



CONFIDENTIALITY POLICY

Within the developing relationship of mutual trust and faith-building in spiritual direction, a central value must emerge — confidentiality. The English term “confide” comes from the Latin term “confidere” meaning “to trust.” Con-fides, “faithing with,” enables personal and interpersonal growth in the context of self-disclosure and self-realization. Therefore:

- Anything directees confide to directors privately as they share their spiritual journey is confidential.
- Whatever is public knowledge, such as the directee’s family situation (for example, a single parent), is not confidential. Spiritual directors are advised that it is better to say nothing about what is shared in a session unless permission is given.

Exception One: The spiritual director must break the confidence of the directee if there is a legitimate concern of physical or psychological harm by the directee to themselves or others. Directors are ethically bound to follow state reporting guidelines related to personal abuse or the abuse of minors or elders. In this case, the director will inform the directee of the concern and convey this concern to the appropriate authority or contact emergency personnel or the listed emergency contact in the case of self-harm.

Exception Two: In the context and confines of the supervision group and with the instructor or supervisor, directors may share what has been offered in the spiritual direction session. The identity of directees always remains completely confidential.

The supervision conversation focuses on the director and how the director might be of assistance to the directee.

In the supervision setting, every effort is made to limit unnecessary details that might lead to identifying a directee. What is shared during supervision remains confidential and stays with the instructor and within the group. The identity of directees always remains completely confidential.

I have read this policy and understand the exception provisions:

Directee Signature: _____ Date: _____