

The Nature and Purpose of Spiritual Direction

Spiritual Direction is an age-old ministry, a unique one-to-one relationship in which a trained person (the spiritual director) assists another person (the directee) in their spiritual journey. Both the Spiritual Directors and Directee believe in and respect the reality of God as each understands God to be.

Spiritual Direction is not counseling, psychotherapy or pastoral counseling. Directors do not take on care they are not qualified to provide. Spiritual directors may refer a directee to seek additional support from appropriately qualified professionals. Spiritual directors will continue to support directees in a manner that is best for all involved.

Confidentiality is mandatory for the Spiritual Director with the exception of situations dictated by law (for example: abuse or suicidal tendencies or a threat of harm to another)

Expectations

- ❖ Sessions are set up at times mutually agreed upon by the Spiritual Director and the Directee, usually once a month.
- ❖ The focus of the session is centered on whatever the directee brings to the session and how the presence of God is reflected in the directees life.
- ❖ Directors utilize listening skills to journey with the directee, pray with and for the directee, so as to help the directee discern the ways in which God is leading them.
- ❖ Electronic communications such as zoom or facetime may be used for Spiritual Direction sessions. Electronic communication devices are not to be used for content more appropriately suited for a spiritual direction session. In extenuating situations, exceptions may exist when mutually agreed upon by the director and directee.
- ❖ If additional sharing is required between regularly scheduled appointments, an additional spiritual direction session will be scheduled if agreed upon by both the Spiritual Director and directee.

Evaluating or Ending the Spiritual Director/Directee Relationship

- ❖ Periodically the director and directee openly evaluate the Spiritual Direction relationship and share any highlights or concerns about how the process is going for each.
- ❖ Either the director or the directee are free to decide whether or not the spiritual direction relationship is to continue.
- ❖ At times and according to the Spiritual Director ethics protocol, spiritual directors may need to end the relationship for reasons that do not reflect negatively on the directee. Assistance in obtaining a new Spiritual Director is offered.
- ❖ Directee is asked to cease seeing one spiritual director before beginning with another.

I understand and agree to the nature, the purpose, guidelines and evaluation of the Spiritual Direction Relationship.

Signature of the Directee

Date

Signature of the Director

Date