

**A Spiritual Director** (sometimes called a 'Soul Friend' or 'Spiritual Accompanier') is one who, through their particular gifts and training, has developed certain skills to help individuals explore a deeper relationship with themselves and that which lies beyond - the *Other*.

Whilst **Spiritual Direction** addresses the whole person it differs from psychotherapy or counselling in being the process of accompanying a person on their journey into wholeness and holiness as they seek to respond to the deepening call of God. However, there are many similarities between spiritual direction and therapeutic practices: spiritual direction offers a safe, welcoming and confidential space in which life stories can be explored; it is non-judgmental; it is not about telling people how to behave but how to listen and respond to the movements going on within them.

**Spiritual Direction** is an on-going relationship and time is needed to understand the movements occurring in the life of the Directee. A useful image from scripture might be the Journey to Emmaus when two disciples travelled together until the Lord revealed himself to them. Further information is available and more detailed notes of the ministry can be found [here](#). Other Notes concerning how to prepare for a session of direction can be found [here](#).

I am a member of the **Community of Spiritual Directors** and abide by their Code of Practice. I see people either in my home in south-east London or at the London Spirituality Centre in the City. Whilst I make no set charge for this ministry I need to ask for a donation which, apart from being a source of income, covers matters such as ongoing training, Supervision and, where applicable, room hire. As a guide this might be equivalent to your hourly income or, if you are unemployed, I would be happy with whatever you felt you could afford. We would have an initial meeting to find out if we could work together and, if so, would normally meet every six to eight weeks (more frequently if required) for up to an hour. From time to time we would review our relationship for your benefit.

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**SUPERVISION** is a ministry for which I undertook training in 2005 at the London Centre for Spirituality and am now a Senior Accredited member of the Association of Pastoral Supervisors and Educators (APSE).

For **Spiritual Directors** I can offer individual Supervision or facilitated Supervision Groups in Romford, Hainault and Chelmsford which meet 4/5 times a year. These offer an opportunity for members to have a time for individual supervision as well as receiving insight from all who take part in the process. The purpose of facilitated Supervision has been described as:

'... to develop the directing skills of the directors within the ( ... ) group. We are interested, not so much in the case being presented, but rather, what is going on right here in this room at this time. Our emphasis is on these people and what they say to each other. (A facilitated) group is a fine opportunity for ongoing education among spiritual directors ... It gives them an opportunity to have some kind of reality check on themselves so that they do not become a kind of private guru. In addition one checks out his or her own communication skills, decisions about some of the things that they have been doing in the directing situation with other good directors who also have experience.' (*George J. Scheme; SJ: 'Beyond Individuation to Discipleship'*)