.

Participants pursuing the optional Contemplative Enneagram Practitioner (CEP) Certification will also have access to approximately forty hours of recorded Contemplative Enneagram teaching, which may be completed at whatever pace best supports your learning.

Are the live sessions online?

Yes. All live trainings and cohort gatherings take place via Zoom.

Sessions are recorded for later viewing, although breakout room conversations remain confidential and are not recorded.

Attendance expectations are outlined in the Program Overview.

What are the practicums?

The practicums are where formation moves from reflective learning into lived practice. The four required practicums may be completed through a combination of recorded at-home sessions and live cohort fishbowls, with at least two sessions recorded (audio or video). Following each practicum, participants complete and submit a guided reflection designed to deepen learning and support continued growth. Throughout the process,

participants receive thoughtful feedback that strengthens confidence, cultivates responsive presence, and embodies the art and craft of spiritual companionship.

While stepping into this "guidance" and "journeying with" role for the first time can stir real anxiety alongside excitement, participants consistently find it one of the most meaningful and formative parts of the entire training. Practicum requirements may be altered for participants who have previously completed comparable spiritual direction training.

What are the reflection papers?

At the close of each phase, participants write a brief reflection paper that draws together the material from that phase's modules—not as a summary, but as an integration. It's a chance to notice connections across modules that might not be obvious at the moment, and to track one's own formation as it unfolds phase by phase.

How does the supervision process work?

Following completion of the 20-module program, participants seeking full certification continue with four post-program supervision sessions designed to support the transition from training into practice. These sessions may be offered in a cohort group or individually with Nhien or Scott. Supervision provides a space to process client sessions, deepen your emerging skills, navigate the practical realities of building a practice, and bring the real questions and challenges that arise as you begin accompanying others. These sessions are available at an additional cost beyond the program tuition.

What does the program cost?

Tuition is **\$4,600** for the complete twenty-module program.

Participants may pay in full or through four quarterly payments of **\$1,212.50** (*a modest payment-plan fee applies*).

Those registering by **October 31, 2026**, receive a **\$300 Early Bird discount**, which applies to the first payment.

Reduced alumni tuition, flexible payment plans, and limited scholarships are also available.

Post-program supervision is a separate investment and may be completed through group supervision, individual supervision, or a combination of both.

- **Group supervision:** \$75 per session (\$300 total)
- **Individual supervision:** \$150 per session (\$600 total)

What's the difference between completing the program and earning the Certificate in Spiritual Direction?

Completion of all twenty modules earns a **Program Completion Document**.

The **Certificate in Spiritual Direction** is awarded after participants also complete the required post-program supervision process, which is considered an essential part of professional spiritual direction formation.

When can I begin offering spiritual direction?

Participants may begin offering spiritual direction upon completing the twenty-module training, provided they are actively engaged in the required post-program supervision process.

May I call myself a "Certified Spiritual Director"?

Unlike professions such as counseling or social work, there is no universally recognized credentialing body that certifies spiritual directors.

Graduates of this program receive a **Certificate in Spiritual Direction** and may accurately describe themselves as having completed a Certificate in Spiritual Direction through Evolving Enneagram.

May I call myself a Certified Contemplative Enneagram Practitioner?

Yes. Participants who complete Phase 3 of the Spiritual Direction program together with the accompanying CEP coursework earn the designation **Certified Contemplative Enneagram Practitioner (CEP)** through Evolving Enneagram.

Who leads the program?

The program is co-led by:

Rev. Nhien Vuong, JD, MDiv

Founder of Evolving Enneagram, Spiritual Director, and author of *The Enneagram of the Soul*

Rev. Scott McRae, MDiv, ACPE

Spiritual director, educator, and longtime trainer in contemplative spiritual formation

Together they bring decades of experience in contemplative practice, spiritual direction, Enneagram formation, and adult education.

Still have questions?

We'd be honored to support your discernment.

Please reach out to **Rev. Nhien Vuong** at revnhien@evolvingenneagram.com.