



REGNUM CHRISTI

Spiritual Direction Agreement

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

Spiritual direction is a dialogue between a director and a directee that enables the directee to hear God's personal communication to him or her and to respond to God's invitations to grow in intimacy with God through prayer.

- 1) A spiritual director reserves the right to carefully choose with whom to work. They assess the appropriateness and the maximum number of persons whom they can guide, while still maintaining the ability to attend to and discern the optimal way to provide guidance.
- 2) 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 should refrain where possible and prudent from socializing with directees. Within the Regnum Christi community this can be challenging. Prudence and strict confidentiality are stressed.
- 3) A 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. Proper training and continued practice of supervision will help the director deal with these issues such as transference and countertransference. Clear boundaries must be maintained. What the director feels should be discussed in their supervision group not shared with the directee.
- 4) A Spiritual Director maintains respect for the freedom of each person to find their own spiritual path and utilizes empathic listening to help the directee discover that path.
- 5) In-Person, telephone and online sessions with a Spiritual Director, whether via email or in a secure chat room, are characterized by privacy, acceptance, mindfulness and confidentiality. Confidentially shared information about the directee cannot be disclosed without the written permission of the directee, with the exception of when a directee expresses the 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) A spiritual director may recommend a local therapist if they feel it will help the healing process of a directee.
- 7) If remuneration is required, this is agreed upon prior to the first spiritual directive session.
- 8) I have read, understand and agree to the terms explained above.

Signature
