

SPIRITUAL DIRECTION EXPECTATIONS

NAME _____ DATE _____

Memo of Understanding for Attentive Spiritual Care

Relationship

Seeking spiritual direction means you want to be attentional and intentional in growing your union with God and incarnating the life of Jesus in this world. Together we listen to your life and the movement of God's Spirit within you. As this time is for you, be prepared to offer the topic, question, or concern to begin the session.

Confidentiality

Our conversations are sacred and held in confidence unless I am required to do otherwise by law or court order. These include, but are not limited to, thoughts of harming yourself or others. You are free to share our conversations as you wish.

Scope of Care

I understand that spiritual direction is distinct from therapy and clinical mental health care. Spiritual Direction is not legal counsel, therapy, coaching, or mentoring, etc. These are beyond my scope of care as I am not credentialed in these fields and will not provide diagnostic feedback.

Emergency

If you find your self in a mental health or physical crisis, please call 911 and/or initiate your safety plan if you feel like you could harm yourself or someone else. While supportive of your whole wellbeing, *Abigail is not able to be an emergency contact.*

Discernment

The first three sessions are a time of discernment. At the end of the third session we both decide whether we continue direction together. Fees apply.

Fees

- You are agreeing to 8 to 9 months of spiritual direction. At initial appointments of discernment period, and if it seems wise, we will consider adding more spiritual direction sessions.
- Each session is 50 minutes.
- Fee is \$100 per session
- Payment expected within 7 days of each meeting.
- Payments can be made via Venmo @AbigailRice14 or mail a personal check made out to Abigail Rice.

Time of Sessions and Rescheduling

We commit to begin and end our sessions on time.

- If you need to change your appointment, contact me 24 hours in advance by text or email. Without 24 hour notice, full session payment is required for missed appointment
- It is your responsibility to remember time and date of your sessions.

I _____ agree to the above terms associated with receiving spiritual care from Abigail Rice at Attentive Spiritual Care.

Your Signature

Date