



spiritual directors international

国际灵修指导协会 - 伦理守则修订版

Guidelines for Ethical Conduct

REVISED EDITION

国际灵修指导协会使命宣言

纵观人类历史，个别人士被召叫陪伴他人寻找我们称为上主之奥秘。国际灵修指导协会是跨越传统及世界地域，提供教育及支援这服务的学习团体。。

Spiritual Directors International Mission Statement

Throughout human history individuals have been inspired to accompany others seeking the Mystery that many name God. SDI is a learning community that educates and supports this service around the world and across traditions.

国际灵修指导协会成立目的及历史

国际灵修指导协会是个涵盖性，全球性的学习组织，它支持不同信仰默观传统的灵修指导服务。

国际灵修指导协会透过发展活动、出版和默观操练，巩固不同信仰的灵修指导者及受导者团体。

国际灵修指导协会始于1989年，当时具基督信仰背景的灵修指导员在加州伯林格姆的慈悲中心聚会。随后几年，团体已包括不同国籍和信仰的成员。

国际灵修指导协会已在美国加州注册为501(c)3非牟利宗教教育组织。

The Purpose and History of Spiritual Directors International

Spiritual Directors International is an inclusive, global learning community that serves and supports the ministry and service of spiritual direction emerging from the contemplative traditions of many faiths.

Spiritual Directors International strengthens the multi-faith community of colleagues and those seeking spiritual guidance by developing programs, publications, and contemplative practices.

Spiritual Directors International began in 1989, in a gathering of spiritual directors of Christian faith at Mercy Center in Burlingame, California, USA. In the ensuing years, the community has become one of many nations and faiths.

Spiritual Directors International is a 501(c)3 not-for-profit religious education organization incorporated in California, USA.

伦理守则指引

伦理守则是经由对生命种种，自我和他人的敬畏而流溢，但并不必然存在于每个灵修指导的关系中。因此，这些指引是为鼓励国际灵修指导协会的成员对灵修指导事工履行诚信、责任及忠实。

Guidelines for Ethical Conduct

Ethical conduct flows from lived reverence for all of Life, self, and others but is not inevitably the reality of every spiritual direction relationship. Therefore, these guidelines are meant to inspire members of Spiritual Directors International toward integrity, responsibility, and faithfulness in their ministry and service of spiritual direction.

I. 灵修指导员与个人

个人灵修

1. 灵修指导员透过以下承担个人成长的责任：

- a. 定期接受灵修指导
- b. 建立个人和团体的灵性操练

I. The Spiritual Director and the Self

Personal Spirituality

1. Spiritual directors assume responsibility for personal growth by:

- a. participating in regular spiritual direction; and
- b. following personal and communal spiritual practices and disciplines.

培育

2. 灵修指导员透过以下途径参与持续培育及教育：

- a. 持续辨别在灵修指导服务及事工的召叫
- b. 滋长自我认识及自由
- c. 培养对文化影响、社会历史背景、环境设置和机构等的认识及洞察
- d. 研读经本、神学、灵修学、心理学，以及其他与灵修指导有关的学科。

Formation

2. Spiritual directors engage in ongoing formation and continuing education by:

- a. continuing to discern their call to the ministry and service of spiritual direction;
- b. nurturing self-knowledge and freedom;
- c. cultivating insight into the influences of culture, social-historical context, environmental setting, and institutions; and
- d. studying sacred texts, theology, spirituality, psychology, and other disciplines related to spiritual direction.

督导

3. 灵修指导员透过以下途径接受督导：

- a. 定期接受同侪或导师督导
- b. 有需要时与其他具适当资格的人寻求协助

Supervision

3. Spiritual directors engage in supervision by:

- a. receiving regular supervision from peers or from a mentor; and
- b. seeking consultations with other appropriately qualified persons when necessary.

个人责任

4. 灵修指导员要在灵修指导关系以外满足个人需求，特别是在以下方面：

- a. 自我关顾，明智地平衡用于灵性操练、工作、休闲、家庭和个人关系的时间
- b. 识别多重角色关系的困难，面对它们如何影响灵修指导的有效性和清晰度
- c. 避免身处任何影响到灵修指导关系诚信的处境

Personal Responsibility

4. Spiritual directors meet their needs outside the spiritual direction relationship in a variety of ways, especially by:

- a. self-care, wisely balancing time for spiritual practices, work, leisure, family, and personal relationships;
- b. recognizing and addressing the difficulties multiple roles or relationships pose to the effectiveness or clarity of the spiritual direction relationship; and
- c. removing oneself from any situation that compromises the integrity of the spiritual direction relationship.

