

Video sessions of spiritual accompaniment

Video 1 – Talking Head, 7 mins

This video just gives the person, George, speaking for about 7 minutes.

George is coming for ongoing Spiritual Accompaniment. He has been meeting with his Director each month for about a year. He decided to undertake spiritual direction in order to deepen his faith life.

- As you listen to him speak, what reactions do you notice in yourself?
- What may be identified as ‘movements’ in his experience as he describes it?
- What would your first intervention be? And on what would it focus?

Video 2 – A short accompaniment session, 17mins

John is a teacher coming for ongoing Spiritual Accompaniment. He is coming to see the Accompanier because he would like to develop his prayer life and relationship with God. In previous sessions they have talked about different ways of praying.

- How do you respond to John’s experience?
- What do you notice about the listener?
- What specific listening skills are used ?
 - Please give some examples of the skills referring to the video