**Guidelines for Ethical Conduct of Listing Members of Our Lady of the Way.org who offering Catholic-Ignatian based Spiritual Direction and Guiding Standards for those who give the Spiritual Exercises of St. Ignatius**

A spiritual director’s ethical conduct are rooted in the commandments given to us by God as in Scripture and the within the teachings of the Catholic Church.

**Guiding Standards**

**I. Personal Spiritual Formation**

Spiritual directors grow by:

* living a life of prayer, both personal and communal
* be a fully initiated Roman Catholic in good standing
* participating in regular spiritual direction
* make an annual retreat

**2. Intellectual formation**

Spiritual directors engage in continuing education by:

* studying scripture and the Church’s teachings in addition to theology, spirituality, psychology, and other disciplines as related to spiritual direction and spiritual growth
* ongoing discernment in their call to the ministry of spiritual direction by nurturing self-knowledge
* cultivating insight into the influences of culture, one’s social-historical context, environmental setting, and institutions on themselves and their directees

**3. Professional Preparation and Ongoing Professional Formation**

Spiritual directors engage in supervision by:

* receive regular supervision from a mentor or
* engages in peer to peer or peer group gatherings
* aware of the limits of their experience and education
* training in basic pastoral counseling skills
* Continuing Education/Formation participate annually in a conference, formal course, workshop, or other structured program on spiritual ministry

**4. The Practice of Giving the Exercises**

Those who give The Exercises to others will:

* observe standard professional boundaries with regard to relationships, setting, place, content, etc.;
* strictly observe confidentiality (as limited by mandated reporting laws);
* be faithful to the content of lgnatius' *Spiritual Exercises* regularly reviewing the "annotations" and "rules"
* evaluate each retreat carefully
* consult and refer when entering areas of unfamiliarity or non-competence (e.g. emotional or psychological disorder);

**5. Personal Responsibility**

Spiritual directors meet their needs outside the spiritual direction relationship by:

Self-care, wisely balancing time for their spiritual life, family, personal relationships, work, and leisure.

**II. The Spiritual Director and the Spiritual Directee**

Our relationship between director and directee models love between the Father and Son and Holy Spirit for we are members of the mystical body of Christ, The Church

1. **Covenant** - **Trinitarian**

Spiritual directors initiate conversation and establish understandings with spiritual directees about:

* the nature of spiritual direction – what is it
* the roles and responsibilities of the spiritual director and the spiritual directee
* the length and frequency of spiritual direction sessions
* the compensation, if any, to be given to the spiritual director
* the process for evaluating and terminating the relationship

**2. Dignity of the Person**

Spiritual directors honor the dignity of the spiritual directee by:

* being aware of and respecting the spiritual directee’s conscience, faith tradition, theology, spirituality, values, culture, and abilities
* inquiring into the motives, experiences, or relationships of the directee only as necessary
* recognizing the directee’s autonomy

**3. Ethics and Morals**

Spiritual directors’ moral behavior reflects the covenant relationship between God and themselves by awareness of:

* establishing and maintaining appropriate physical and psychological boundaries with the spiritual directee
* the intimacy inherent in such a relationship, be aware of and avoid any potential for disordered affections of the directee or of director
* any developments towards an imbalance in the relationship – leading to a perceived or use of ‘power over’
* any words or actions which would foster dependency
* any actions that would be deemed sinful

**4. Confidentiality**

Spiritual directors maintain the confidentiality and the privacy of the spiritual directee by:

* protecting the identity of the spiritual directee, maintaining anonymity in discussing with supervisors
* keeping confidential all oral, electronic, and written matters arising in the spiritual direction sessions using HIPAA guidelines as our guide as able
* recognizing and disclosing to the spiritual directee the limitations of confidentiality of electronic communications
* conducting spiritual direction sessions in environments allowing for private and confidential conversations
* addressing to the directee their state’s legal regulations requiring disclosure without their consent to proper authorities, including but not limited to, child abuse, incompetent persons or elder abuse, and physical harm to self and others - the protection of life (suicidality or homicidality)

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**III. Spiritual Directors and Other Colleagues in Ministry**

Spiritual directors maintain collegiate relationships with other spiritual care providers and professionals by:

* developing intra and interdisciplinary relationships
* requesting spiritual director who is in therapy to inform his or her therapist about being in Spiritual Direction
* securing written release information from spiritual directees when specific information needs to be shared for the benefit of the spiritual directee and to whom in regard ministers, clergy, spiritual care providers, and other professionals and collaborating when asked

**I acknowledge as a listing member of Our Lady of the Way.org that I have committed myself to the above professional ethical guidelines and continue in following the ethical , social, and moral teachings of the Roman Catholic Church.**