



BRANCHES
SOUL CARE

Background Information

Name: _____ Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Age: _____ Gender: _____ Marital Status: _____

Phone: _____ Email: _____

Would you identify yourself as a follower of Jesus? Yes No Not Sure

What church do you currently attend? _____

How Long? _____

Soul Care Needs

What is leading you to seek out Spiritual Direction and Soul Care? Is there something in particular that you'd like to explore in our time together?

How would you describe your spiritual journey? Are there "tribes" (ie denominations) that you would identify with?

Are there any barriers or challenges that keep you from pursuing soul care? Are you regularly seeing a therapist, biblical counselor, and if so, how might this work intersect with that additional work?

Soul Care Covenant

About Spiritual Direction

Spiritual Direction is the practice of journeying with another who helps you appreciate God's presence in your life. As you talk about your circumstances, problems, hopes, relationships, work, and ministry you learn to pay attention to how you're experiencing the Spirit of Jesus (or not) and respond to his grace and guidance with growing trust, prayerfulness, and love.

Spiritual Direction differs from counseling and coaching in the way that it is not focused on diagnosing or resolving trauma but rather accompanying another through the journey as they discern the presence of God in those seasons. At the same time, Spiritual Direction can be a powerful tool in identifying goals, patterns of thought and receiving empathy as you journey with following Jesus.

Specific reasons why someone might partner with a Spiritual Director include navigating seasons of spiritual dryness or burnout, deepening in intimacy and relationship with Jesus, navigating seasons of liminal space, identifying and practicing spiritual disciplines that will help your spiritual walk, deepening in your emotional and spiritual health, and developing a well of "being" from where our "doing" can flow.

About Ryan

Ryan Doughty has been guiding individuals and groups as they dig deeper into their spiritual life for his entire twenty-year career working in church ministry, education and not-for-profit settings. He holds a Masters of Divinity in Spiritual Formation from Multnomah University and completed a training program through Paseo Communities. He is ordained through the North American Baptist Conference and Christian Missionary Alliance. He is a widower with two boys ages 9 and 11.

With that in mind, we agree to share the common agreements:

1. Spiritual direction is not therapy, counseling, mental health care, or treatment for substance abuse. The director is not functioning as a licensed mental health professional and spiritual direction is not intended as a replacement for counseling, psychiatric interventions, treatment for mental illness, recovery from past abuse, professional medical advice, financial assistance, legal counsel, or other professional services.
2. Spiritual Direction can and may involve periods of extended silence, prayer, listening, values clarification, identifying plans of action, accountability, examining lifestyle, and questioning currently held beliefs.
3. Spiritual Direction is most effective when both parties are honest and straightforward in their communication. Candor is welcomed and encouraged as a vital part of the spiritual direction relationship.
4. Spiritual Direction is a confidential relationship and the director agrees to keep all information strictly confidential, except in those situations in which such confidentiality would violate the law or in the directors opinion would jeopardize the safety of the client or others.

5. There will be no predetermined length of commitment. While the director-directee relationship may last many months and years, there is no binding obligation to continue sessions if either person doesn't believe it is a healthy fit. We both agree to have one final meeting together to honor and bring the formal relationship to a close.

6. Each meeting will last approximately 50-60 minutes. Each meeting will be scheduled approximately 4-6 weeks apart. All efforts will be made to accommodate each other's schedules. Each person agrees to inform the other of the need to cancel an appointment. Except in unusual circumstances, this cancellation will be given no less than 24 hours prior to the scheduled appointment.

9. The session fee is payable in advance of each session by check, credit card, or electronic payment. Fees for spiritual direction are \$75 for a one hour session. I accept Venmo and Pay Pal. Sliding scale services are also available. Reach out to Ryan for more information.

What to expect in a typical session:

- We engage in silence, centering & grounding, active listening, and a prayerful posture throughout the session, facilitated by Ryan
- The directee will be prepared to share what they want to bring to the session - it may be a thought, a question, a concern, a prayer, a pain, as it relates to their life and in particular, their spiritual life.
- Ryan will be attentive, listen deeply, mirror & echo back to the directee, ask questions, and provide support in service to the person's soul journey.
- A session may include engaging in contemplative practice to support the directee in his/her journey.
- Ryan will often provide a resource that can be used in between sessions. Though not "homework" these resources will often help to enhance or strengthen the soul care experience of the one receiving spiritual direction.

Thanks so much for pursuing this adventure together. Please don't hesitate to reach out if you have any questions. I can be reached at ryan@ryandoughty.com.

Client Signature

Date

Ryan Doughty

Date

