



## Choosing a Spiritual Director: identifying what is important for you



## Things to consider when looking for a Spiritual Director

When looking for a Spiritual Director you may want to consider a number of issues. It is worth thinking these things through beforehand, as they will have a factor in how well you connect with the Director when you meet with them and how easy it is to build a long-term relationship with them.

### Different factors matter to different people.



Do you especially want your Director to be a woman or a man? A lay person, a priest/minister, or a member of a religious order? If particular characteristics such as these matter to you, can you explain why?

Would you like your Director to be a member of the same faith denomination?

Is it important to you that your Director is grounded in a particular tradition (e.g. Ignatian or Benedictine, etc.) or would you like someone with an eclectic approach?

Do you hope for a Director who shares an interest in something important to you in your prayer life (e.g. music, poetry, painting)?

Is it important to you that your Director has an understanding of a particular personality indicator (Myers-Briggs or the Enneagram)?

Would you like a Director who has a background in counselling or psychotherapy?

### Practical factors to consider when choosing a Director:

People usually meet their Director every four to six weeks, but this can vary. What would feel like a good interval for you?

Would you prefer to meet your Director in situ, online, or a mixture of both?

If in situ, how far would you be prepared to travel? (Although the Community of Spiritual Directors is growing, it may not be possible to find a Director matching your needs in your immediate area.)

Would this relationship affect, or be affected by, any other one-to-one meetings you are having (e.g. counselling, therapy)?

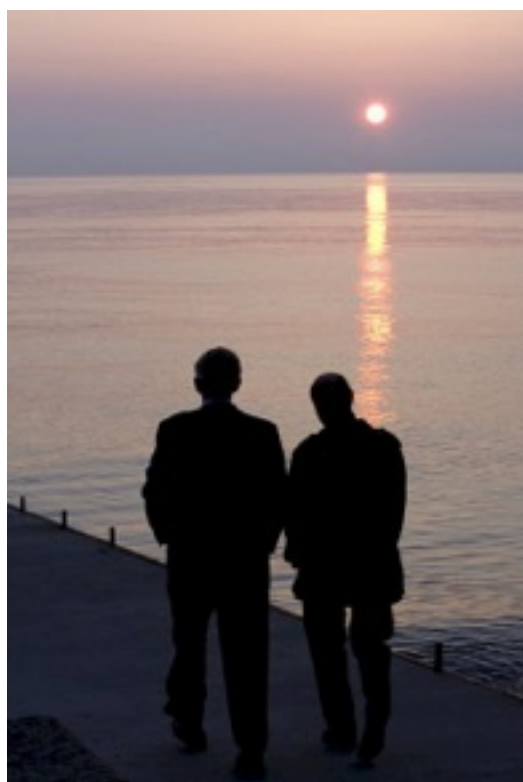
How do you view the question of payment? For some Directors, spirituality work is their main source of income. Most welcome a contribution in recognition of their time and the costs of their own training, supervision, room hire, etc. They will be happy to discuss this in an initial conversation with you. (If you are in employment and are invited to make a donation, a possible guideline is whatever you yourself would earn in an hour.)

## What next?

Once you have reflected on these questions and have a sense of what might be important for you in a Spiritual Director, have a look at our online Directory of the Community of Spiritual Directors at <http://www.lcsd.org.uk/spiritual-direction/> You can then make contact directly with any of the Directors listed there to find out more about them and their practice: they are all happy to be contacted for an informal conversation, without any obligation on either part.

If you'd like to know more, come along to one of our regular ***Finding A Spiritual Director*** seminars held online. For details, have a look at the events page of our website.

If you would still like some help with the process after browsing the Directory, you can book an appointment with the Community Warden and Referrals Coordinator by emailing [antonia.lynn@lcsd.org.uk](mailto:antonia.lynn@lcsd.org.uk)



## The first meeting

The first meeting with a potential Spiritual Director will be exploratory – a chance for you to get to know one another and to compare what you hope for with what the Director can offer. Your Director may suggest that you meet a few times and then review the relationship together. Throughout, do say honestly what you think and feel about your meetings.

## The London Centre for Spiritual Direction & The Community of Spiritual Directors

The London Centre for Spiritual Direction focuses on encouraging people to discover for themselves the benefits and joys of having a wise ‘accompanier’ on their journey of faith, to provide highly-regarded training and supervision for new and established Spiritual Directors, and to offer a range of workshops and courses, all underpinned by our Code of Practice and by the safeguarding protocols of the Diocese of London.

The ecumenical Community of Spiritual Directors supported by the London Centre for Spiritual Direction is formed of Directors from across the UK (and beyond) who have agreed to abide by the Centre’s Code of Practice, which sets out the requirements for Community membership in terms of good practice, safeguarding training, supervision and their own ongoing spiritual development. As part of the process of finding a Spiritual Director you are encouraged to read our Code of Practice which you can find at <https://www.lcsd.org.uk/spiritual-direction/>

### Contact us

You can find out more about what we do and the courses and events we organise by going to our website at [www.lcsd.org.uk](http://www.lcsd.org.uk) or emailing us at [info@lcsd.org.uk](mailto:info@lcsd.org.uk)

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*These guidelines have been adapted from resources offered by The Retreat Association*

