

SUPERVISION

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Thank you for inquiring about meeting with me for spiritual direction supervision. I've created this fact sheet to explain my philosophy of supervision and details about how it would work.

Supervision is a collegial relationship between a spiritual director and someone trained to help them look at that "mirror within" – those places where we resonate (positively or negatively) with what our directees are sharing. Sometimes the mirroring helps us be more compassionate; but many times, it gets in the way. The positive mirror seduces us to share our own story, thus getting the focus OFF the directee even for a moment. The dark mirror gets in the way, blocks us, from the pain or frustration of what we are hearing.

The style of supervision I learned and will practice is entirely *director focused* so you need to be prepared to talk at length about what goes on inside of you when you reflect on the situation you are bringing to supervision (focus question and verbatim write up).

Supervision is both affirmation and challenge. The supervisee (director) needs to unearth sometimes hidden motivations in order to be FREE to be fully present to the directee.

That's the key: *We are seeking to be free enough to be fully present to the one before us.* That way the Spirit has room to do its work. Supervision helps us as directors or companions get out of the way of the Spirit; and say only what needs to be said when it needs to be said.

We will never do a session perfectly. No such thing. The Spirit works in and through our imperfections and the imperfections of human communication!

If you want to work with me, I require a filled-out CRF (contemplative reflection form) with and an accompanying 2 page or less verbatim (snippet of significant part of the session) be sent to me at least 2 days prior to our appointment. Please do not skip anything on it. Answer all its questions to the best of your ability and include that verbatim.

On the CRF is one very important item: the focus question. It is the "heart of the matter," so it is wise to spend some time writing up everything else on the CRF first and then drilling down to your focus question. Here is a template for a good focus question.

*I noticed when _____ (directee)_____ spoke about ___ (some bit of content)_____,
I felt ___ (feeling)_____. What is it about ___ (the above shared content) _____
that helps or hinders me from being fully present to _____(directee)_____?*

Supervision sessions are booked in advance, last 45-50 minutes and cost \$80. I accept payment via PayPal, Venmo or Zelle.

I conduct supervision sessions on ZOOM or telephone.

Thank you for your interest in supervision and I hope to hear back from you soon!

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