

# Engagement Agreement for Spiritual Direction

I, \_\_\_\_\_, understand and acknowledge each of the following aspects of Spiritual Direction and the ethical responsibilities and limitations of my Spiritual Director, Yoori Shen:

## Our Relationship

You are meeting with me as your spiritual director because you want to examine your spiritual life. The supplementary sheet entitled Guidelines for Ethical Conduct from Spiritual Directors International (of which I am a member) explains my role in a general way.

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 advice, and any decisions and actions you may take in that regard are made without my advice or recommendation and are purely your responsibility. Despite the close nature of the Directee-Director relationship, this is not a two-way relationship. You do not need to take care of my feelings, and in our sessions, it is not my place to discuss my own issues.

## Confidentiality

I will hold your identity and our conversations in strict confidentiality. Our session is sacred. I will not reveal the content of our conversations unless I learn someone might be

in danger based on the information. Signing this agreement, however, indicates that you understand that my practice is supervised as part of my development as a Spiritual Director.

## Fees

My fees are on a sliding scale (\$25 to \$60 per session) based on the [self-assessed needs](#) to make spiritual direction accessible to those of different means. You understand that you can pay by e-transfer or Pay-Pal.

## Time of Sessions and Changes

We commit to begin and end our sessions on time. If you wish to change your appointment, you will let me know at least 24 hours in advance by emailing me and calling/texting me as well. I will do the same for you. Without this notice, you will pay for the appointment time. I will not call or send you reminders for the sessions.

Although we agree to a monthly, one-hour session, periodically, you may wish to meet more frequently or for a longer session. We can arrange this by mutual agreement and by scheduling in advance.

## As a spiritual director I am committed to –

Jesus

**Spiritual Formation:** Attending to my own spiritual growth and formation through receiving regular spiritual direction, prayer, other disciplines and practices

**Supervision:** Ongoing consultation to improve and grow in practice

**Responsibility to live well:** intentionally nurturing a rhythm of work, study, rest, prayer, worship, play, community and solitude

## The agreement made between a director and a directee

Valuing dignity and confidentiality

## As a directee you commit to –

Honesty, desiring growth, openness to the work of the Spirit . . .

Making time and space for our time together

Making every effort to value that time by being on time

Please sign, date and return a copy of this agreement.

Date: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

*~Adapted from "Agreements" and "Guidelines for Ethical Conduct" available from Spiritual Directors International*