



# Spiritual Direction FAQ

## What is spiritual direction?

I listen to your story, your joys, fears and questions and prayerfully watch for those moments and places in your life where God might be trying to speak to you and help you find ways to be attentive to that.

## Is it the same as counseling?

It may appear that way at times, but when counseling focuses on specific issues, spiritual direction will always emphasize listening for what God wants to say in the midst of the issue.

## What kind of training do you have?

I received training from Urban Sanctuary in Edmonton, AB. It involved two years of reading, writing, group work, receiving spiritual direction personally and completing required hours of supervision. I then worked with Urban Sanctuary for two years with 13 individuals who were pastors and ministry leaders. I completed a Masters of Theological Studies at Taylor Seminary and have offered spiritual direction from my home for the past four years.

## What does a session look like?

We'll meet in person or online and visit for a few minutes. Then you're welcome to start wherever you like or I'll ask a few questions to get things going. Near the end of the session I may suggest something practical for you to focus on, and then I'll pray for you.

## Are you affiliated with any organization?

Yes, I am available to students who are training to be a spiritual director through [Kairos University](#).

## How often do we meet?

I recommend two weeks (minimum) between sessions. Other than that, it is up to you.

## How long will we meet for?

If at any time, either you or I feel that this is not working well or other life circumstances have come up that need attention, we are free to exit the spiritual direction agreement. If this is part of a course or program, I will make sure to help you find a replacement before that happens.

## Can I email you anytime?

Between sessions, I encourage you to ask your friends, spouse or small group for their input and encouragement. That way, you'll build a team, and I will reserve my time and energy for our sessions together.

## Are you accountable to anyone?

Yes, I have a mentor, counselor and close friends who regularly meet with me and ask me hard questions as well as encourage and pray with me.

## Are the sessions confidential?

Yes, absolutely! However, if there is evidence of clear or imminent danger of harm to self and/or others, I am legally required to report this information to the authorities responsible for ensuring safety.

## What does it cost?

\$75.00 (CA) per hour. You can e-transfer, paypal or write a cheque made out to Heather Hayashi before or after each session..