**Spiritual Direction Agreement**

**What is spiritual direction?**

Spiritual direction is a contemplative practice that focuses on the conscious development of the relationship between a person and God. The spiritual director helps the directée become more aware of the presence, movement, and invitation of God in everyday life and prayer. The spiritual director is a faith companion who listens to life stories with an ear for discerning the movement of the Holy Spirit.

**Our relationship**

You are meeting with me as your spiritual director because you want to examine your spiritual life. Although I believe 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. Similarly, you recognize that spiritual direction is not financial or medical advice. Any decisions and actions you may take in that regard are done without my advice or recommendation, and are purely your responsibility.

**Confidentiality**

I will hold our conversation 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. Professional ethics regarding confidentiality do not apply to self-endangerment (suicide), harm to others, and child or elder abuse.

For my professional growth I ask your permission to share pieces of information with my supervisor without using your name. It is customary for directors to be under direction and supervision as part of our commitment to improving our practice.

**Meetings**

Direction sessions usually take place once a month for 45-60 minutes. I practice Spiritual Direction as a part of the community ministry of Santa Cruz Fellowship ([santacruzfellowship.com](http://santacruzfellowship.com)). I do not charge for Spiritual Direction but, if you feel led to donate in support of the ministry the address and paypal link are on the website. Donations to the Santa Cruz Fellowship are collected by a local CPA and we have asked not to be told who the donors are. To facilitate the blind aspect of any giving, I would just ask for your mailing address at the beginning to add to our donors list. Feel no compulsion to give, this simply keeps the ‘keeper of the list’ from asking us for your address and revealing the secrecy of any new donors.

We commit to begin and end our sessions on time. If you wish to change an appointment, please email me at least 48 hours in advance.

In agreement\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (your name)

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In agreement\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Jayne Price

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your address:

Your Phone number: home cell