

# Charlotte Spirituality Center Spiritual Direction Verbatim

Director: Sally

Directee: Jean

Date of Session: Feb 2014

Session # 3

Session Location: CSC

**Introduction:** Jean is a retired clergy member of a high-protestant church. She is a widow and very energetic, likes to travel. She is having a hard time with being retired (she is over the age limit and the bishop forced her retirement) There is a part of her that is resentful and hurt. She is a rapid talker and often resists answering questions by talking about others. After two sessions of that, I challenged her to focus on herself only this session. We finally had a breakthrough. I am the third director she has been with just the past few months. She said she hasn't liked anybody. (pressure!) This is a portion of an hour and a half long session. (She is hard to close with) She spent the first 15 minutes telling me about all the different places she had been, taking care of all these different elderly friends in other states.

Dialogue	Thoughts of Director	Feelings of Director	Body Response in Director	Body Response in Directee	Intuition
SD 1 - So how are things since I saw you last?		Confident since I spoke to her about focusing on herself in session.	relaxed		
D 1 - Well, I had the opportunity to go to my old church and see some of my parishioners.	Usually a no-no			A little energized	Not wise for her healing
SD 2 - Oh? How was that?		curious			
D 2 - Typically I am not supposed to go to church there but there was a funeral and the bishop said I could go.					
SD 3 - What was that like?					
D 3 - weird. Everyone told me how much they missed me.	Aw	compassionate	Tug at heart	Sincere look in eyes	Was hard for her
SD 4 - How does it feel to be missed?	Draw out experience	confident			

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D 4 - well good and bad. And I saw bishop there because it was a long standing member of the vestry. Did I ever tell you about the time he recognized me from the pulpit and said all kinds of things about my private life? (she went on to tell the story and how she was offended because she is a private person, even though all he said were good things)	She is pivoting	Worried we will fall into old patterns of this.	Breathing to remain at peace	Rapid speech Pulled up in chair	Has anger still She feels threatened
SD 5 - Jean, can you tell me about good and bad?	Draw her back	Compassionate	Gentle tone	Wide eyed	Surprised to go back to that statement
D 5 – It was good to feel missed and bad because I am nothing now.	Nothing?	Worried		Looking down	Identity crisis
SD 6 - Nothing? You mean your identity?	I have to clarify				
D 6 - right. I used to be their deacon—Rev Jean- but now I am not.	Bad case of clericalism	Sad for her	Head tilted – intense listening	, eyes looking straight ahead	Stating her real feelings
SD 7 - Tell me about Rev Jean- what is she like?	Invite her to look at both parts of herself				
D 7 - (She goes on to tell me about several of the things she did in her role which was very much about caretaking, esp the sick, hosp visits. Etc)				Animated with hands , full body movements	

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SD 8 - What did you enjoy most about being a deacon?	Pin it down Jean	Wanting her to name something			
D 8 - What did I enjoy? Or do I enjoy?				Puffed up in chair	She feels threatened
SD 9 - Either one.	Did I piss her off?		Lump in throat		
D 9 - Helping people of course		Feeling dumb			
SD 10 - Yes, of course. Can you talk to me about Jean? Just Jean, not Rev?	Recover Sally!		Ground myself by intention	she relaxes	She knows I have heard her
D 10 - Well, I have always been a caretaker. It's what I do, who I am. I am good at it. I am dependable. I work hard.	Good Lord, she is type 2 like me	cautious	Identify the caretaker in my body		I know she is a two!
SD 11 - How do you take care of yourself?					
D 11 - I like to read at night	Good. Me too	Too connected	Imagine invisible wall		I need to detach
SD 12 - Besides caretaker, who is Jean? What do you like to do?	I wonder if she knows her needs?	curious			
D 12 - Help people		neutral		relaxed	Time to push through a bit
SD 13 - what else?		neutral		thinking	
D 13 - I don't really know.. I like my tv shows on Sunday night. I just really feel without an identity right now. I don't know what to do next.					

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SD 14 - Oh, so there is something next?	On to something	hopeful			
D 14 - There has to be				Looks serious	
SD 15 - what makes that true for you—that there is something next?	Get her to claim it	hopeful	Relaxed but anticipatory	Looks off into distance	Holy Spirit at work in her
D 15 - Because I am still breathing, God has not brought me home yet. As long as I am still alive, there is work for me to do.	Nice				
SD 16 - So I hear you saying that you feel without identity, yet there is something next, you just don't know what it is?	Hold up mirror	neutral			
D 16 - Yes. And I've been angry, I feel betrayed.	Good to name	compassionate		Eyes well up	Need a moment
SD 17 - Let's stop and breathe deep for a moment. (we pause and breathe) Given that you have had to retire and there is no changing that, what do you desire most from God, from life at this point?	Let's not rush on		Slow down my speech		Something is moving here—stay with it
D 17 - To let go of the anger so I can be aware of the new thing when it comes along.				Looks a little relieved	
SD 18 - Alright. That is an Important thing to claim for yourself.		satisfied			

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D 18 - Yea. I'm ready to work at it. See? I didn't really talk much about other people this time!	Yea!			laughing	She feels safe
SD 19 - No, you didn't! Good work today!	Well, she did but less	Good, satisfied	Ready to go		
<i>Reflection: I was kind of happy with the way this session went. Two issues to discuss—ending on time. She talks so much it's hard to break in. Also, can I mention the enneagram to her? I think it could very helpful to her self-awareness now that she has named herself a helper.</i>	<i>Something to celebrate—I felt my self in a neutral place when I pushed her for more. It was not personal. Building imaginary invisible wall helped</i>				