

## **Scott Spradley – Spiritual Director**

[scottspradley@live.com](mailto:scottspradley@live.com) (615)-480-8622

### SPIRITUAL DIRECTION STATEMENT AND DIRECTEE INFORMATION

#### **Spiritual Direction:**

For me, Spiritual Direction is a time when “two or three are gathered in God’s name” Matthew 18:20, intent on awareness of God’s presence, word and guidance. The true Director of these sessions is the Holy Spirit. The Spiritual Director is simply a companion on the journey or “the two” for one seeking direction. During our time in Spiritual Direction, we will spend our time listening to how God may be speaking through and into your life.

People come to Spiritual Directions for a number of reasons. Often it is that we are going through one of life’s many transitions, sometimes we’ve had a powerful experience of God, or we may just be curious about ways to grow in our faith. Ultimately, we come to Spiritual Direction with the hope of going deeper in our relationship with God.

A typical spiritual direction session may include moments of silence, meditative Scripture reading, guided prayer and/or conversation. I find it works best for me to be open to entering the time as a directee chooses or feels led as well as focus on any questions or issues for discernment he/she brings.

Some people are more comfortable with a less typical format of direction; a conversation at a coffee shop, a walk on the greenway, or a scripture study with meditation and application. In the midst of busy and noisy lives, spiritual direction can provide space and time to care for our souls, to enter into the quiet and discover what is there, to breathe and rest in God, to discern how God may be leading.

#### **Training/Experience:**

- Certification in Spiritual Direction, Perkins School of Theology at Southern Methodist University, Dallas, TX – Completed 2-year Program in October 2014
- Practicing Spiritual Director in greater Nashville, TN. (2013-present)
- Facilitator of Spiritual Direction and Dreamwork Groups in Mt. Juliet, TN. (2013-present)
- Paid and Volunteer Youth leader in United Methodist Churches in Richmond, VA, greater Little Rock, AR, and greater Nashville, TN. (1985 –2016).

#### **Our Relationship:**

You are meeting with me your Spiritual Director because you want to examine your spiritual life. Although I believe it is appropriate at times to discuss psychological and relational difficulties in the context of spiritual direction, I am neither 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.

Occasionally, I will (or we will mutually) discern that a directee may be better off in counseling rather than direction or I will suggest counseling in addition to spiritual direction. Indeed,

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sometimes through direction, God brings issues to the surface that still need to be worked through, are still in need of healing and require the help of professional therapy.

**Time of Sessions & Changes:**

We will commit to begin and end our sessions on time. If you need to change or cancel your session please contact me at least 24 hours in advance. I will not call or email reminders for sessions and if missed, you may contact me regarding scheduling via email or phone

Although we will normally meet once a month, you may need to meet more frequently or desire a longer session periodically. This is fine as long as we schedule it in advance. If you would like to share a success or problem with me in between sessions, you may email or call me. I do not bill for additional time of this type but I do ask that extra phone calls are kept to a few minutes.

**Fees:**

Unless we have made other arrangements, the fee for our time together is \$65.00 for a 1-hour session. Payments are due at each session. Payment can be made by Venmo @Scott-Spradley-5 or by check payable to: "Scott Spradley."

**Privacy:**

You have a right to expect confidentiality of the information we share with each other. I commit to holding our conversations in the strictest confidence. As part of my professional practice, I may consult my Supervision group or one of my professors from Perkins School of Theology in Dallas, TX, regarding our work together. This is intended solely to provide additional perspective when necessary in order for me to be fully present, listen and guide you in your journey. Identity will always be held in confidence.

I am permitted or required by law to disclose information without your consent or authorization in some situations. These situations are rare in Spiritual Direction. If one arises, I will make every effort to discuss it with you before taking action.

**Termination:**

Spiritual Direction may not be for everyone. You may discontinue Spiritual Direction at any time. Please give advance notice if you intend to discontinue meeting together.

I have received a copy of this Spiritual Direction statement and agree to its terms.

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Directee Name (Please Print)

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Directee Signature

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(Date)