

Differences between Supervision and Consultation

Supervision

- Focus is on the spiritual director.
- Focus is on the interior life of the director, while directing.
- Focus is on areas of unfreedom, resistance, blind spots, unresolved issues, life experiences affecting the director, as director.
- The experience of God, of the spiritual director, particularly while directing and its effects on the directing situations.
- Verbatim: Focus in on the responses of the director.
- Begins with the spiritual director and goes back to the directee and directing situation for applications.

Consultation

- Focus is on the directee.
- Focus is on the interior movements of the directee.
- Focus is on the struggle, vulnerability, issues, life experiences, pain of the directee.
- Focus is on the directee's experience of God.
- Verbatim: Focus is on the responses, content of the directee.
- Begins, stays, and ends with focus on the directee.

Maureen Conroy, *Looking Into the Well*, pg. 156

