



spiritual directors international

國際靈修指導協會 - 倫理守則修訂版

# Guidelines for Ethical Conduct

REVISED EDITION

# 國際靈修指導協會使命宣言

縱觀人類歷史，個別人士被召叫陪伴他人尋找我們稱為上主之奧秘。國際靈修指導協會是跨越傳統及世界地域，提供教育及支援這服務的學習團體。

## 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.

## 國際靈修指導協會成立目的及歷史

國際靈修指導協會是個涵蓋性，全球性的學習組織，它支持不同信仰默觀傳統的靈修指導服務。

國際靈修指導協會透過發展活動、出版和默觀操練，鞏固不同信仰的靈修指導者及受導者團體。

國際靈修指導協會始於1989年，當時具基督信仰背景的靈修指導員在加州伯林格姆的慈悲中心聚會。隨後幾年，團體已包括不同國藉和信仰的成員。

國際靈修指導協會已在美國加州註冊為501(c)3非牟利宗教教育組織。

## 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.

# 倫理守則指引

倫理守則是經由對生命種種，自我和他人的敬畏而流溢，但並不必然存在於每個靈修指導的關係中。因此，這些指引是為鼓勵國際靈修指導協會的成員對靈修指導事工履行誠信、責任及忠實。

## 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. 靈修指導員與個人

#### 個人靈修

1. 靈修指導員透過以下承擔個人成長的責任：

- a. 定期接受靈修指導
- b. 建立個人和團體的靈性操練

#### 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. 靈修指導員透過以下途徑參與持續培育及教育：

- a. 持續辨別在靈修指導服務及事工的召叫
- b. 滋長自我認識及自由
- c. 培養對文化影響、社會歷史背景、環境設置和機構等的認識及洞察
- d. 研讀經本、神學、靈修學、心理學，以及其他與靈修指導有關的學科。

##### *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.

## 督導

### 3. 靈修指導員透過以下途徑接受督導:

- a. 定期接受同儕或導師督導
- b. 有需要時與其他具適當資格的人尋求協助

#### *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.

## 個人責任

### 4. 靈修指導員要在靈修指導關係以外滿足個人需求, 特別是在以下方面:

- a. 自我關顧, 明智地平衡用於靈性操練、工作、休閒、家庭和個人關係的時間
- b. 識別多重角色關係的困難, 面對它們如何影響靈修指導的有效性和清晰度
- c. 避免身處任何影響到靈修指導關係誠信的處境

#### *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. 靈修指導員留意以下限度:

- a. 精力: 要限制受輔者的數目
- b. 專注: 在面談之間預留適當空間
- c. 謙遜: 有需要時轉介受輔者給其他合資格的人

#### *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. 靈修指導員與受導者

### 盟約

#### 1. 靈修指導員主動與受輔者澄清對以下各項的理解:

- a. 靈修指導的性質
- b. 靈修指導員及受輔者的的角色和責任
- c. 靈修指導面談的長度和頻率
- d. 應給予靈修指導員或機構費用 (如適用)
- e. 評估和終止關係的過程。

### 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.

#### 尊嚴

##### 2. 靈修指導員重視受輔者的尊嚴, 包括:

- a. 尊重受輔者的價值觀、文化、信仰、靈性和神學
- b. 只在必要時探究受導者的動機、經驗和關係
- c. 承認靈修指導關係中的權力不平衡, 並注意不要利用它
- d. 與受輔者建立及維持適當的身體與心理界線
- e. 避免有性暗示的舉動, 包括但不限於以下: 對受導者操控、辱罵或使用脅迫性的言語或行動。

#### *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. 靈修指導員要保密和維護受導者的隱私，包括：

- a. 保護受導者的身份
- b. 對靈修指導過程的所有口頭、電子和書面記錄保密
- c. 留意並向受輔者指出電子通信在保密方面的限度
- d. 在適當的環境進行靈修指導
- e. 表明法律要求下那些需要向適當權威披露資料的例子，包括但不限於：虐待兒童，虐待老人，以及傷害自己和他人。

## *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. 靈修指導員和他人

### 同事

1. 靈修指導員透過以下保持與其他靈性關懷者和專業人士的同儕關係：

- a. 發展學科內和跨學科的關係
- b. 要求受輔者向治療師表達正同時接受靈修指導
- c. 為了受輔者的利益，若有需要向有關人士提供資料，需得到受輔者的書面許可
- d. 尊重牧者、神職人員、靈性關懷者和其他專業人士，不貶低他們及其服務

## *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.

## 信仰和靈性團體

### 2. 靈修指導員維持負責任的關係:

- a. 對團隊的分辨、問責及支持等過程保持開放
- b. 對靈修團體的教導和靈性操練作適當借鑒
- c. 尊重受輔者與他們所屬團體的關係。

## *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.

## 社會

### 3. 靈修指導員面對公眾時，應與他人和組織保持適當關係，以維護靈修指導的誠信，包括：

- a. 對所擁有的資格和所屬單位有準確描述
- b. 對靈修指導的性質及目的有準確的界定
- c. 善用機會在靈修上服務邊緣的群體
- d. 生活方式是對生態環境負責任，與其可持續性配合
- e. 尊重所有的人，不分種族、膚色、性傾向、性別認同和表達、年齡、宗教、靈性傳統、民族、婚姻狀況、政治信念、患有精神或身體殘疾、偏好、個人特徵、狀況或地位。

## *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

國際靈修指導協會承認，這些指導原則需因應文化和環境因素而調整，以配合不同的靈修指導經驗。國際靈修指導協會鼓勵個人，培訓計劃，宗教機構，衛生保健制度，靈修中心，督導團，同儕小組去評審並調整這些準則。為促進對話和重新調整這些準則，國際靈修指導協會提出以下思考方向：

- a. 你和你的團體如何定義「靈修指導」、「培育」和「督導」等概念？
- b. 你和你的團體如何了解「多重角色關係」、「權力不平衡」、「界線」和「保密」方面可能遇到的困難？
- c. 這些準則如何有助於你個人或團體在靈修指導服務上的真誠？
- d. 你如何在自身特定的文化或組織中調整這些準則？
- e. 有哪些倫理關懷是你和你的團體能夠預見，而這份守則沒有提及呢？

## 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?

## 倫理守則工作小組

國際靈修指導協會非常感謝以下成員，在起草或修改倫理守則的工作小組中為我們服務：

### Ethical Guidelines Task Force

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

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郵購: 支票抬頭請填寫「Spiritual Directors International」(在美國可透過轉帳到美國銀行, 或聯繫辦公室了解以其他貨幣的支付匯率) :

Spiritual Directors International  
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Bellevue, WA 98009 USA

付款方式: 支票、威士(Visa)或萬事達(Master)卡。處理時間約三個星期。

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

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# 採納國際靈修指導協會倫理守則

「國際靈修指導協會理事會對這份倫理守則的官方指南有一致的共識。我們很高興能夠發佈這些準則。我們希望同道們能努力去接受它們，作為他們個人的指導方針。」  
初版於1999年3月30日被國際靈修指導協會理事會採納  
更新版於2013年11月3日被採納

## **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.*

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



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