

5 Things to consider when looking for a Spiritual Director

Finding a spiritual director can feel overwhelming simply because there are so many directors to choose from.

The Studion suggests the following things to look for and keep in mind.

1. Training



Look for a spiritual director who has been trained at a reputable school for spiritual direction. It might be helpful to check out the website of the school even before contacting your potential director.

2. Experience



Look for experience, nothing beats experience, not just experience in spiritual direction, but experience in life. Experience in life can be every bit as important as formal training.

3. Meet & Greet



Look for a director who offers a complementary meet and greet. This initial conversation can be an excellent time for you to get to know and ask questions of your potential director.

4. Questions



Ask questions such as: Can you tell me a bit about yourself and your interest in spiritual direction? How do you define or understand spiritual direction? Do you receive supervision? Do you adhere to a code of ethics? What are your fees? What does a spiritual direction session look like?

5. Reflect



After your meet and greet session, check in with yourself, and ask yourself: Does this feel like a good connection? Did I feel heard and understood? Can I respect this person?