

Spiritual Direction Agreement

Our Relationship: As a directee, you are meeting with your spiritual director because you want to examine your spiritual life. For many, there is a desire to grow his/her relationship with God. Perhaps the directee has encountered a wall, block or, on a positive note, the directee has a new found divine energy or desire. Most directees have a longing for more.

What to expect in a typical session:

- We engage in silence, centering & grounding, active listening, and a prayerful posture throughout the session, facilitated by the director.
- The directee will be prepared to share what they want to bring to the session - it may be a thought, a question, a concern, a prayer, a pain, as it relates to their life and in particular, their spiritual life.
- The director will be attentive, listen deeply, mirror & echo back to the directee, ask questions, and provide support in service to the person's soul journey.
- A session may include engaging in contemplative practice to support the directee in his/her journey.
- The director will may provide a resource that can be used in between sessions.

(The additional information included on page 2 explains more of the Director's role in a general way.)

Although it is appropriate at times to discuss psychological and relational difficulties in the context of spiritual direction, I am not a psychotherapist, nor do I provide such services.

Confidentiality: I will hold our conversations in strict confidence. Our time together is sacred. I will not reveal the content of our conversations unless I am required to do so by law or court order. On the other hand, you are free to share whatever you choose about our conversations with anyone.

Fees, Time of Sessions and Changes: The fee per one-hour session is \$_____ payable at the end of the session. This fee is guaranteed for at least 12 months. We commit to begin and end our sessions on time. Although we agree to a monthly one-hour session, you may desire to meet more frequently or for a longer session periodically, and that is fine, as long as we schedule in advance. If you would like to share a success or a problem with me in between sessions, you may contact me via phone, e-mail or text message. I do not bill for additional time of this type but ask that you keep the extra calls to a few minutes.

Please sign and return a copy of this agreement.

Signature of spiritual directee _____ Date

Signature of spiritual director _____ Date

Cathie Huber

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**additional information to be aware of:*

1. Spiritual direction is not therapy, counseling, mental health care, or treatment for substance abuse. The director is not functioning as a licensed mental health professional and spiritual direction is not intended as a replacement for counseling, psychiatric interventions, treatment for mental illness, recovery from past abuse, professional medical advice, financial assistance, legal counsel, or other professional services. Should it be determined that counseling is appropriate, the director will gladly provide referrals.

2. Spiritual Direction is for people wanting to pay attention to their spiritual life in a consistent and regular way.

3. Spiritual Direction will be an on-going relationship for many months and often years, although either person can bring the relationship to an end at any time. This is a spiritual practice, and not simply one or two meetings when someone is experiencing a spiritual crisis.

4. Spiritual Direction can and may involve periods of extended silence, prayer, listening, values clarification, identifying plans of action, accountability, examining lifestyle, and questioning currently held beliefs.

5. Spiritual Direction is most effective when both parties are honest and straightforward in their communication.

6. Spiritual Direction is a confidential relationship and the director agrees to keep all information strictly confidential, except in those situations in which such confidentiality would violate the law or could jeopardize the safety of the client or others. The director is required to report suspected cases of child or elder abuse. Also, professional ethics regarding confidentiality require spiritual directors to report imminent self-endangerment (suicide) or harm to others.

7. There will be no predetermined length of commitment. While the director-directee relationship between you and the director may last many months and years, there is no binding obligation to continue sessions if either person doesn't believe it is a correct fit. We both agree to have one final meeting together to honor and bring the formal relationship to a close.

8. Each meeting will last approximately 50-60 minutes. Each meeting will be scheduled approximately 4-6 weeks apart. All efforts will be made to accommodate each other's schedules. Each person agrees to inform the other of the need to cancel an appointment. Except in unusual circumstances, this cancellation will be given no less than 48 hours prior to the scheduled appointment.

9. The session fee is payable in advance of each session by cash, check, apple pay or venmo (@Cathie-Huber)