

Spiritual Directors International Guidelines for Ethical Conduct

Ethical conduct flows from lived reverence for Divinity, self, and others but is not inevitably the reality of every spiritual direction relationship. Therefore, these guidelines are meant to inspire members of Spiritual Directors International toward integrity, responsibility, and faithfulness in their practice of spiritual direction.

I. The Spiritual Director and the Self

1. *Personal Spirituality.* Spiritual directors assume responsibility for personal growth by: a) participating in regular spiritual direction; b) following personal and communal spiritual practices and disciplines.

2. *Formation.* Spiritual directors engage in ongoing formation as directors by: a) continuing to discern their call to the ministry of spiritual direction; b) nurturing self-knowledge and freedom; c) cultivating insight into the influences of culture, social-historical context, environmental setting, and institutions; d) studying scripture, theology, spirituality, and other disciplines related to spiritual direction.

3. *Supervision.* Spiritual directors engage in supervision by a) receiving regular supervision from peers or from a mentor; b) seeking consultations with other appropriately qualified persons when necessary.

4. *Personal Responsibility.* Spiritual directors meet their needs outside the spiritual direction relationship in a variety of ways, especially by: a) self care, wisely balancing time for worship, work, leisure, family, and personal relationships; b) addressing the difficulties multiple roles or relationships pose to the effectiveness or clarity of the spiritual direction relationship; c) removing oneself from any situation that compromises the integrity of the spiritual direction relationship.

5. *Limitations.* Spiritual directors recognize the limits of: a) energy by restricting the number of directees; b) attentiveness by appropriate spacing of meetings and directees; c) competence by referring directees to other appropriately qualified persons when necessary.

II. The Spiritual Director and the Directee

1. *Covenant.* Spiritual directors initiate conversation and establish agreements with directees about: a) the nature of spiritual direction; b) the roles of the director and the directee; c) the length and frequency of direction sessions; d) the compensation, if any, to be given to the director or institution; e) the process for evaluating and terminating the relationship.

2. *Dignity.* Spiritual directors honor the dignity of the directee by: a) respecting the directee's values, conscience, spirituality, and theology; b) inquiring into the motives, experiences, or relationships of the directee only as necessary; c) recognizing the imbalance of power in the spiritual direction relationship and taking care not to exploit it; d) establishing and maintaining appropriate physical and psychological boundaries with the directee; e) refraining from sexualized behavior, including, but not limited to, manipulative, abusive, or coercive words or actions toward a directee.

3. *Confidentiality.* Spiritual directors maintain the confidentiality and the privacy of the directee by: a) protecting the identity of the directee; b) keeping confidential all oral and written matters arising in the spiritual direction sessions; c) conducting direction sessions in appropriate settings; d) addressing legal regulations requiring disclosure to proper authorities, including but not limited to, child abuse, elder abuse, and physical harm to self and others.

III. The Spiritual Director and Others

1. *Colleagues.* Spiritual directors maintain collegial relationships with ministers and professionals by: a) developing intra- and interdisciplinary relationships; b) requesting a directee who is in therapy to inform his or her therapist about being in spiritual direction; c) securing written releases and permission from directees when specific information needs to be shared for the benefit of the directee; d) respecting ministers and professionals by not disparaging them or their work.

2. *Faith Communities.* Spiritual directors maintain responsible relationships to communities of faith by: a) remaining open to processes of corporate discernment, accountability, and support; b) appropriately drawing on the teachings and practices of communities of faith; c) respecting the directee's relationship to his or her own community of faith.

3. *Society.* Spiritual directors, when presenting themselves to the public, preserve the integrity of spiritual direction by: a) representing qualifications and affiliations accurately; b) defining the particular nature and purpose of spiritual direction; c) respecting all persons regardless of race, color, sex, sexual orientation, age, religion, national origin, marital status, political belief, mental or physical handicap, any preference, personal characteristic, condition or status.

Spiritual Direction Statement of Policy

Adapted for interfaith use from the Statement used by the Bread of Life Center in Davis, CA.

The Nature of Spiritual Guidance

Spiritual guidance is a process that focuses on conscious development of one's human potential and/or growing the relationship between a person and the Divine. This can happen in either one-to-one sessions or in small group settings. As a guide I try to help a person grow in intimacy with the Divine. This might include discussions of one's spiritual practice, providing support for discernment and decision-making, and becoming aware of feelings and images which may be challenging or nudging one towards wholeness. Although it is not a counseling or therapeutic relationship, many find spiritual guidance a helpful companion process to work happening in these other settings.

What you can expect from a spiritual guide?

I was trained at Mercy Center, Burlingame, a program that follows the guiding principles and components of Spiritual Directors International. These components include theological and psychological dimensions of direction, discernment, practicum and supervision. I have adopted for myself the SDI ethical guidelines. I am committed to my own personal growth by being in spiritual direction myself, and by active participation in a community of faith and a peer supervision group. I commit to my ongoing professional growth by attending at least one continuing education event each year.

Confidentiality

To assure the best quality of care for those who come to me, I may consult with my peer group or with another helping professional. Any information shared in supervision or consultation is anonymous and held in strictest confidence. Outside of these settings nothing is shared without your written consent, except as required by law to protect you or another from serious harm. As your director, I am required by law to report known or suspected cases of abuse or neglect to children, the elderly, and the handicapped.

Fees and Payment

At this time my fee is \$100 for each session. If during our work together you have a financial hardship, please talk to me and we'll work something out. I prefer to be paid via Paypal to Paypal ID: jmabry@apocryphile.org.

Appointments

Regular meetings are essential to effective guidance. Once our relationship is established, a typical rhythm for meeting is once a month for 50 minutes. You can schedule your sessions at <https://calendly.com/apocryphile>. The time you schedule is your reserved time. If you are unable to keep your appointment, please let me know at least 24 hours in advance. You are responsible for paying the fee for your appointment if you do not cancel 24 hours in advance, with exceptions being sudden illness and situations over which you have no control. My email is apocryphile@me.com and my phone number is 510-290-4349.

I have read and understand this policy statement and agree with it.

(Please print out, sign, take a photo and email it to apocryphile@me.com.)

Signature: _____

Date: _____