

SPIRITUAL DIRECTEE INFORMED CONSENT

I, _____, understand and acknowledge each of the following aspects of Spiritual Guidance and the ethical responsibilities and limitations of my Spiritual Director:

- 1) There are distinctions between Spiritual Guidance and Psychotherapy. The purpose of Spiritual Guidance is not to address problems or crises and if I present with these symptoms I may be referred to another type of helping professional instead of spiritual Guidance.
- 2) My Spiritual Director reserves the right to carefully choose with whom to work. She assesses the appropriateness and the maximum number of persons whom she can guide, while still maintaining the ability to attend to and discern the optimal way to provide guidance.
- 3) The relationship between a Directee and a Spiritual Director is unique and should not be tainted by dual roles or dual relationships between the two parties. A Spiritual Director does not socialize with Directees nor engage in any other kind of relationship under any circumstances.
- 4) My Spiritual Director understands the psychological issues that may arise within the context of the guiding relationship when two souls meet and share intimately about matters of the spirit. She knows how to deal with these issues by addressing issues of transference and countertransference. Despite the close nature of the Directee-Director relationship, this is not a two-way relationship. It is not the Directees place to take care of the directors feelings and it is not the Directors place to discuss their own issues.
- 5) My Spiritual Director maintains respect for my freedom to find my own spiritual path and she helps to guide me in this regard. My Spiritual Director encourages me to develop a balance between contemplation and action in my spiritual growth. Telephone and Online sessions with my Spiritual Director, whether via email or in a secure chat room, are characterized by privacy, acceptance, mindfulness and confidentiality. Confidentiality shared information about the Directee cannot be disclosed without the written permission of the Directee, with the exception of when a Directee expresses ideation and/or intent to do harm to oneself or another. Under such circumstance, the Director is mandated to disclose relevant information in order to provide the appropriate help.
- 6) My Spiritual Director cannot be held responsible for providing services to me in the event of a crisis or emergency situation. Therefore, I may need to find a local therapist if such a situation arises.
- 7) There are unique limitations to engaging in Spiritual Guidance online as opposed to in person. I recognize and accept these limitations. I also agree that my Spiritual Director cannot be held responsible for breaches in provision of services that are due to computer malfunctioning, and/or loss of electricity or Internet connection.
- 8) I agree to pay the fee per hour, to be agreed upon between myself and the Director for Spiritual Guidance, which is due at the time service, is provided. I am able to pay via one of the online payment method options provided.
- 9) I have read, understand and agree to the terms explained above.

Signature