

SPIRITUAL DIRECTION INTAKE FORM

Name: _____

Address: _____

Email Address: _____

Phone: _____

Birthday: _____

Marital state: _____

If married what is your husband's name? _____

What are your children's names and ages? _____

EMERGENCY CONTACT INFORMATION: (in the event of sudden illness or accident) _____

Name	Relationship	Number
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The main reason people seek Christian Spiritual Direction is that they want more from their relationship with God in Christ. They've encountered a wall, a block, or on a more positive note, a burst of divine energy or desire (the work of the Holy Spirit) that they don't know what to do with in their faith community. Most of my directees long for more in their Christian walk. They come with questions like:

What can I do to strengthen my walk with Christ?

How do I do it?

How can I have: More love? Less fear?

I need help loving/ forgiving/ correcting/ obeying/ growing.

I'm struggling to believe God is good—especially to me.

What draws you to Christian Spiritual Direction? Below are some possible reasons. Check which ones apply.

_____ I want more from my relationship with God

_____ I want help with my prayer life.

_____ I've hit a bump or two in my faith and need help finding my way out.

_____ I don't sense the presence of God anymore.

Upon our first session we will input your preferred credit card into our secure computer payment system. This card will be charged after each session we have together.

SPIRITUAL DIRECTION AGREEMENT

This is a **Spiritual Direction Agreement** between _____ and

Linda Barrett for Spiritual Direction. Date: _____

Spiritual Direction is a covenant relationship in which one person assists another or others in the discernment of God's presence and the living out of God's call. For more about Spiritual Direction in general, see the Spiritual Directors International (SDI) web site at <http://sdiworld.org/>. Or you can go to <https://lindabarrettme.wordpress.com/> to learn about my philosophy of Spiritual Direction.

Our Relationship

You are meeting with me as your Spiritual Director because you want to examine your life with Christ. Although it is appropriate at times to discuss psychological and relational difficulties in the context of Spiritual Direction, I am not a psychotherapist, nor do I provide such services. Similarly, Spiritual Direction is not financial or even relationship advice, and any actions you take in that regard are done without my recommendation, and are purely your responsibility. I want to guide your heart Christianly. You must listen to and pay attention to the Spirit within you as you seek the wise counsel of other faithful followers of Christ. (When there is no guidance a nation falls, but there is success in the abundance of counselors. Proverbs 11:14)

Confidentiality

I will hold the details of our conversations respectfully and in confidence. Several times a year I meet with a supervisor to work on my own growth as a Spiritual director, and during these sessions I share some details about my direction conversations. I do not reveal to my supervisor the names of those I direct, and I fictionalize identifying details, with the following exceptions: Because I am bound by Alabama law, and because I choose to be bound by the ethical principles described in SDI's "Guidelines for Ethical Conduct," I will reveal some details about the content of our conversations **if** (1) I am required to do so by law or court order; (2) I suspect child abuse, elder abuse, or the abuse of a dependent adult; or (3) I suspect a gross breach of ethics on the part of a fellow Spiritual Director or other helping professional. In all of these cases, however, I will work to protect your identity and the private details of our conversations to the fullest extent that is possible for me.

Fees

We agree to a payment of \$_____ per one-hour session for individual Spiritual Direction. My first session is 1 ½ hours long but I will only charge the above amount.

Cancellation Policy

We both commit to begin and end our sessions at the agreed-to times (usually one hour). If you will be more than five minutes late, please call me. To cancel or change your appointment, contact me at least 24 hours in advance. If you do not give me 24-hour notice, I will need to ask you to pay for the appointment time.

Below is a link to SDI's (Spiritual Directors International) "Guidelines for Ethical Conduct." Go to this link to get more information if you have questions.

https://www.sdicompanions.org/docs/guidelines/Flip/guidelines_ethical_conduct.html

Let me know if you have any questions about those guidelines, this agreement, or the nature of our Spiritual Direction relationship.

- Print and sign this form and bring it with you to our first meeting together. If you want a copy, I'll be happy to provide it. I will have this blank form available if you prefer to sign it in the office.

Signature: _____(Directee)

Signature: _____(Linda Barrett)

Date: _____