



## CHRISTIANCOUNSELORCOOPERATIVE

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### SPIRITUAL DIRECTION COVENANT

This Spiritual Direction Covenant constitutes a contract between Bevin Gracy, spiritual director, and the directee, \_\_\_\_\_. As the directee, you should read it carefully and raise any questions and concerns that you may have before you sign it.

We are entering together into a spiritual direction relationship. Spiritual direction is a ministry that involves discerning and responding to the work of God in our lives for the purpose of spiritual growth and healing. Through listening and reflecting in a confidential setting of prayer and encouragement, we seek to discern God's leading in your life as the directee. The goal of spiritual direction is to deepen your relationship with God. It is thus a place to foster a listening relationship within which you can reorient to your union with Christ and your place in his Kingdom in a disorienting world. The goal is less on solving problems and more on finding God within life's problems and other happenings. I affirm that I am a member of the Evangelical Spiritual Directors Association, and I ascribe to their *Code of Ethics*. If you would like more information on both ESDA and their *Code of Ethics*, please visit [graftedlife.org](http://graftedlife.org). If you would like a spiritual director with a different religious perspective, please let me know so that I can provide you with a referral.

**CONFIDENTIALITY:** I will maintain confidentiality regarding any content that is shared during our direction sessions, including your identity. I may reveal aspects of content shared during our sessions with other spiritual directors (who adhere to similar ethical guidelines) solely for the purposes of supervision and/or consultation; I will not reveal your identity. It is customary for directors to be in spiritual direction themselves, as well as in supervision, as a part of their own spiritual and professional growth. There are several notable exceptions to confidentiality of which you need to be aware:

(1) where the abuse or endangering neglect of children, the elderly, or the disabled or of incompetent individuals is known or reasonably suspected; (2) where the validity of a will of a former directee is contested; (3) where such information is necessary for the director to defend him or herself against a malpractice action brought by a directee; (4) where an immediate threat of physical violence against a readily identifiable victim is disclosed to the director; (5) in the context of civil commitment proceedings, (6) where an immediate lethal threat of self-inflicted harm is disclosed to the director; (7) where the directee, by alleging mental or emotional damages in litigation, puts his or her mental state at issue and the Spiritual Direction record is required, and (8) where the directee is examined pursuant to a court order.

With the foregoing exceptions in mind, all aspects of your record are kept private, confidential, and privileged unless you specifically sign and authorize a release of information divulging information from your spiritual direction record. Release of information to other individuals, agencies or professionals

may only be done with your written consent. Similarly, if our paths cross outside of meetings, I will let you initiate and take the lead on any interactions we may have, and I would invite you to discuss this with me whenever it happens.

**LIMITATIONS OF SERVICES:** Spiritual direction is distinct from other helping ministries, such as psychotherapy, pastoral counseling, mentoring or analysis. Nevertheless, in the course of our work we may discuss psychological and relational issues. Because I am also a professional counselor, we can discuss if counseling would be an appropriate service for you. However, spiritual direction is not counseling and does not treat mental disorders as defined by the American Psychiatric Association. If we determine that counseling would be beneficial, I will make an appropriate referral to another counselor in order to protect our spiritual direction relationship.

Spiritual direction is also not professional or financial advice, and any decisions or actions you may take in that regard are done without my advice or recommendation and are purely your responsibility. I may refer you to another spiritual director or another helping ministry at any time - at your request or in the event that I feel that another would better serve you. Spiritual direction is limited to spiritual evaluation, assessment, consultation and intervention. Interventions may include the aforementioned list, as well as retreats, homework assignments and non-clinical assessments. Spiritual direction does not promise a cure or offering any guarantee of results or improvement of any condition or situation.

**ASSUMPTION OF RISKS:** The potential risks of undergoing spiritual direction services may include limited precision of spiritual assessment procedures, possible disagreement with the opinions offered, and possible increased emotional distress concerning your situation.

