

## Professional Supervision & Spiritual Direction Comparisons

### *Professional Pastoral Supervision:*

**Focus:**

Primarily on the person-in-role—supporting the supervisee in their professional practice, particularly in their role as ministers, spiritual directors, pastoral carer, or other caring leadership roles.

**Purpose:**

To create a reflective space where the supervisee can explore the role they hold in their work, its impact on them, their impact on others, boundaries, ethical issues, power dynamics. This reflective space extends beyond their work and considers how their personal and spiritual life influences their professional role.

**Core Questions:**

How am I functioning in my role?

How am I impacting others in my work?

What patterns are emerging in my professional practice?

Where am I stuck, or what is challenging me in my work/ministry?

How are my past experiences impacting the way I am navigating my current role?

**Relationship Dynamic:**

The supervisor acts as a collaborative reflective partner, sometimes challenging, sometimes affirming, with an emphasis on professional accountability, development and role-related relationships.

**Typical Focus Areas:**

Role clarity and boundaries

Ethical and relational dynamics

Theological reflection on practice

Emotional responses to work

Self-care and sustainability in role

## *Spiritual Direction:*

### **Focus:**

Primarily on the directee's relationship with God, and how they notice and respond to the movements of the Spirit in their life.

### **Purpose:**

To help the person become more aware of and attentive to the presence, invitations, and activity of God in all areas of life (not limited to their professional role).

### **Core Questions:**

Where is God in this experience?

How am I being invited to respond to the Spirit's prompting?

What is 'drawing' me towards God and what is 'driving' me away from God?

What is deepening or challenging my spiritual journey?

What is getting in the way of me experiencing God?

How do I discern next steps in alignment with God's desires for me?

### **Relationship Dynamic:**

The Spiritual Director listens deeply and companions the directee, trusting the Spirit as the true Director, with an emphasis on listening, discernment, and attentiveness.

### **Typical Focus Areas:**

Prayer life and spiritual practices

Experiences of consolation and desolation

Discernment of vocation and life choices

Encounters with God in daily life

Exploring images and experiences of God

## *Summary:*

### **Professional Pastoral Supervision**

Focus on professional role & practice

Reflective, integrative, role related

Addresses work, boundaries, ethics, impact

Emphasis on safe, ethical, sustainable ministry practice

How we do the work in the best way possible

### **Spiritual Direction**

Focus on personal relationship with God

Contemplative, listening, discerning, heart related

Explores prayer, God experiences, spiritual movements

Emphasis on deepening connection with God and discernment

How we cultivate engagement with the Spirit