限度

5. 灵修指导员留意以下限度：

- a. 精力：要限制受辅者的数目
- b. 专注：在面谈之间预留适当空间
- c. 谦逊：有需要时转介受辅者给其他合资格的人

Limitations

5. Spiritual directors recognize the limits of:

- a. energy by restricting the number of spiritual directees;
- b. attentiveness by appropriate spacing of meetings and spiritual directees; and
- c. competence by referring spiritual directees to other appropriately qualified persons when necessary.

II. 灵修指导员与受导者

盟约

1. 灵修指导员主动与受辅者澄清对以下各项的理解：

- a. 灵修指导的性质
- b. 灵修指导员及受辅者的角色和责任
- c. 灵修指导面谈的长度和频率
- d. 应给予灵修指导员或机构费用（如适用）
- e. 评估和终止关系的过程。

II. The Spiritual Director and the Spiritual Directee

Covenant

1. Spiritual directors initiate conversation and establish understandings with spiritual directees about:

- a. the nature of spiritual direction;
- b. the roles and responsibilities of the spiritual director and the spiritual directee;
- c. the length and frequency of spiritual direction sessions;
- d. the compensation, if any, to be given to the spiritual director or institution; and
- e. the process for evaluating and terminating the relationship.

尊严

2. 灵修指导员重视受辅者的尊严，包括：

- a. 尊重受辅者的价值观、文化、信仰、灵性和神学
- b. 只在必要时探究受导者的动机、经验和关系
- c. 承认灵修指导关系中的权力不平衡，并注意不要利用它
- d. 与受辅者建立及维持适当的身体与心理界线
- e. 避免有性暗示的举动，包括但不限于以下：对受导者操控、辱骂或使用胁迫性的言语或行动。

Dignity

2. Spiritual directors honor the dignity of the spiritual directee by:

- a. respecting the spiritual directee's values, culture, conscience, spirituality, and theology;
- b. inquiring into the motives, experiences, or relationships of the spiritual directee only as necessary;
- c. recognizing the imbalance of power in the spiritual direction relationship and taking care not to exploit it;
- d. establishing and maintaining appropriate physical and psychological boundaries with the spiritual directee; and
- e. refraining from sexualized behavior, including, but not limited to: manipulative, abusive, or coercive words or actions toward a spiritual directee.

保密

3. 灵修指导员要保密和维护受导者的隐私，包括：

- a. 保护受导者的身份
- b. 对灵修指导过程的所有口头、电子和书面记录保密
- c. 留意并向受辅者指出电子通信在保密方面的限度
- d. 在适当的环境进行灵修指导
- e. 表明法律要求下那些需要向适当权威披露数据的例子，包括但不限于：虐待儿童，虐待老人，以及伤害自己和其他人。

Confidentiality

3. Spiritual directors maintain the confidentiality and the privacy of the spiritual directee by:

- a. protecting the identity of the spiritual directee;
- b. keeping confidential all oral, electronic, and written matters arising in the spiritual direction sessions;
- c. recognizing and disclosing to the spiritual directee the limitations of confidentiality of electronic communications;
- d. conducting spiritual direction sessions in appropriate settings; and
- e. addressing legal regulations requiring disclosure to proper authorities, including but not limited to, child abuse, elder abuse, and physical harm to self and others.

III. 灵修指导员和其他人

同事

1. 灵修指导员透过以下保持与其他灵性关怀者和专业人士的同侪关系：

- a. 发展学科内和跨学科的关系
- b. 要求受辅者向治疗师表达正同时接受灵修指导
- c. 为了受辅者的利益，若有需要向有关人士提供数据，需得到受辅者的书面许可
- d. 尊重牧者、神职人员、灵性关怀者和其他专业人士，不贬低他们及其服务

III. The Spiritual Director and Others

Colleagues

1. Spiritual directors maintain collegial relationships with other spiritual care providers and professionals by:

- a. developing intra- and interdisciplinary relationships;
- b. requesting a spiritual directee who is in therapy to inform his or her therapist about being in spiritual direction;
- c. securing written releases and permission from spiritual directees when specific information needs to be shared for the benefit of the spiritual directee; and
- d. respecting ministers, clergy, spiritual care providers, and other professionals by not disparaging them or their work.

