

SPIRITUAL DIRECTION, SUPERVISION, AND CONSULTATION

The Paradox of Accountability and Support

Components	SPIRITUAL DIRECTION (SD)	SD SUPERVISION (Individual or Peer Group)	SD CONSULTATION (Individual or Group)
How each of these serves the Client - who is the person seeking Spiritual Direction. All roles serve to support that process	Spiritual Director's Role <i>with the client</i> Listener, Companion, Director, Gentle authority, Confidant	Supervisor or Group Role <i>with the Spiritual Director</i> Listener, Advisor, Professional Consultant, Examiner, Detective, Objective Observer	Roles for any combination of Students, Sp. Directors, and Supervisors <i>with each other</i> Colleagues, Coaches, Advisors, Problem-solving
Major focus	Client's spiritual journey	Spiritual Director's journey alongside clients	Address Dilemmas, Offer beneficial skills & toolkits
Formation centered on	Client	Spiritual Director	Professional wisdom
Duty to Serve rests with	Spiritual Director	Supervisor	Shared
Inner life being explored	Client's	Director's	Not inner life oriented
Accountability	Client to Director	Director to Supervisor/Group	Sharing of Resources
Transference issues	Route = Client to Director, important material for supervision	Director to Supervisor/Group	Lower level and shared
Counter-transference issues	Route = Director to Client, important material for supervision	Supervisor/Group to Director	Lower level and shared
Danger of Collusion issues	Between Director AND Client, important material for supervision	Between Supervisor/Group and Director who's presenting	Shared danger
Primary Ethical Responsibility rests with:	Spiritual Director	Supervisor or Supervision Group	Mutually Shared

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“Knowledge without compassion is cold knowledge. Compassion without knowledge is stupid compassion.”

Buddhist proverb

Presenting 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