



## Letter of Reference Formation in Supervision Spring 2016

Please take some time to reflect on your knowledge and relationship with the applicant.

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In your letter of recommendation please include the following:

- ✿ Length and nature of your relationship with the applicant.
- ✿ A frank appraisal of the applicant's gifts and limitations for being a supervisor of spiritual directors.
- ✿ An assessment of how they interact within a group that is focused on reflection and self-disclosure.

Please send your letter of recommendation to:

Formation in Supervision  
Spiritual Life Center  
303 Tunxis Rd  
West Hartford, CT 06107

Or send via email to: [info@spiritlifectr.org](mailto:info@spiritlifectr.org)

Spiritual direction, also known as spiritual companionship, is a process of deepening a person's spirituality. In spiritual direction the "director" helps a spiritual "seeker" to notice, name, reflect on, and respond to her or his experience of the Sacred in every day life as well as in extraordinary moments of joy, loss, or trauma.

A supervisor helps a spiritual director to develop greater self-awareness and to deepen their ability to serve the seeker.