

# Spiritual Direction Forum UK



## Vision

- to support and resource spiritual directors
- to promote and protect good practice
- to advocate and encourage the creative development of this ministry within the church and in a changing world

**“Taking a Deeper Look” with Nick Helm  
Tuesday 11 October 2022 7pm**

# Taking a deeper look...

noticing God at work in our  
accompanying

Spiritual Direction and Supervision

Nick Helm  
[www.sdforum.uk](http://www.sdforum.uk)

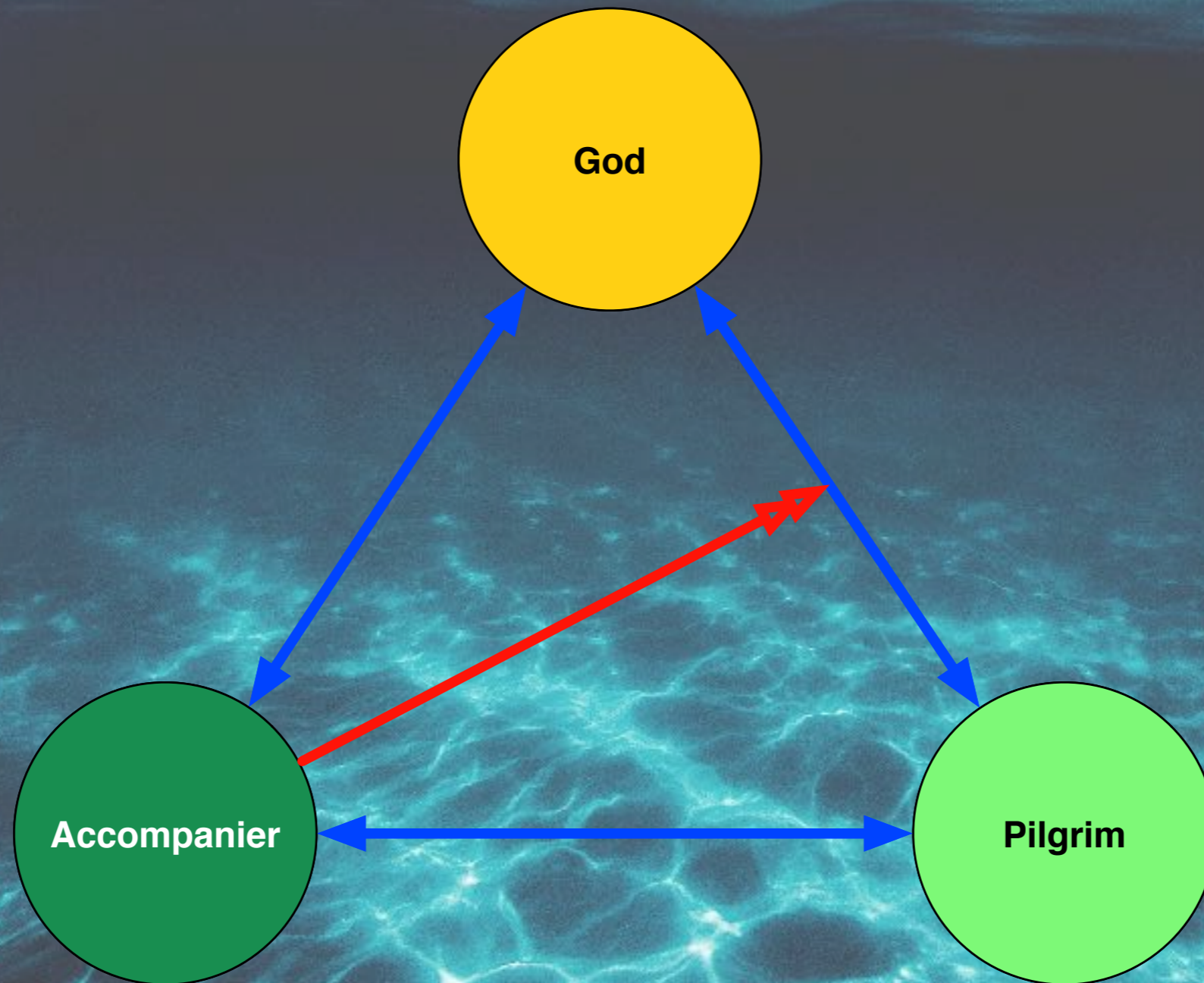
# Taking a deeper look...

Seeking an approach that is 'congruent' with  
spiritual direction

# Spiritual Direction

- **Christian Ministry**
- **To support spiritual life and growth of individuals**
- **Providing a space for paying attention to God in life**
- **Spiritual Director is a discerning presence to facilitate / enable this**

# A Model of Spiritual Direction



# Potential

- Enabling / witnessing profound personal and spiritual growth / transformation
- Relationship with God changes
- Relationships in life change
- Priorities and activities change, direction, way...

