

Guidelines for Choosing a Director and Developing a Healthy Spiritual Direction Relationship

As you pray and seek to find a spiritual director, you may want to consider the following:

1. How do you feel about the age and gender of your potential director?
2. Does their religious tradition matter to you? How? Why?
3. It is appropriate to inquire whether your director has his/her own director and about his/her training and experience.
4. The director should have a serious commitment to his/her own spiritual journey as well as to listening to and praying for you. This includes peer supervision and professional development on the part of the director.

Once you have begun your direction relationship you are encouraged to expect the following:

1. You have every right to expect respect for your personal boundaries – physical, emotional, and spiritual.
2. You have the right to expect that all information shared will be kept confidential.
3. As a discerning listener, the director may need to affirm his or her limits as a spiritual director and indicate that some issues and needs are more effectively met by using other resources.
4. The directee is responsible for keeping appointments and prompt remuneration.
5. Meeting times, periodic evaluation or the relationship and termination of the relationship by either party should be discussed and addressed directly and clearly.