

Spiritual Direction Supervision: What is it?

Spiritual direction supervision is a collegial conversation in which a spiritual director receives guidance and support from a more experienced spiritual director. Supervision fosters greater self-awareness and attentiveness to God's movements, helping the spiritual director grow in their skills and effectiveness while ensuring they provide competent and ethical care to their directees.

Why Seek Supervision?

There are many benefits to receiving spiritual direction supervision, including:

- ❖ Increased understanding of one's giftings and growth points as a spiritual director
- ❖ Enhanced skills in listening and discernment
- ❖ Increased clarity about the role and responsibilities of a spiritual director
- ❖ Increased confidence in providing spiritual direction
- ❖ A safe space to process challenging experiences
- ❖ Support from another experienced spiritual director
- ❖ Accountability and guidance in ethical decision-making

What Should I Expect in a Supervision Session?

Spiritual direction supervision typically involves regular meetings between the supervisor and the spiritual director. In these meetings, the spiritual director discusses their work with a directee. The supervisor will provide guidance and support by way of an intentional process. I use a Contemplative Reflection Form (CRF) and a Recollected Dialogue to give structure to the supervision process. Please email the completed forms one to two days in advance of our session.

Disclosure Agreement

I follow the [Code of Ethics](#) of the Christ-Centered Spiritual Directors Association.

I do not provide professional therapeutic counseling or financial or legal advice. I commit to maintaining an appropriate confidence. I am a court mandated reporter and am required by law to report sexual, physical, child or elder abuse. In the event of suicide risk, I take action to contact appropriate professional help. I am an ordained Baptist minister and follower of Christ.

Appointments and Payment

You may schedule an appointment [here](#). Please select my name. If you cannot find an appointment through my online calendar, please email bas@benjaminasimpson.com. I structure my fees on a sliding scale. Sessions are \$85 and \$50 for spiritual-direction-supervisors-in-training. If you are a student at Truett Seminary, contact me about my seminarian rate. I receive payment via cash, check, Venmo, or PayPal.