

Spiritual Direction / Accompaniment

Information Sheet

What is Spiritual Direction, or by another name, Spiritual Accompaniment?

Spiritual direction/accompaniment is a process that is carried out between two people or with a small group of people. The relationship between a director (companion) and directee (seeker) provides a safe and confidential space for the sharing of story, striving for purpose and meaning and a deepening connection to one's spiritual life in the context of the pursuit of one's wholeness, wisdom, and contemplative action in one's ongoing life journey. A spiritual accompaniment session unfolds through listening, presence with each other, and reflection with attention paid to what is sacred to the seeker. Please refer to the Spiritual Directors International website at www.sdiworld.org if you desire to learn more about the practice of spiritual direction.

The Spiritual Direction/Accompaniment Relationship

In your initial meeting with me, we will explore together a number of questions with the intent of getting to know you better, why you are seeking spiritual direction at this time in your life, and also I'll share a bit of my background and experience and why I have been called to this work in the world. While it is appropriate to discuss psychological and relational difficulties in the context of spiritual direction, it is important for you to know that it is not therapy, pastoral counseling, friendship, or casual conversation. I am not meeting with you to offer advice. With God's help, we will discern together what is present and I will be encouraging you to notice your attractions to the sacred, reflect on your experiences, and commit to contemplative practices and mindful actions in your life to deepen your connection with the divine, however you manifest that. Any decisions or actions you take are done so through your own responsibility and agency. I choose to be bound by the ethical principles described in Spiritual Directors' International (SDI) "Guidelines for Ethical Conduct" found at www.sdiworld.org.

We will meet once per month for 50 minutes. The first spiritual accompaniment session is free. I ask that you give me 24-hour notice if you need to cancel an appointment. My fee structure is presented on a sliding scale from \$25 to \$50 per session, according to what you can offer. Payment may be made in cash or by personal check at the time of the appointment, payable to Jill Seiler-Moon. You are welcome to terminate our spiritual direction relationship at any time.

Confidentiality

The content of our conversations will be held in strict confidence. As I am bound by SDI's ethical principles, I will reveal the contents of our conversations only under the following conditions:

1. You sign a written release indicating informed consent to such release.
2. You express serious intent to harm yourself or someone else.
3. You speak of a situation in which there is reasonable suspicion of abuse against a minor child, elderly person, or dependent adult.

Please complete the following information and sign where indicated to indicate your understanding of this information and the spiritual direction/accompaniment relationship offered by Soul Weavings. Email this completed form to Jill Seiler-Moon at the following email address: jseilermoon@gmail.com prior to your first spiritual direction/accompaniment session.

Directee Signature _____ Date _____

Director Signature _____ Date _____

Your Address _____

City _____ State _____ Zip _____

Preferred Phone _____ Alternate Phone _____

Email address: _____

Emergency Contact Name _____

Relationship _____ Phone _____