信仰和灵性团体

2. 灵修指导员维持负责任的关系：

- a. 对团队的分辨、问责及支持等过程保持开放
- b. 对灵修团体的教导和灵性操练作适当借鉴
- c. 尊重受辅者与他们所属团体的关系。

Faith and Spiritual Communities

2. Spiritual directors maintain responsible relationships by:

- a. remaining open to processes of corporate discernment, accountability, and support;
- b. appropriately drawing on the teachings and spiritual practices of spiritual communities; and
- c. respecting the spiritual directee's relationships to his or her own communities.

社会

3. 灵修指导员面对公众时，应与他人和组织保持适当关系，以维护灵修指导的诚信，包括：

- a. 对所拥有的资格和所属单位有准确描述
- b. 对灵修指导的性质及目的有准确的界定
- c. 善用机会在灵修上服务边缘的群体
- d. 生活方式是对生态环境负责任，与其可持续性配合
- e. 尊重所有的人，不分种族、肤色、性倾向、性别认同和表达、年龄、宗教、灵性传统、民族、婚姻状况、政治信念、患有精神或身体残疾、偏好、个人特征、状况或地位。

Society

3. Spiritual directors, when presenting themselves to the public, preserve the integrity of spiritual direction by being in right relation with persons and organizations:

- a. representing qualifications and affiliations accurately;
- b. defining the particular nature and purpose of spiritual direction;
- c. seeking opportunities to be spiritually available to the underserved;
- d. living in an ecologically responsible and sustainable manner; and
- e. respecting all persons regardless of race, color, sexual orientation, gender identity and expression, age, religion, spiritual tradition, national origin, marital status, political belief, mental or physical handicap, any preference, personal characteristic, condition, or status.

反思

国际灵修指导协会承认，这些指导原则需因应文化和环境因素而调整，以配合不同的灵修指导经验。国际灵修指导协会鼓励个人，培训计划，宗教机构，卫生保健制度，灵修中心，督导团，同侪小组去评审并调整这些准则。为促进对话和重新调整这些准则，国际灵修指导协会提出以下思考方向：

- a. 你和你的团体如何定义「灵修指导」、「培育」和「督导」等概念？
- b. 你和你的团体如何了解「多重角色关系」、「权力不平衡」、「界线」和「保密」方面可能遇到的困难？
- c. 这些准则如何有助于你个人或团体在灵修指导服务上的真诚？
- d. 你如何在自身特定的文化或组织中调整这些准则？
- e. 有哪些伦理关怀是你和你的团体能够预见，而这份守则没有提及呢？

For Reflection

Spiritual Directors International recognizes that cultural and environmental factors may require these guidelines to be contextualized for different types of spiritual direction experiences. Spiritual Directors International encourages individuals, formation and training programs, religious institutions, health care systems, spirituality centers, supervision circles, and peer groups to review and re-appropriate these guidelines. To facilitate dialogue and re-appropriation of these guidelines, Spiritual Directors International offers these questions for reflection:

- a. How do you and your community define terms such as “spiritual direction,” “formation,” and “supervision”?
- b. How do you and your community understand potential difficulties associated with “multiple roles and relationships,” “imbalance of power,” “boundaries,” and “confidentiality”?
- c. How might the various guidelines contribute to the authenticity of your ministry and service of spiritual direction? Your community’s ministry and service of spiritual direction?
- d. How might you adapt these guidelines in your particular cultural or organizational setting?
- e. What ethical concerns in spiritual direction do you and your community foresee that these guidelines do not address?