**PROCEDURE:** The covenant/agreement between the director and the directee will begin on \_\_\_\_\_ at \_\_\_\_\_. Spiritual direction sessions are scheduled at the mutual convenience of the director and the directee, usually for one hour each month. The day and time for the next session will be scheduled at the close of each session, or sessions can be scheduled via phone or email. Every few months or when one of us desires to do so, we will evaluate how well our sessions are meeting your expectations and whether to continue, taking time to adjust or discern where we are being led. However, either one of us is free to end our spiritual direction relationship at our own choosing. We simply need to inform one another of our desire to do so and, if possible, have a final meeting.

Spiritual direction is designed to be a place for you to respond to God in your life, not try to fulfill human expectations. In an effort to honor that, the responsibility for scheduling appointments ultimately rests fully on you as the directee. If I do not hear from you regarding your desire to continue direction after three (3) months, I will no longer be able to reserve a space for you in my schedule. You are welcome to contact me again to see about resuming direction when you feel led to do so. If for some reason we are unable to find a time that works for us both to meet, I will provide you with an appropriate referral.

**FEES:** My standard fee is \$125.00 per 50 minute session. In return for a fee of \$\_\_\_\_ per session, I agree to provide spiritual direction services for you. I ask for payment at the time of service. Cash, check, or credit/debit cards are all acceptable forms of payment. For credit/debit cards, there will be a

\$3 convenience fee each individual time the card is used. There will be a \$25 fee for returned checks. I am able to provide you with a receipt for fees paid upon request. Spiritual direction is not a service covered under any health savings or health insurance plans.

**CANCELLATIONS:** If you are unable to keep an appointment, please give notice at least twenty-four (24) hours prior to your scheduled session; otherwise, you will be charged for the session in full.

**COMMUNICATION SECURITY:** Your confidentiality is of the utmost importance. Outside of the direction room, our communications can include telephone, video chatting, texting, email and snail mail. When communications are "secure," it indicates that there are means in place, such as encryption, to keep things private. Front to back end encryption means that the sender and receiver are both operating on a secure channel. Ask me about opportunities we have for you to participate in secure communication. Telephone conversations are not able to be secured at this time, so keep this in mind when choosing to utilize these means of communication. Your initials indicate that you accept, understand, and assume the risk of telephone calls, texting, emailing, video chatting and online scheduling that is not sender-receiver-sender encrypted.

**PLEASE INITIAL HERE TO INDICATE AGREEMENT TO COMMUNICATION SECURITY:** \_\_\_\_\_

**EMERGENCY AND AFTER-HOURS COMMUNICATION:** If you encounter an emergency situation, please call 911 immediately or your local emergency services for assistance, as I cannot guarantee an immediate response. Should you call or email me between appointments, please provide a clear message and include your return contact information. Your call or email will be responded to as promptly as possible, generally between 24-48 hours. In order for me to return your call and, if necessary, to leave you a voice-mail, please be sure your mailbox is set up, that it clearly identifies that it is yours by name, and that there is adequate space available to lodge a message in it. Unless your mailbox is identified as yours, I cannot leave you a message. Though spiritual direction is not crisis oriented, there still may be a need for referral. If the director or the directee feel there is need for further care and support on a regular basis, an appropriate referral may be made.

**FEEDBACK:** If, at any time, you feel that your needs are not being met or you are not getting what you want out of the sessions, please tell me, so we can discuss your needs and adjust as needed. If you have any questions about our covenant/agreement, please feel free to ask me at any time. We are in this together.

**COVENANT AND AGREEMENT:** I, \_\_\_\_\_ (the directee), confirm that I have read, in its entirety, this document. I agree to act according to the guidelines and procedures listed in this document. I hereby agree to participate in Spiritual Direction and to cooperate fully to the best of my ability.

Signature of The Director \_\_\_\_\_ Date \_\_\_\_\_

Signature of The Directee \_\_\_\_\_ Date \_\_\_\_\_