

Foundational understandings to non-Face to Face Direction

By Nathan Bettger

1. It is assumed that Skype and phone conversations hold the same intentions as a face to face conversation. All assumptions of the direction relationship still apply (See *Clarifying the Spiritual Direction Relationship*).
2. As a spiritual director, I set aside an hour and a half for each conversation. This means 15 minutes before for internal reflection and preparation and 15 minutes afterwards for reflection. I assume that the directee also is prepared for our conversations. I do not have conversations about one's spiritual life in the car or when I am unable to be fully present and I would ask the same from a directee.
3. In a phone or Skype conversation, it is assumed that the same courtesy would be applied as if we were meeting face to face. Text messaging, web browsing, checking Facebook, laying down, or double tasking does not give priority to the conversation at hand.
4. The director holds the scheduled time for conversations as sacred. If rescheduling needs to happen it assumed that the director or directee will contact and reschedule ahead of the scheduled meeting time. As a director, rescheduling is not as easy as picking another time. There are other family members who also have to reschedule their time as well.
5. If the directee is meeting for direction as a requirement for a class, it is understood that meeting for the required number of sessions is the directee's responsibility. This means that the directee will take the initiative to reschedule, be present at the agreed upon time, and honor the relationship with the director. If this does not happen, it is understood that it will most likely be reflected on the directee's grade for the class.