伦理守则工作小组

国际灵修指导协会非常感谢以下成员，在起草或修改伦理守则的工作小组中为我们服务：

Ethical Guidelines Task Force

Spiritual Directors International is indebted to the following people who served on the original or revision Ethical Guidelines Task Force:

Lucy Abbott-Tucker
Roman Catholic | Illinois, USA

Bill Creed, SJ
Roman Catholic | Illinois, USA | Ignatian Spirituality Project

Andrew Dreitcer, MDiv, PhD
Presbyterian | California, USA | Claremont School of Theology

Richard M. Gula, SS
Roman Catholic | Maryland, USA | Franciscan School of Theology

Jennifer Hoffmann
Jewish | Ontario, Canada

Joyce McFarland
Episcopal | Minnesota, USA | Institute for Ecumenical and Social Research

Timothy E. O'Connell, PhD
Roman Catholic | Illinois, USA | Loyola University Chicago

Dorothy Whiston
Roman Catholic | Iowa, USA | Soul Friends Ecumenical Ministry

订购伦理守则小册子

- 订购一到十份小册子的价格是每份美元 USD\$2.75，加上邮费和手续费。
- 订购多于十份小册子的价格是每份美元 USD\$2.00，加上邮费和手续费。

会员可以优惠价每本美元 USD\$1.00订购。关于邮资及手续费，请联系国际灵修指导协会办事处或浏览在线商店：www.sdiworld.org。

所有订购必须连同款项一起递交

您可以通过以下方法订购：

电子邮件订购：office@sdiworld.org， 请提供详细数据，包括所需数量，地址和信用卡数据。

电话订购： 01-425-455-1565

传真订购： 01-425-455-1566

邮购：支票抬头请填写「Spiritual Directors International」（在美国可透过转账到美国银行，或联系办公室了解以其他货币的支付汇率）：

Spiritual Directors International
PO Box 3584
Bellevue, WA 98009 USA

付款方式：支票、威士(Visa)或万事达(Master)卡。处理时间约三个星期。

Ordering Information for Booklet Version of *Guidelines for Ethical Conduct* (in English only)

- For one to nine copies the price is USD\$2.75 per booklet, plus postage and handling.
- For ten or more copies the price is USD\$2.00 per booklet, plus postage and handling.

Members are discounted USD\$1.00 per booklet. For postage and handling rates, please contact the Spiritual Directors International office or visit the online store, www.sdiworld.org.

ALL ORDERS MUST BE ACCOMPANIED BY PAYMENT

You may place your order by one of the following methods:

E-mail Order: office@sdiworld.org, providing detailed information as to number of copies, address, and credit card information.

Telephone Order: 01-425-455-1565

Fax Order: 01-425-455-1566

Mail Order: Send your check, payable to *Spiritual Directors International* (in US Funds through a US bank or contact the office for current exchange rates to pay in other currencies) to:

Spiritual Directors International
PO Box 3584
Bellevue, WA 98009 USA

Payment Options: Check, Visa, or Mastercard. Please allow up to three weeks for processing order.

想了解更多信息？

想知道更多关于灵修指导服务的信息，请浏览国际灵修指导协会网站www.sdiworld.org或联系：

地址： Spiritual Directors International
P.O. Box 3584
Bellevue, WA 98009 USA

办公室： 01-425-455-1565
传真： 01-425-455-1566

office@sdiworld.org
www.sdiworld.org

Want more information?

For more information about the ministry and service of spiritual direction, please visit the Spiritual Directors International website, www.sdiworld.org or contact:

Spiritual Directors International
PO Box 3584
Bellevue, WA 98009 USA
Office: 01-425-455-1565
Fax: 01-425-455-1566
office@sdiworld.org • www.sdiworld.org

采纳国际灵修指导协会伦理守则

「国际灵修指导协会理事会对这份伦理守则的官方指南有一致的共识。我们很高兴能够发布这些准则。我们希望同道们能努力去接受它们，作为他们个人的指导方针。」

初版于1999年3月30日被国际灵修指导协会理事会采纳

更新版于2013年11月3日被采纳

Adoption Resolution of Ethical Guidelines of Spiritual Directors International

“There is unanimous consensus by the coordinating council that these are the official Guidelines for Ethical Conduct of Spiritual Directors International. It is our joy to promulgate these guidelines for distribution. We hope that our colleagues will strive to accept these as their personal guidelines.”

—adopted by
Spiritual Directors International
Coordinating Council 30 March 1999.
Revisions accepted 3 November 2013.

感谢邱颖妍女士 Ms. Mickie Yau 协助翻译国际灵修指导协会行为守则的中文版本。

Many thanks to Ms. Mickie Yau for her work making possible the translation into Chinese of the SDI Guidelines.



spiritual directors international

PO Box 3584 • Bellevue, WA 98009 USA

Office: 01-425-455-1565 | Fax: 01-425-455-1566 | office@sdiworld.org | www.sdiworld.org