

Beginning Spiritual Direction with the Rev. Dr. Charles Alkula

Information Sheet

The Rev. Dr. Charles Alkula

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Boulder, CO 80305

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303-916-2441

*Due to the on-going pandemic, sessions will be conducted via Zoom link.

*Sessions are usually 60 minutes.

*During the introductory session we will both be discerning if we would like to work together.

*I am a student in the Certificate in the Art of Spiritual Direction program offered through the School of Continuing Education (Redlands University). As part of this program I meet regularly with a supervisor where my engagement with my directee may be discussed.

*I start appointments on the hour, or half hour.

*I prefer to schedule appointments via email: cjalkula@gmail.com

*Information about Spiritual Direction can be found at Spiritual Directors International:
<http://www.sdiworld.org/about-us/frequently-asked-questions>

Here you can find a list of suggested questions that you might like to consider prior to our first meeting or ask me at our first session.

*I am available for appointments most days except for Sunday and Wednesday mornings. Please bear in mind that I am in Colorado when making arrangements for appointments.

*I keep Sundays as my Sabbath, and so do not meet with Directees on that day, and except in cases of urgency I don't respond to emails, texts, or phone calls on Sundays.

*I usually meet people every four weeks unless there is an exceptional need.

*I prefer to schedule the next appointment at the end of each session.

Engagement Agreement for Spiritual Direction

Agreement with: _____

Our Relationship: You are meeting with me as your spiritual director because you want to examine your spiritual life. Information about Spiritual Direction can be found at Spiritual Directors International: <http://www.sdiworld.org/about-us/frequently-asked-questions>

Although I believe it is appropriate at times to discuss psychological and relational difficulties in the context of spiritual direction, I am not a psychotherapist, nor do I provide such services. Similarly, you recognize that spiritual direction is not financial advice and any decisions and actions you may take in that regard are done without my advice or recommendation and are purely your responsibility.

Confidentiality: I will hold our conversations in strict confidence. Our time together is sacred. I will not reveal the content of our conversations unless I am required to do so by law or court order (see *My status* below for additional confidentiality concerns). On the other hand, you are free to share whatever you choose about our conversations with anyone.

My status: I am enrolled in the Certificate in the Art of Spiritual Direction through the School of Continuing Education at Redlands University. As a director-in-training, I am engaged with my own spiritual director and am receiving guidance from a spiritual direction supervisor. You agree that as your spiritual director, I have your permission to occasionally use material from our direction sessions for my own professional supervision. You understand that your name will never be used, that the situation will be disguised, and that said supervision focuses on the director, not on you. Further, you understand that after you sign this form, I will keep it in a confidential file.

Fees: During my training in spiritual direction, there is no fee for my services.

Time of Sessions and Changes: We commit to begin and end our sessions on time. If you wish to change your appointment, you will let me know as soon as possible in advance by emailing me or calling me. If I need to change an appointment with you, I will likewise email or call you.

We agree to a monthly one-hour session. If you would like to share a success or a problem with me in between sessions, you may contact me via e-mail, or leave me a voice mail message but ask that you keep the extra calls to a few minutes.

Please sign and return a copy of this agreement.

_____ Date: _____ Signature of spiritual directee

_____ Date: _____ Signature of spiritual director