***Spiritual Direction Agreement, Template, Diocese of Leeds***

***To be personalised for the specific Spiritual Direction relationship***

*Your Name,**Contact Details*

**What is Spiritual Direction?**

*As a fellow pilgrim, the spiritual director accompanies the directee on their journey of faith. Sue Pickering*

God is in the whole of our lives. There is nothing that we cannot talk about, nothing that is not 'spiritual'. However Spiritual Direction is not counselling, supervision, coaching, mentoring or prayer ministry. The theme of our spiritual direction conversation will be your relationship with God, how this relationship can flourish, and the direction you are being called into.

**Frequency, length and place of sessions**

Sessions are usually around an hour and take place between 4 and 6 times a year. After a first exploration session, we both indicate whether we want to work together. Sometimes it needs a few days to consider the decision. We will usually agree the date of our next meeting at the end of each session.

If you need to be in touch with me in between the sessions, please contact e via e-mail in the first instance. Our meetings will take place at my home or online via zoom unless otherwise arranged.

**Format of the sessions**

We will agree together how we conduct our sessions.

It may be helpful for you to come to the session prepared to share what is on your heart.

**Confidentiality**

In principle, everything you share in spiritual direction is confidential. If you share something with me that indicates that you or someone else is at risk of serious harm or abuse, it is my duty to share this with the Diocesan Safeguarding Team or relevant authorities. I would always try to involve you in the decision to do so but, when this is not practicable, I would take that decision on my own.

**Supervision**

I have supervision in which my work is discussed and explored in the interest of good practice. You can be sure that any recognisable characteristics of your identity are always kept anonymous.

**Dual Relationships**

If our lives overlap in any way, we will be discreet in our public conversations and not make reference to our spiritual direction relationship or the content of our sessions.

**Cost/Donation/Charge** (to be personalised)

**Cancellation**

If you have to cancel or reschedule an appointment, please give me as much notice as possible.

**Reviews and Endings**

I will suggest an informal review of our work together, from time to time to ensure that you are happy with our sessions. I encourage you to talk about any difficulties you might have as they arise so that together we can adjust things if possible. You are, of course, free to end the spiritual direction relationship at any time, but I encourage you to discuss this with me so that we can make a good ending together.

I look forward to accompanying you on your spiritual journey!