



Welcome Letter and Informed Consent

Welcome to Liminal Raven Ministries! The decision to seek spiritual care is an important and personal decision. It is important that you have a clear understanding about how spiritual care works and what our roles together are. I want you to feel that we have a good working relationship, so that our time and work together can be impactful and transformative.

Below is the outline of my philosophy, policies as well as the guiding principles for our professional relationship. Please read, initial in appropriate spaces and sign indicating you have reviewed our contract. Feel free to discuss any of this with me.

As a community minister, my job is to listen. Not only to my clients, but to the Divine, in all forms. For me, opening this to a business format is something new and experimental. My goal in this packet is to make sure all my clients have a clear idea of who I am, what I do, what we'll do, how this works and what steps I take to be transparent and accountable.

Mission

My mission is to aid in self empowerment, provide inspiration and guidance on those seeking a spiritual path and to provide support and ministry to individuals, as well as to nurture spiritual growth in others. Finally, I hope to provide others with the tools and skills necessary to find a spiritual perspective and solution to problems within their lives.

Vision

A pagan spiritual approach to personal care and support that utilizes strengths, Divinity, and focuses on balance, as well as the unique path that each of us walks.

Values

I do my best to live and promote these values for myself personally and within my ministry:

- Self Empowerment
- Connection with Deity
- Honoring the Divine within
- Honoring and respecting Nature and the spirits of the Land
- Honoring Ancestors
- Appreciating and supporting the diversity of humanity
- Standing against oppression, racism, homophobia and other forms of hate

A little about me:

My name is Sionainn, pronounced Shannon. I spell it in an obscure Irish way to decolonise my name. My ancestors on my mother's side were from County Cork, Ireland, and I am a part of the Irish-American diaspora. I'm a polytheist, pagan, and animist. I live in central NY with my husband, 3 kids, cat and dog with a good sized garden.

I graduated in 2004 with my Masters in Social Work, but opted a couple of years to start a family. I moved from Buffalo, NY to Herkimer, NY in 2009, and remained a stay at home mom. I started itching to return to work, but I wanted to do something I was passionate about. Still wishing to do counseling, I began to study in 2020 to get my Community Ministry Certificate with Cherry Hill Seminary- a degree created to help those wishing to serve the pagan community (or already serving) with ministry goals fill in the gaps that might exist. I also began the Spiritual Direction Program, though that step is for additional services I wish to offer a later date.

I am a priestess of the Morrigan, and have been for around 3 years now. I'm not ordained in that traditional or "official" sense (yet), though I could name others who have named me as a priestess and view my work as doing the big bad ass priestess work. My own UPG has included self ordination, guidance and approval from my own Goddess. I am trained, however, to meet the needs of clients through my masters in social work, my certification in community ministry, and spiritual direction.

I have also given workshops and trained for priest and oracle work, and I'm continuing to work towards my spiritual direction certificate. And I don't think I'll stop there, but continue to learn and grow. I have a passion for learning.

I believe in social justice, and support the fight against minority oppression. This includes trying to support Native voices, Black voices, Asian voices, Gay, Lesbian and Trans voices- just to

name a few. I am anti-fascist, and believe our Gods had no designated color, nor do they care about human agendas regarding race, religion, sexuality, gender, or nationality. I do believe that what they care about is that we are decent to one another.

Practice and Philosophy

I am not a psychotherapist. I am not here to diagnose you. During Spiritual Care, one faces and addresses spiritual issues with guidance and understanding in mind. Spirituality is forefront in our conversations- what are the gods, the ancestors, the spirits of a place or land telling us? What and where is the Universe guiding us? How can we overcome our problems by listening to the Divine? Of course, we are not limited to these questions- there is much more to caring for our spirituality.

For my perspective, this isn't about my practice- I'm not here to tell anyone what gods or goddesses to work with, what religion to follow, how to pray, what to pray for- I'm here to help you find the voice of the divine when it comes to examining and overcoming spiritual problems, no matter where you are spiritually, and what your religion may be, as long as you yourself are opened minded.

I work from a place of unconditional respect for all of my clients. I believe we all have the innate ability to grow and become the version of ourselves that we wish to be. The outcome of sessions together depends largely on the willingness to engage in the process of exploring one's life, issues and potential solutions, which may, at times, be uncomfortable. There are no shortcuts, and no miracle cures. I can't promise that your behavior and/or circumstances will change. I can, however, promise to do my best to understand you, your patterns and to support you, as well as to help you clarify what it is that you want for yourself.

I am a holistic minister and believe that the mind, body and spirit all work in a connection to each other; that said, I will always meet you where you are within the context of our sessions. Everyone's process and language is unique and I will begin all work from that point.

It is my belief that an individual's work should not be restricted to a certain number of sessions. I will be open to working together to determine your goals for therapy and continue to check-in on your progress towards those goals. Ultimately, you have the option to discontinue our professional relationship at any time.

How this works:

Our first appointment will be a meet and greet of sorts- introductions, questions and answers, and hopefully, we'll agree that spiritual care will be an asset to you! We'll get an official session scheduled, and then you'll get a whole lot of talking done, and I'll do a lot of listening. By the end of that session, I hope we'll have a feel for where you want to go with future appointments.

Subsequent appointments will then vary based on what you wish to accomplish in session. Frequency can also vary- anywhere between two weeks and a month between sessions is a good start, though we are not limited by traditional scheduling arrangements.

Payment & Scheduling

Each session will be around 60 minutes. Payment can be made via paypal before each session. My fees are \$ 55 /session. I do work on a sliding scale for clients for those in need, and who are committed to doing the work. Please talk to me if finances are difficult! I reserve the right to change the price if I need to, although I will not do this without warning. (Initials) _____*

To schedule an appointment, please visit my booking page [here](#). Payment is due when scheduling unless previously arranged. (Initials) _____*

Transparency and Accountability

Cancellation Policy

Your time is valuable and respected. In order to be respectful of the needs of others, please provide at least 24 hour notice to cancel or reschedule your appointment. Cancellations made without the courtesy of 24 hour notice will be charged 50% of the fee for your scheduled appointment. Missed appointments will be charged the full fee of the missed appointment, unless there are extenuating circumstances. (Initials) _____*

Confidentiality

The information you share with me is private and I will treat it with the greatest respect. I will be keeping records of your appointments, and they will not be released to anyone without your written permission. I might discuss aspects of your case with another professional, although I will maintain your confidentiality at all times. Your name or any identifying features will never be used. (Initials) _____*

There are several limitations to confidentiality that have been mandated by laws in the state of New York, or by my own ethical standards. I may be required to disclose confidential information in the following situations:

- 1) If you are a danger to either yourself or to someone else;
- 2) If you are a minor, or an elderly or disabled person, and you divulge information indicating that you have been a victim of abuse, or you divulge information about another such person who is a victim of abuse;
- 3) you divulge an unreported history of having been sexually abused by a previous therapist, or minister.

(Initials) _____ *

Complaints

It is my hope to resolve any misunderstandings that may arise by discussing them with you. Working through such difficulties is one of the most effective ways to grow psychologically and emotionally. