



M A R H A B A
SPIRITUAL DIRECTION INTAKE FORM
Spiritual Direction ~ Soul Companioning ~ Somatic Integration

Name:

Pronouns:

Email:

Contact Number:

Address: Relationship status: Married Divorced Single Celibate Partnered Other

Children? Y/N

What is your preferred word when you are naming the Spirit or Divine, if any?
(Spirit, God, Goddess, the Divine, Higher Self, Brahman, Allāh, The Unknown, Love, Source, Father or Mother, Universe, Transcendence, Jesus Christ etc.)

Religious tradition (upbringing), if any:

Current Spiritual paths/traditions, if any:

Interest in a certain Spiritual/Religious path, if any:

Briefly describe your interest in Spiritual Direction?

- Have you ever experienced religious trauma? No Yes Prefer not to answer Unsure
- Have you ever participated in formal spiritual direction before? No Yes If yes, length of time?
- Is there anything you would like the Spiritual Director to know about you before you have your first initial consultation?
- Are there any words or phrases that have traumatic materials associated to them which you prefer the Spiritual Director not to use?
- Are you currently part of any spiritual/religious/or faith based community that gives you spiritual support and connection?
 No If no, would you like to be? Yes If yes, what kind?
- Are you currently in therapy or have you recently been? Yes No
If yes, what modality? (EDMR, Trauma-Informed, CBT, Psychoanalysis etc.) _____
- If yes, how long? _____
- Briefly, what is your mental health history? (suicidal thoughts or attempts, depression, anxiety, eating disorder, NPD, Codependency etc.)



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Are you interested in meeting in person at Karaya Wellness Clinic or online through Google Meet?

Which services at Marhaba are you interested in? See website for deeper descriptions.

Spiritual Direction Soul Companioning Somatic integration

What is Spiritual Direction?

Spiritual direction is a journey you take with a spiritual guide, where you have a continual sacred space and container of relationship to uncover that which is deepest within you—and also beyond you—desiring to lead you through experiences and painful layers of the self in order to bring you into a fullness of life. My goal as a spiritual director is to create a spacious place for your soul to share its journey, and to provide empathetic perception and holy discernment to allow the Spirit within you to guide you toward the fullness of life and direction you were born to experience.

What is Soul Companioning?

In addition to your journey in Spiritual Direction, you may choose to deepen your inner work through Soul Companioning—a space devoted to engaging the depths of your psyche and the unfolding story of your becoming. Where Spiritual Direction often orients you toward the future and your relationship with the Divine, Soul Companioning turns gently toward the past and present—exploring the psychological, symbolic, and archetypal layers that have shaped who you are today.

What is Somatic Integration?

In addition to your journey in Spiritual Direction, you may choose to receive support in aligning your body with the inner work unfolding in your spirit and soul through Somatic Integration sessions. Together, we will explore your overall physical well-being, underlying beliefs, and emotional patterns related to your body and its connection to your deeper and higher self. Through this process, we aim to uncover potential root causes behind any disconnection between your body and your inner life, and identify specific, personalized paths that support your integration and healing.

Rituals to Begin and End a Spiritual Direction Session:

- What the demeanor of those eating this food was to be intense and earnest would you be open to having scent (such as sage, palo santo, or incense) present during your session? If so, are there any particular scents you do not like? (Please list any preferences or sensitivities)

To begin your session, would you like to incorporate one or more of the following: *You are welcome to select more than one. By default, each session begins (and ends) with a few moments of silence*

- A poem A sacred text from your tradition A prayer A quote Choosing an image or object that reflects your soul state.
- To end your session, would you like to include one or more of the following:
 A poem A sacred text from your tradition A prayer A quote Choosing an image or object that reflects your soul state.

Would you be interested in a soul-sharing community that gathers once a month for integration circles with others who are also on the journey of spiritual direction, if such an opportunity became available?

Pricing:

- Spiritual Direction: \$111/55 min (in-person/online)
- Soul Companioning: \$88/45 min (in-person/online)
- Somatic Integration: \$88/45 min (in-person/online)
- Spiritual, Soulful, & Somatic Deep Dive: \$250/150 min (in-person/online)

Please Note: Sliding Scale Availability

Would you like to discuss a sliding scale option or alternative arrangement for payment?

I would never want financial limitations to prevent you from receiving the spiritual care and support you need. If you are an online client in need to explore a sliding scale, I invite you to consider this question:

What amount reflects a meaningful investment for you, without creating an undue financial burden?



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Date: _____

Name: _____

Our Relationship:

You are meeting with me as your spiritual director to explore and reflect on your spiritual life. The brochure available under the Spiritual Direction session on Marhaba's website —“Guidelines for Ethical Conduct” from Spiritual Directors International—offers a general explanation of the role of a Spiritual Director.

While it may be appropriate at times to discuss psychological, relational, or bodily struggles - especially if you are engaging in the Soul Companioning or Somatic Integration options - my primary role is that of a Spiritual Director, and I will consistently guide our time together from that grounding.

Please remember that though I will help you on your journey for psychological and bodily healing because spirit integrates all these aspects of the self, my primary relationship to you is a spiritual director not as licensed psychotherapist or a medicine woman and I do not serve as a replacement for a therapist or medical doctor. Likewise, spiritual direction is not a substitute for financial advising or life coaching. Any financial, personal, or relational decisions you make are solely your responsibility and should not be considered the result of my advice or recommendation, my primary role is to help create space for you to make your own decisions toward fullness and wholeness of life.

Confidentiality:

Our conversations are sacred and will be held in strict confidence. I will not disclose anything shared in our sessions unless required to do so by law or court order. You, however, are free to share anything from our conversations as you choose. If I share wisdom gained from a session with you, you will remain anonymous, and no personal or identifying information will be disclosed

Fees:

Payment is due when booking a session for online bookings and is due immediately after the session for in person bookings (Venmo, debit, cash, and credit card are all acceptable forms of payment). The rate is guaranteed for at least 12 months from the date of signing.

If the cost presents a financial hardship, please feel free to reach out to discuss a fee adjustment or sliding scale. I never want anyone to be turned away from Spiritual Direction due to financial limitations. See previous page for guidelines around pricing and sliding scale.

Scheduling and Communication:

Sessions will begin and end on time. If you need to cancel or reschedule, please notify me at least 24 hours in advance by email or text. Cancellations made with less than 24 hours' notice will be charged in full. I send in person reminders for appointments over text, but online appointments over a google meet link.

You are welcome to share a celebration, insight, or concern between sessions via email, text, or voicemail. I do not bill for this additional support but kindly ask that you honor my time by keeping such communications under 10 minutes, unless you're experiencing a rare spiritual emergency or crisis—in which case, I will offer the time that I am able.

Please sign and return this agreement via email to: marhabaspiritualdirection@gmail.com

Signature of Spiritual Directee:

_____ Date: _____

Signature of Spiritual Director:

_____ Date: _____