



P.O. Box 1738, Red Lodge MT, 59068 • 406-551-5167 • jayne.csw@gmail.com

www.CampSecondWind.com

WELCOME LETTER

To begin I would like to say Thank You for your interest, your curiosity as to just what is Spiritual Direction. Spiritual Direction looks for how God/Higher Power is working, calling, prodding and inviting new ways to find that personal relationship we may be desiring. As your Spiritual Director the following quote by Samuel Hamilton-Poore offer a good introduction as to what my role as your director offers:

“Spiritual Direction is the art discipline and commitment of one person assisting another in listening to the ways God may be drawing, luring, or inviting a soul into deeper, truer, and more fully human relationships.”

Spiritual Direction and my journey I feel confident has opened many doors. My commitment and passion for Spiritual Direction developed after I received my training to become a Certified Spiritual Director from the Mercy Center in Colorado Springs, Colorado. From there I went on to receive my Masters from Creighton University in Omaha, Nebraska. With this journey I worked as a Chaplain for 15 years earning my Board Certification from the National Association of Catholic Chaplains.

Together we will create a sacred space. In this sacred space we will find clarity as you dive deeper into your interior life. With God’s help or your Higher Power, we will explore your journey along with discerning what you need and want. Spiritual Direction opens the door to surrendering and trusting in God’s graces. The benefits of seeking Spiritual Direction not only promote faith, hope and love, but brings meaning and purpose to your life.

As we take on this challenge together, there are a few basic understandings to clarify:

Confidentiality:

I honor the importance of trust. What is discussed in our sessions is held in confidence. Montana law requires that confidentiality be severed if I suspect that someone might be in danger of being harmed, of harming oneself, or in situations where there is suspicion of child abuse or elder abuse.

Commitment:

Sessions are decided on your need. Monthly is recommended, but again you decide your schedule. If you need to change your appointment let me know 24-hours in advance. Sessions are 50 minutes and begin and end on time.

Fees:

Individual spiritual direction sessions are \$45 per one-hour session. Payment is due on the date of the session. You may pay online with Venmo using a credit/debit card. If you prefer to pay by check or cash, please bring it to the session. If you need spiritual direction but lack resources, I offer a sliding-scale option.

PLEASE SIGN AND DATE TO THE TERMS STATED. ANY QUESTIONS WE CAN ADDRESS AT OUR FIRST MEETING.

_____. DATE _____



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Camp Second Wind Direction Intake Form

(All information provided below is held confidential and will not be disclosed).

Date: _____

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Email _____

Marital Status: _____

Spouses Name: _____

Children's Names and Ages _____, _____, _____, _____

Employment Status: _____

Type of work: _____

Religious Organization/Membership: _____

Spiritual Direction is a relationship, which provides a safe place for you to share and explore your journey. This journey may be just beginning spiritually, or you may be ready to go deeper in your faith.

As your Spiritual Director I will uphold and honor our time together. This means that all shared will be held in confidentiality. Our time together is sacred and will be just between you as a client and myself. Should you want to share with others this is okay, but I will not as your Director.



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LISTED ARE SOME QUESTIONS TO THINK ABOUT BEFORE OUR FIRST MEETING. PLEASE CHECK THOSE AREAS THAT YOU ARE INTERESTED IN EXPLORING. PLEASE FEEL FREE TO ADD YOUR OWN DESIRES AND CONCERNS.

1. Where are you at currently in your journey we call life?
2. Are you finding peacefulness and joyfulness on your journey?
3. Where are you with God or your Higher Power? Do you spend time in prayer and meditation?
4. What events, experiences, relationships or suffering have brought you to the place you are now in life and spiritually?
5. What life decisions are you wanting to bring to Spiritual Direction and are at a fork in the road?
6. Do you sense God or your Higher Power calling you to grow or to let go of something?
7. When are you the closest to God or your Higher Power be it (prayer, meditation, music, walking in the woods)?
8. What are you hoping to gain from our time together in Spiritual Direction?