

Spiritual Direction Agreements

This is a living, co-created document. It names the shared values, expectations, and intentions that will help us build a space of sacred trust together. You are welcome to suggest edits, additions, or clarifications at any time.

About This Work

Spiritual direction is a contemplative practice rooted in deep listening. It is not therapy, coaching, or religious instruction, but a space to attend to the movement of the Sacred in your life. I'm not here to give answers or analyze, but to accompany you as you listen to your inner wisdom and to the Divine, however you name it.

Some Shared Commitments

- I will listen with presence, curiosity, and non-judgment.
- You are welcome to speak your truth, or to remain in silence.
- I will not give advice or try to fix anything. I trust the Spirit is already at work.
- You are free to participate as much or as little as feels right, and to bring your whole self.
- I will honor the differences between us with humility and care.
- You are always welcome to share what's working or not working in our sessions. We can recalibrate as needed.
- Everything shared in session is confidential, with the exception of situations where I am required by law to report (e.g., risk of harm to self or others, or disclosure of abuse involving minors or vulnerable adults).
- Write down any additional co-created agreements here:

Other Policies & Procedures

Scheduling & Cancellations

We'll typically meet once per month for about an hour, though you're welcome to request more or less frequent sessions. If you need to reschedule, please give at least 24 hours' notice. Between sessions, you're welcome to reach out by email or voicemail if something significant arises. I may suggest an extra session if deeper support is needed.

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Supervision & Consultation

As part of my ongoing formation as a spiritual director, meet regularly with trusted peers and mentors for consultation and supervision. Any reflections shared are kept anonymous, and I never disclose identifying information. This support helps me grow in integrity, presence, and skill so that I can offer the best possible care to those I accompany.

Cost & Payment

Sessions are offered on a sliding scale of \$75–150, with a suggested rate of \$100 per session. I trust each person to choose a rate that reflects both their financial circumstances and the value of this work in their life. The sliding scale helps create a practice that is both accessible and sustainable, allowing people with different levels of financial resources to participate. Cash, check, and mobile payment apps accepted. Payment due at time of service unless other agreements have been made.

Referrals & Scope

Our work may touch on emotional or psychological themes, but it is not a substitute for therapy, crisis care, or medical/legal guidance. If you're navigating acute challenges, I will gladly help connect you with additional support or referrals.

Walking This Path Together

This work is not a fixed program but a living, evolving relationship. We may experiment with different language, practices, or ways of being together as your journey unfolds. It's okay if we don't get everything "right" right away. We can pause, reflect, and recalibrate at any time.

I am committed to showing up with presence, humility, and care, and I trust that we are co-creating a space where honesty, mystery, and transformation are welcome. If something ever feels unclear or uncomfortable, you are encouraged to speak freely. Your voice and experience will always help shape the way we walk together.

**I have read this agreement and had any questions answered by my director.
I enter into this sacred container with mutual trust and intention.**

Signed:

Printed name:

Our agreed session rate: \$_____

*The session rate may be revisited if
circumstances change for either party.*

Date: