



OVERFLOW LIFE

SPIRITUAL DIRECTION

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Welcome to Spiritual Direction

Spiritual Direction is described in many ways: mentoring, sacred companioning, holy listening or soul friend. It is the prayerful practice of helping another person awaken to the mystery of God in all aspects of life, and to respond to that discovery in a growing relationship of love, freedom and strength. Proverbs 20:5 says, "The purposes of a person's heart are deep waters, but one who has insight draws them out."

In my Spiritual Direction practice, I bring a Christian perspective to create space for my directees (clients) to push past fear, shame or confusion to deepen their relationship with the Triune God (God the Father, The Holy Spirit and Jesus Christ the Son). It is my hope that those I meet with find that all of their life relationships are strengthened; God, self, others and creation.

New to Spiritual Direction?

Q: Do I need a Spiritual Director? How will I know?

It is my belief that every follower of Christ would benefit from someone in their life who is trained in the role of Spiritual Director and who they see on a regular basis.

One way to determine if a Spiritual Director would be helpful for you in this season of your life is to look at the questions you are asking yourself, such as:

Why do I feel incomplete?

What keeps me feeling so angry, anxious or afraid?

Who am I?

Where is God in this moment?

Do I have a purpose?

Why do I feel so alone?

What is next?

Is God even real?

Does God care about me?

How do I grow in my relationship with God?

Does God speak to me?

Q: *What will happen in a session?*

We will begin with a short time of silence, or prayer, to help center ourselves and become fully present.

I will mostly listen during our time. If you don't have anything specific you'd like to talk about, that's okay. I may direct our time by asking a question or two, or even allowing for some silence - which is really just some space for both of us to rest and to listen. You'll see. It will flow.

I may take notes while we talk. This will help me in my prayer time for you and in preparing for our sessions.

Q: *Why would I begin spiritual direction? Is this like getting therapy?*

As a trained Spiritual Director I focus on the care of the soul and work alongside my clients as they seek a greater connection with God. I do this by sitting with my directees and listening with them for the movement of the Holy Spirit in their lives.

Meeting with a counselor or therapist involves working through a particular problem, analyzing issues, and learning coping and problem-solving techniques to work toward healing. In the course of our work together, if I see places where your needs will be met best by a therapist, physician or pastor, I will make that suggestion.

I personally believe everyone needs a good therapist and a good spiritual director, just like they need a good doctor and a good dentist!

Q: *Do I need to be religious, or believe a certain way? Will you judge me and try to change me?*

Nope! I welcome clients from all (or no) faith backgrounds, and wish only to help you be you. I have a Christian background, and tend to use the words God or Holy Spirit to refer to that Being which is greater than, beyond and within us. But I am open, and I welcome you and your beliefs as they are. You only need to have a desire for and an openness to the spiritual direction process. As a director, I am not really directing your process. I am just helping facilitate the space for your spiritual process to occur.

Q: *Can you tell me a little about who you are?*

Yes! I am a mainline Christian with a bit of a progressive lean. I've been married to my favorite person for over 20 years and have 2 amazing daughters. I love to travel, experience different cultures, learn and try new things. I earned my Bachelors of Science in Nursing from Azusa Pacific University and worked as a hospice nurse for over 15 years. I also served for many years as lay staff in local churches leading in the area of missions and outreach. I believe that we, as Americans, experience deep relational poverty. By this I mean, due to our affluence and our passion for independence, we struggle with broken relationships with God, others, ourselves and creation. I have a passion for seeing lives transformed through the healing of our relationships.

Q: *Anything else I need to know?*

Your sessions with me are completely confidential. The only exception to keeping complete confidentiality would be in the case of needing to receive outside help to keep you safe. Your emotional, mental, physical and spiritual safety are of my utmost importance.

Each session is \$40 and can be paid in venmo, cash or check (scholarships are available).

Sessions run for about 55 minutes. And the typical frequency of sessions is monthly.

I will occasionally check in with you at a session regarding how we are doing. If at any time you feel that our time together is no longer needed, or that this is not a good fit please let me know. This is your time, and your journey, and I am happy to share names and contact info for other spiritual directors in our area as well. I simply ask that you let me know of this decision to end our work together, if and when you make it.

New Client Intake Form

The following information will help me know you, and gives us an appropriate foundation to our director-client relationship. It will be kept in a confidential file.

Today's Date: _____

Full Name: _____

Address: _____

Email address: _____

Phone Number(s): _____

Is texting okay? Y / N

Is voicemail okay? Y / N

Is email okay? Y / N

Preferred form of communication: _____

Emergency contact: _____ Phone Number: _____

Tell me about yourself...

Occupation:

Age:

Family:

Faith Background, current religious or faith affiliation, or faith story:

Health information (disability, under doctor's care, working/worked with a psychotherapist or psychiatrist, etc.):

Three Words that describe you

Personality Type (if you have done any personality-type work, share what type - i.e. Myers-Briggs, Enneagram, etc.):

Complete these sentences:

My greatest desire at this time in my life is

My hopes and expectations for spiritual direction are

I feel God when I

How often do you engage in spiritual practices like (this is a no judgement zone)

Prayer

Communal Worship

Study

Fasting

Tithing

Other(s)

Anything else I should know, or you want me to know...

Thank you for sharing with me about yourself. I honor your authenticity and vulnerability here as well as in our sessions, and I hold your answers with care.