# Dangers

- Abuse (of directee or director)
- Ineffectual - intention never achieved
  - Avoidance of real engagement
  - Misunderstanding of SD

# Between Potential and Danger

- Opportunity for growth in the spiritual director
  - in the practice
  - in journey with God
- Can supervision support your growth?
  - In discerning God's invitation / lead in your practice as a SD
  - In deepening awareness of God at work in you in your accompanying



# Types of Supervision

- **Administrative**

- Compliance with procedures/policy

- **Clinical / Educative**

- How you are managing your clients
- How you are maintaining your role
- How you can better help

- **Supportive**

- Personal needs in work - self management
- Processing disturbances - understand & grow

# Supervision for Spiritual Direction

- Is there more to supervision than the administrative, clinical and supportive aspects?
- How do we see God involved and relevant to this process?



**Administrative**

**Educative**

**Supportive**

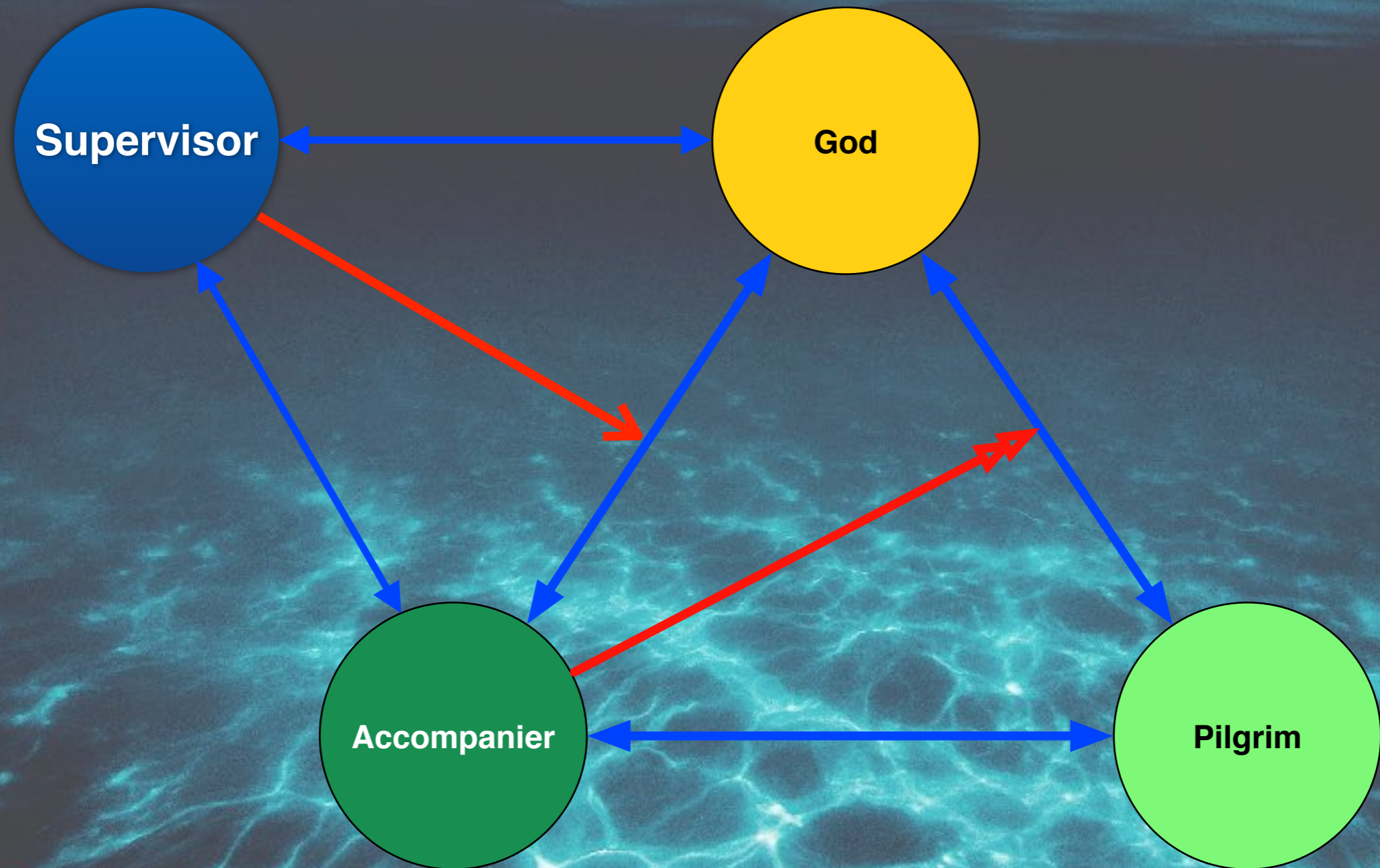
