

## **Consent for Spiritual Direction Online with Nicola Usher**

I see a Spiritual Direction / Spiritual Companionship session as an intentional time to support emergent and embodied wisdom, guidance and resourcing. My approach is through listening to the body, mind, and heart using internal and external signs that are available within and around us throughout our lives. I believe that the spiritual and soulful interpretation of this wisdom is unique to each of us, and so I recognize and support the many ways that people are in relationship with the sacred through nature, different faith traditions, philosophies, values and creative expressions.

The purpose of this information and consent form is to let you know how I approach Spiritual Direction so you can see if it is aligned with what you would like in your process and to affirm your right ask questions or to choose not to work with me at any time. Spiritual Direction may be used on its own or as an adjunct to psychotherapy, and other health care supports. Spiritual Direction is not psychotherapy but rather an opportunity to realign with who we are at our soul/sprit level, and to connect with how this part of us shows up in relationship with ourselves, each other, nature and Presence.

Through contemplative exploration, I aspire to live a life personally and professionally in conscious embodiment through daily spiritual, mindfulness and self-compassion practices held with a trauma-sensitive awareness. I believe these are ongoing and brave places of learning for all of us that have both a quality of individual growth as well as an expression of our maturation in relationship with each other.

In my work as a spiritual companion online I bring the intention of presence, going slowly, times of silence, and connecting to resources that bring support and self-care. A balance of body, mind and heart comes through as we notice and track sensations, images, body movements, emotions, emergent insight, and the felt-sense of spiritual guidance.

Through the process of spiritual companionship we can find: a deeper connection to our authentic self; discernment in decision making; connection and exploration of our relationship with the sacred; freedom from habitual thinking and responding; healing in our relationship with our body; connection with our spiritual heart; and a consciousness of what is stirring within us as we give voice to our longings, values and purpose.

### **Confidentiality**

Your information is confidential unless required by law. I am obligated to report any information that indicates neglect or abuse of a minor, child, dependent adult or elder.

Please feel free to request to see your records or to ask for a copy at any time.

### **Credentials:**

- \* Registered Massage Therapist since 1989
- \* 2300 hour Massage Therapy Certificate Kikkawa College, Toronto 1987 - 1989
- \* First Degree Reiki with Heather Lee, 1994
- \* Craniosacral Therapy: 750 Hour Biodynamic Craniosacral with Jan Pemberton 2005 - 2008; 36 hour Cranial Course with Grace Chan (Sutherland/Chan Clinic) 2005; 14 hour Advanced Cranial Osteopathy with Osteopathic Elder Fred L. Mitchell D.O. 2010
- \* Vodder Manual Lymph Drainage in 1992
- \* Muscle Energy Technique & Strain/Counterstrain with Glenn Sprague P.T., D.O. in 2001
- \* Spiritual Direction - Pacific Jubilee Program 2013

- \* The Centre for Mindfulness Studies certificates in MBCT Basics Workshop, CBT: A Primer Workshop and Refining Inquiry with Patricia Rockman & Susan Woods in 2014
- \* Trained Teacher of Mindful Self-Compassion (Kristin Neff, Chris Germer, Michelle Becker & Steven Hickman teachers) December 2015, August 2016
- \* Somatic Experiencing Practitioner - 216 hours Trauma Renegotiation and Nervous System Work, Berns Galloway, Russell Jones & Twig Wheeler 2018 - 2019
- \* Silent Retreat Experiences: Vipassana 3-day retreats, 5-day silent retreat in the tradition of Thich Nhat Hanh, Loyola House 3-day silent retreats (Ignatian), Jubilee Program silent retreat days, Mindful Self-Compassion 6-day retreat
- \* Touch Skills for Trauma Therapists with Kathy Kain - 4 day training in 2020

**I have read the above information and I understand and give consent to proceed with Nicola Usher in a Spiritual Direction session using contemplative awareness and bodywork. I understand that I have the right to ask questions or stop a session at any time.**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**I give Nicola Usher permission to contact me by phone, email or texting for the purpose of setting up appointments or sharing information. Initial\_\_\_\_\_**