

Spiritual Direction Information and Informed Consent

I see Spiritual Direction / Spiritual Companionship as an invitation to experience an emergent and embodied knowing, guidance and resourcing. My approach to engage this invitation is by listening to the wisdom of our body, mind, and heart through internal and external signs that are available within and around us. 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, and to connect with our wholeness through the sacred in our life.

Through contemplative exploration, I aspire to live a life personally and professionally in conscious embodiment; daily spiritual, mindfulness and self-compassion practices, and 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 our maturing in relationship with others. In my work as a spiritual companion, I bring the intention of presence, going slowly, times of silence, bodywork, 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.

When using bodywork, I approach consent as an ongoing communication throughout each session to negotiate and adjust the work as needed for a sense of safety, support and personal agency. Know that you have the right to ask for clarification; for adjustments to be made in terms of pressure or location of contact; or to end a session at any time. Clients are fully clothed, and the session may include being seated, standing, or laying on a massage table. When using bodywork, each session will begin with a seated check-in to get a sense of what is present, and then end with a seated check-in to allow for integration.

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.

Bodywork is optional and so if you wish to receive contemplative bodywork during the session:

Please circle the areas you are comfortable having contact (including or excluding anything is fine) and if your choice includes all of the areas listed just check this box

Feet - Right / Left Ankles - Right / Left Lower Legs - Right / Left Knees - Right / Left

Hips - Right / Left Sacrum (base of spine) Low Back Middle Back Upper Back

Lower Abdomen Respiratory Diaphragm Area (Upper Abdomen)

Upper Chest (below collarbone **not** including the breasts) Shoulders - Right / Left

Upper Arms - Right / Left Forearms - Right / Left Hands - Right / Left Neck Head

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

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 receiving educational information. Initial _____