



## **WELCOME TO SPIRITUAL DIRECTION**

Spiritual direction is the process of accompanying you on your spiritual journey, inviting you to a deeper understanding of the spiritual aspect of being human. It is specific to your spiritual journey. Whether you are taking the first steps to learn to pray, or have been meditating for decades, spiritual direction is valuable. Taking into consideration your unique personality and temperament, spiritual direction is a place to reflect on prayer, your ongoing spiritual practices, questions of faith, concerns about your church, but also, relationships, family, choices, loss, goals, etc. since every aspect of your life is material for spiritual direction.

The spiritual director's primary task is to help you notice God's action in all this and how you are responding to it. Like therapy, spiritual direction is client-centered and non-directive, that is, the spiritual director tries to draw out of you what you are being called to rather than give you advice. However, spiritual direction is about your relationship with the Holy, not about emotional therapy, and the ultimate spiritual director is believed to be God. Emotional relief and healing are often valued effects, but spiritual direction is not therapy. In Spiritual Direction we focus on your total spiritual formation, which includes your day to day life, and in this way can bring greater purpose and meaning to your life.

## **HOW OFTEN DO WE MEET?**

This will be determined by a mutual decision at our first meeting. Depending on your individual needs we can meet as often as once a week or as seldom as once every month. For sustained growth and progress though, it is recommended that you meet with me at least once a month. Spiritual direction can take place for just a few sessions or for many years. Others see the value of regular, ongoing feedback throughout their spiritual life. Most monthly clients maintain their sessions for at least a year.

## **REVIEWS AND TERMINATION OF SESSIONS**

Periodic reviews of your spiritual direction sessions can be helpful to raise our awareness of how you are feeling about your ongoing journey. After six sessions we will go through a Spiritual Direction review form which looks at your original hopes and goals for spiritual direction and how they may have grown or changed. I support healthy termination of sessions. If you are planning to end spiritual direction, it works best if you let me know at least twenty-four hours before your last session. The final wrap-up session gives us both the opportunity to talk about our time together, tie up any loose ends, get closure, and part in a positive way.

## **CONFIDENTIALITY**

I will hold our conversations in strict confidence. Our time together is sacred. I do not reveal the names of my clients or the content of our conversations unless I am required to do so by law or court order. On the other hand, you are free to share whatever you choose about our conversations with anyone.

## **REFERRALS**

On occasion, with your consent, I may recommend that you see other spiritual directors or counselors such as psychologists or social workers, if I think it would be helpful. You also can request that I refer you to someone else and I am happy to help you find another spiritual director if you think this would be helpful. You can refer your family members, relatives, friends, and co-workers to me. All are welcome.

## **FEES AND PAYMENT**

Currently, the regular rate for a session is \$50 for individuals. I also offer, for those who wish to enter into regular spiritual direction, the option of pre-purchasing 6 sessions at \$240 (\$40/session). This is decided by what I need to

keep my practice financially sustainable. In order to keep my rate so affordable, I ask that payment be made at the time of our session so as to avoid the additional costs of billing. Occasionally, if there is interest, I will offer group spiritual direction at an inexpensive rate of \$100 for a 6 week series. Please let me know if you are interested in joining a group or if you have a group of friends/church members who would like to explore group spiritual direction together. I will facilitate a group if at least 4 people are interested. Spiritual Direction is not covered by Insurance at this time. Please do not hesitate to mention cases of financial difficulty so we can work out an agreement. I will never turn anyone away based on an inability to pay.

### **APPOINTMENTS**

If for some unavoidable reason you need to reschedule your appointment, please give me at least 24 hours notice so that the time can be made available to others. Since time which is reserved for your use, cannot usually be filled by someone else on short notice, you will be subject to a \$35 missed appointment fee if you fail to keep a scheduled appointment. In order to cancel an appointment, simply call 507-382-5880 and leave a message. It is not necessary to speak to me directly. Please call ahead if you will be late for an appointment. Depending on my schedule, your time may be limited to the remaining portion of the originally scheduled hour. Sessions usually last for 1 hour and wrap up at 5 minutes to the hour to allow time for closing thoughts or prayer and to schedule another session.

### **THE SPIRITUAL DIRECTOR**

I, Lori Mathiowetz, graduated with my Master's degree in Theology from Saint Catherine's University in May 2011, with an additional Master's Certificate in Spiritual Direction. I also graduated cum laude with my Bachelor's degree in Theology from Saint Catherine's in December 2006. In June of 2011 I opened my private spiritual direction practice, Riverbend Spiritual Care LLC, in New Ulm, MN. I am a member of Spiritual Directors International which means that I adhere to their standards of professional ethics regarding confidentiality, boundaries, and privacy. I also enjoy public speaking and facilitating workshops and retreats on a variety of spiritual topics. While my training and formation are in the Catholic tradition, I enthusiastically welcome people of all faith traditions or none at all, and am committed to providing you with a non-judgmental, compassionate environment to explore your spirituality. I expect of myself a reverence for the dignity, equality, rights, and gifts of all persons, wherever they are personally and spiritually. I am also currently training in the MBSR (Mindfulness Based Stress Reduction) Program and offer a 6 week-Mindfulness Meditation training in that program.

### **QUESTIONS OR CONCERNS**

Please do not hesitate to ask if you have questions or concerns. I am here to help and serve you. I pray for each of my clients on a regular basis. Know that I consider the opportunity to accompany you on your spiritual journey a privilege and am greatly humbled each and every time a new client enters my practice. Thank you for entrusting me with your very sacred spiritual life and I pray that our time together is as holy to you as it is to me.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Zip/Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Preferred contact method: \_\_\_\_\_

Email: \_\_\_\_\_ I occasionally write a newsletter with helpful tips on ongoing spiritual practices. Would you like to receive this via email? YES/NO

Employment Status: (circle all that apply)

Unemployed      Full-Time      Part-Time      Student      Retired

Occupation: \_\_\_\_\_

Education (Include High School, College Degree, or other training):  
\_\_\_\_\_

How were you referred to me?  
\_\_\_\_\_

### Family Information

Marital Status: \_\_\_\_\_

Partner's Name: \_\_\_\_\_

Partner's Workplace/Education: \_\_\_\_\_

Children and/or step children (or other dependents)

Name	Age	Sex	Relationship	Other Parent (if not spouse)

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**Personal Information**

**Medical Doctor** \_\_\_\_\_ **Clinic/Hospital** \_\_\_\_\_

**Significant Medical Conditions** \_\_\_\_\_

**Psychiatrist/Therapist (if any)** \_\_\_\_\_

**Church or Spiritual Activities/Groups:** \_\_\_\_\_

**Faith tradition that you grew up in:** \_\_\_\_\_

**Myers Briggs Type (if known):** \_\_\_\_\_ **Enneagram Type (if known):** \_\_\_\_\_

**Reason for Coming to Spiritual Direction:**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Emergency Contacts:** \_\_\_\_\_

\_\_\_\_\_

**Service Agreement**

I, \_\_\_\_\_, hereby consent to participate in spiritual direction with Lori Mathiowetz MA, Certified Spiritual Director, at Riverbend Spiritual Care. I agree to the fee of \$50, payable at each session or as otherwise negotiated, and the missed appointment fee of \$35. I understand that Lori is a member of Spiritual Directors International, and practices under their code of ethics in the attached brochure: "Guidelines for Ethical Conduct." I understand that spiritual direction is not counseling or psychotherapy, and any decisions and actions I may take are solely my responsibility. I also understand that Lori is currently under supervision for her work so that she can better respond to my needs.

Signature of Client: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Director: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
 (if under 18)