

A Spiritual Companionship (Direction) Agreement

1. The frequency of meeting together will be mutually agreed (usually 4-6 weekly). We will review our arrangements and this agreement at least yearly, or whenever either of us requests that we do so.
2. Payment for direction will be discussed at the outset and reviewed as above. The initial fee per session is: \$ _____.
3. Postponement of a scheduled session is acceptable consequent upon an emergency, or where more than 24 hours notice is given. Otherwise absence will be discussed as part of the next direction session and some or all of the missed session fee may be payable.
4. It is understood that the one Companioned (Directee) will have thought through and bring to a session issues for reflection and discussion. These will be declared at the outset of each session.
5. It is the Companion's (Director's) expectation that the one Companioned's relationship with God will be the focus of discussion in sessions. Matters raised may be discussed (anonymously) with the Companion's Supervisor.
6. Otherwise, the content of Companionship sessions will remain confidential to both parties.
7. It is expected that the one Companioned will:
 - a. discuss honestly and openly issues arising out of their relationship with God;
 - b. indicate any major life circumstances that may be relevant to their spirituality;
 - c. advise if any one will require feedback about the existence of this relationship and the frequency of it (any feedback report would be discussed with the one Companioned first);
 - d. indicate if s/he is unhappy with any aspect of the companionship process, so that difficulties can be resolved. Such resolution may involve working with an agreed third party.
8. It is expected that the Companion will:
 - a. offer a safe and secure environment for direction;
 - b. be a prayerful, respectful, attentive and objective listener;
 - c. regularly reflect and clarify during each session what s/he hears the one Companioned saying;
 - d. avoid giving advice, while assisting the one Companioned to find their own understandings and resolutions;
 - e. keep brief notes of sessions to help with reflection. These notes will be destroyed when the companionship relationship ends.

Signed:

Companion

One Companioned

Date:
