



SPIRITUAL DIRECTION INTRODUCTION AND SERVICE AGREEMENT

My Approach

I believe that telling our stories is very powerful and transformative. (Especially if they are honest and seek connection with our true emotions, experience and desires.) This is why one of the things that you will notice during Spiritual Direction is that I let you to talk a lot.

I consider our work together a three-way conversation between you, me and God. The conversation between you and God, which I get to listen along, is the focus of our times together. This makes Spiritual Direction a time of prayer.

I will mostly ask prompting, 'divinely curious' questions to you. I may offer observations, spiritual exercises to engage in or other resources (with care) but never as an advice giving or home work. This is your walk and I am there to come alongside you to serve and listen well.

It is very important to me that you feel safe and respected. If at any point you don't, please let me know and we can seek a solution together. You don't have to share anything that you feel uncomfortable with but I encourage you to dare to be real, honest and vulnerable (within safe boundaries to you) in order to gain most out of our times together. It bears little to no fruit to talk about things that you think I am expecting to hear but aren't real about you. I encourage you to share things about your real current life as I believe that God can be found and met in all of life - not only in 'religious settings' or theological thematic.

We live in a broken world. Health issues, relationship crisis and other suffering are often brought up in Spiritual Directions sessions and, if that's your lived reality, they are a welcomed part of you that you bring to the direction. However, I am not a trained psychotherapist and for some directees it may be helpful, in addition to talking with me, to also meet with a professional therapist. I may be able to refer you to additional support if you so desire.

I don't recommend any of my directees to meet with me as a replacement to a local church community but rather as an additional support and complementary to the pastoral care and spiritual friendships in your home church. However, you do not have to be part of a church or any faith community in order to be welcome to receive Spiritual Direction from me.

My Beliefs in a Nutshell

I believe that God the Father created you into His image out of love and that He desperately wants you to know and experience His love for you.

I believe in the transformative and saving grace of the Cross and the freedom that following Jesus gives.

I believe that suffering is a part of a life of a disciple of Jesus.

I believe in the validity of any question and doubt.

I believe that we all have fallen short and need Jesus' saving and healing grace every day.

I believe in the forgiveness of sins in the name of Jesus: the necessity and totality of it (only Jesus can save and Jesus alone saves - nothing that we do can add to our salvation).

I believe both in the global and local Church and its mission to love, serve, heal and bring justice to the world by the power of the Holy Spirit.

Confidentiality and Transparency

I promise a full confidentiality as I believe that trust and safety are crucial for our relationship. Having said that, I do hold my responsibility to share with concerning professionals anything that I hear that makes me believe that you may be being currently abused (and because of that be in severe danger), or that you may cause serious harm to yourself (suicidal thoughts) or others. Next to that I, as most practicing Spiritual Directors are advised to, work with a Supervisor(s). This means that I may share extracts of our sessions with a Supervisor(s) for my further professional development, which is for your and my benefit. All personal details (name, location, profession etc.) that might reveal your identity will be altered for the protection of your privacy and confidentiality.

Self-disclosure

I am happy to disclose personal things with you about my own life, yet I am not going to take the central stage during our sessions and won't most likely offer information about myself beyond our intro session unless you ask or if I feel prompted that my experience would be encouraging to your current exploration. I am actively involved in a local church in Denver and receive monthly Spiritual Direction. I am a member of Evangelical Spiritual Directors' Association. This means that I fulfill their training standards for Spiritual Directors, agree with their doctrinal statement and follow their code of ethics in my work as a Spiritual Director.

Liability

By engaging in Spiritual Direction relationship with me you affirm that you understand that the service provided is spiritual and not psychological in nature. I am not a therapist or a life coach, nor do I provide such services. I won't give you a relationship, medical, financial, or career advice and any decisions and actions you may take in regard to them are completely your responsibility.

Feedback and Closure

Your feedback is always welcome - during and outside of our sessions. I will ask some review questions every six months to make sure we are still on the same path and give intentional space for you to express any unease or dissatisfaction about our relationship, and re-evaluate the frequency of our appointments. This is also a time to discern whether our spiritual direction relationship continues to serve your life with Jesus, if it no longer does, we bless our parting.

Suggested Fees

I work on a sliding scale and hope that finances are not a hardship or an obstacle to anyone receiving direction. My suggested fee for an adult's session is 50 to 75 dollars (about 40 to 60 euros) and further discounts are available for students, single parents and others who experience finances as a significant hindrance. We will agree on the amount during the free introduction session.

A suggested contribution for a child's session is 20 to 40 dollars, and again discounts can be discussed. The transfers can be made to my Pay Pal account (kaisastenberg@gmail.com)

Cancellations

Please be on time for our appointments and if you are running late we still might need to end on the scheduled time. Should you need to cancel a session, please do so 24 hours prior to the scheduled session. For later cancellations than that I charge the agreed amount for the session.

I pray that our journey together will bring you closer to your true self, Jesus and others around you.

Warmly,

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