**Spirit**

**Levels of Supervision for  
Spiritual Direction**

# Supervision

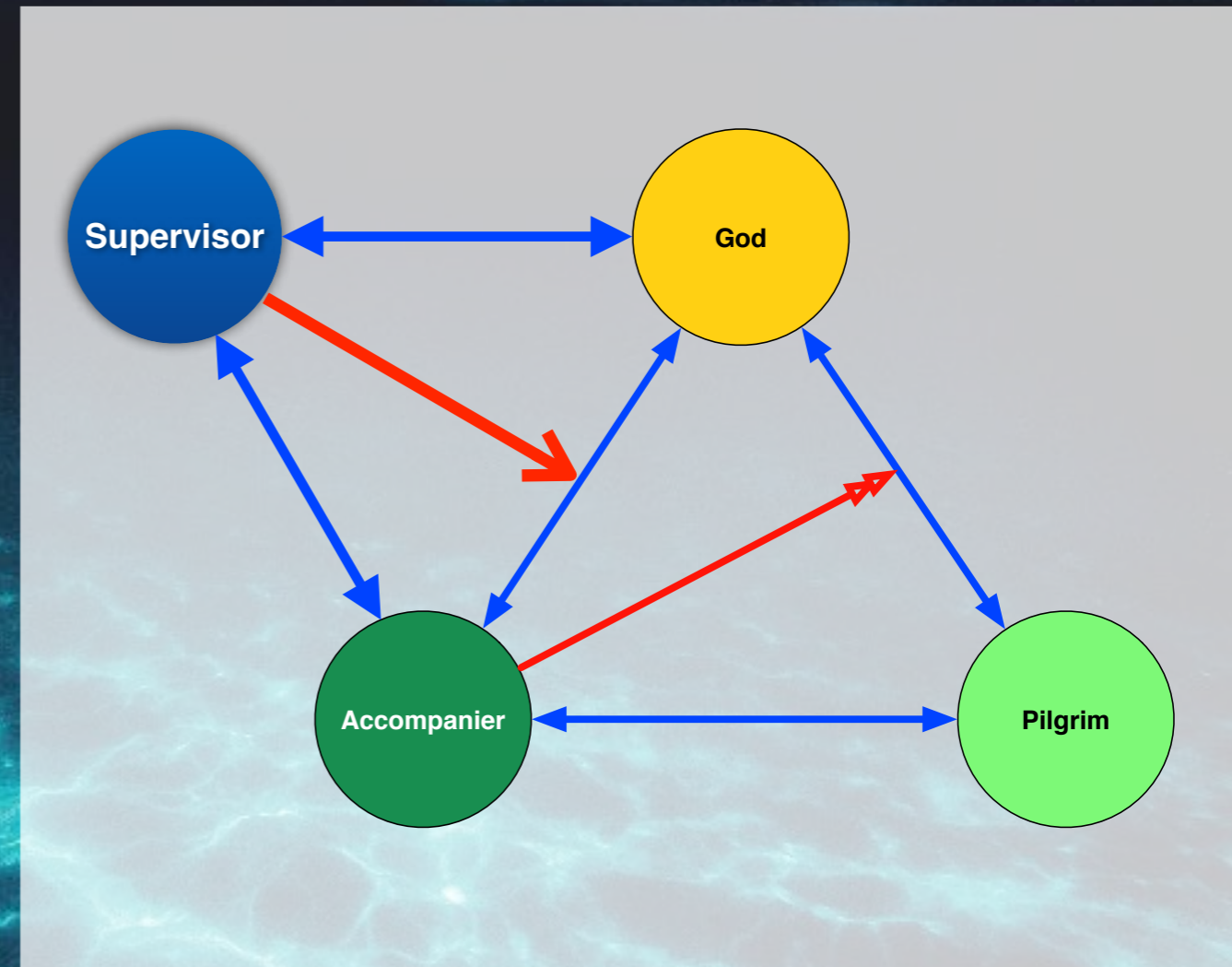
- **Just as Spiritual Direction is a space where the conditions are good for someone to notice what God is doing in their life**
- **Can Supervision be a space where conditions are good for a Spiritual Director to notice what God is doing in their spiritual directing?**
- **Can supervision be 'congruent' with spiritual direction?**

# A Model of Supervision for Spiritual Direction



# Supervision of SDs

- Discerning focus on experience of accompaniment - listening to the 'spirit' centre
- Challenges?
  - Keeping focus
  - Distractions?



# Challenges

- Keeping focus
- Distractions?
- Balancing the levels



# Group reflections

- What does this affirm & encourage in your thinking and practice?
- What does it challenge or question?
- What shifts do you see this stimulating? e.g.
  - In your expectations of supervision
  - In your preparation for supervision
  - In your practice of spiritual direction