

 Typical Boundaries for Spiritual Direction

Spiritual Direction IS	A prayerful space to look and listen for God in our lives-as-they-are, not as we think they could or should or will be.
Spiritual Direction is NOT	Pastoral counseling, therapy, a fix-it methodology, life coaching
Duration + Frequency	Typically one hour, once a month, starting and ending on time (but if we need to go over by a few minutes, I'll ask if you have the time)
Rescheduling	If someone needs to reschedule, we try to do so 24 hours in advance
Communication + Contact Between Meetings	Typically none or rare, besides scheduling
Space	Typically in an office or on Zoom with a mandatory admission room
Checking-in about the direction relationship	The director makes space to check-in about how spiritual direction is going at regular intervals (I do so at 6 meetings, and again at 12 meetings).
Physical Contact	Typically none, unless a hug is initiated by the directee
Gift Giving + Receiving	Typically no expensive gifts given or received by either party, and few if any inexpensive ones
Fee	Some spiritual directors do not charge a fee - especially those associated with a religious order or retreat center. For those that do have a fee, the going rate in North America is between \$50-\$100/hour.
Confidentiality	The director typically shares nothing about the relationship outside of it, except for in an emergency that requires disclosure or mandated reporting.
Self-disclosure	Typically extensive self-disclosure by the directee and infrequent self-disclosure by the director, with the director's self-disclosure trending toward sharing a feeling or image, rather than sharing a personal story.
Social Media	Typically not "friends" or "followers" on social media networks
Dual/Multiple Relationships	Typically none, or few, dual relationships. (Dual relationships are situations where director and directee regularly have other dealings or connections with each other outside of the direction meeting, including directing one's friends or students, being part of the same church congregation, or directing close friends or more than one person from the same family.)

Supervision	The code of ethics most spiritual directors abide by requires us to engage in regular supervision. (Should I bring material from our session to supervision, I will disguise your name and other identifying details.)
Covenant	A spiritual direction covenant is shared before or after the first (or few) meetings.
Clothing	Typically modest
Size of Practice	Typically curated for the wellbeing of the directors and directees, including margins between meetings
Social Media	Typically not “friends” or “followers” on social media networks
Termination	Either party can terminate the relationship at any time.

Supervision-Specific Differences*

Frequency	Typically once a month, but more during supervision training
Contact between meetings	There may be emails between meetings, especially if there is any resource-sharing
Self-disclosure	Typically high-level of self-disclosure by the supervisee, but there may be more self-disclosure by the supervisor as well, especially if a personal story or lesson learned might aid or encourage the supervisee
Social Media	Supervisors and supervisees may have overlapping networks on social media

*i.e. Supervision adheres to the typical boundaries for spiritual direction, in addition to these adaptations above