

Catholic Diocese of Christchurch Policy for Spiritual Directors

Purpose: To recognise and support the Church's charism of Spiritual Direction and encourage best practice in this ministry by Spiritual Directors practising in the Catholic Diocese of Christchurch.

Christian spiritual direction is a pastoral ministry in which one Christian person helps another to:

- pay attention to God's personal communication to him/her
- respond to and grow in intimacy with God
- live out the consequences of this relationship

This Policy will work towards:

- setting expectations for best practice in spiritual direction
- ensuring spiritual directors who are practising in the diocesan are trained appropriately and undergo supervision
- setting standards for compliance with this policy

Policy Coverage:

- Those offering Spiritual Direction in the Catholic Diocese of Christchurch who are listed on the diocesan website (<https://chchcatholic.nz/pastoral/spiritual-direction/>)

Those engaging in Spiritual Direction in the Catholic Diocese of Christchurch are expected:

- to have completed a recognised training course in Spiritual Direction¹
- to be a member of a recognised professional association, e.g. Association Christian Spiritual Directors in Aotearoa-New Zealand, Companions in the Ministry of the Ignatian Spiritual Exercises or have signed the Code of Ethics (<http://spiritualdirection.org.au/resources/code-of-ethics/> attached)
- to have adequate and ongoing theological and scriptural formation
- to accept the need for regular:
 - personal spiritual direction
 - supervision of their spiritual direction work
 - ongoing formation and training²
- be aware of and follow diocesan health and safeguarding measures which are in place, for example, the "Standards for Volunteers and Employees in Ministry" and "Integrity in Ministry"
- to know and practise within the boundaries of spiritual direction as in the code of ethics
- to know protocols for crises that may be disclosed
- to implement Diocesan Safeguarding Policy and practices (<https://chchcatholic.nz/pastoral/safeguarding/>)

Implementation of a complaints process:

- Complaints are to be referred to the recognised professional association and its complaints process followed.

Procedures

- To have a suitable place for meeting a directee with privacy but protection of windows, position of furniture and ambiance, preferably not being in a building alone with directee
- To maintain a clear log with names, dates, times and place of every session
- To evaluate with the directee at suitable intervals
- Screening procedures

¹ Spiritual Direction training programmes available in New Zealand are Spiritual Growth Ministries and Te Wairua Mahi: *Formation in the Ministry of Spiritual Direction in the Ignatian Tradition*. Te Wairua Mahi is recognised by Australian Ecumenical Council for Spiritual Direction. See *Contemplatively Forming Tomorrow's Spiritual Directors*: <http://spiritualdirection.org.au/wp-content/uploads/Contemplatively-Forming-Tomorrows-Spiritual-Directors-Revised-2018.pdf>

² Ongoing formation is required for yearly renewal of membership of profession associations such as the New Zealand Association of Christian Spiritual Directors (ACSD), see <https://acsd.org.nz/wp-content/uploads/2018/12/Covenant-new-layout.pdf>, and Companions in the Ministry of The Ignatian Spiritual Exercises, see <https://www.companions.org.au/>.