

SPIRITUAL DIRECTION, SUPERVISION, AND CONSULTATION

The Paradox of Accountability and Support

“Wisdom without compassion is cold wisdom, Compassion without wisdom is stupid compassion.”

Buddhist proverb

Spiritual Director’s Commitments

Supervisor (or Supervision Group) Commitments

Spiritual Commitments

To listen as deeply and intentionally as possible

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To look for the Presence of God in the life of the client
And in the encounters between Director and client

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To prayerfully seek wisdom and compassion for the client

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Psychological Commitments

Honest sharing of events and emotions experienced, including
difficult feelings such as anger, shame, and attraction

Creating a culture of safety, confidentiality, and acceptance,
Encouraging disclosure in a condemnation-free culture

Willingness to face Transference, Counter-Transference,
and Projection throughout the case

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Naming areas where the Director senses there is less freedom
to respond from a place of peace, discernment, and grace

Willingness to face ethical dilemmas directly but without shaming

Ethical Commitments

Balancing useful content with the client’s right to confidentiality

To avoid speculation and unnecessary probing

Ethical acknowledgement that the client’s welfare supersedes
one’s own

Commitment to the client’s welfare over loyalty to the Director.
To stay alert for triangulation

Openness both to one’s own blind spots and the wisdom of the
supervision process

Respect for an ongoing rhythm where contemplation precedes
interpretation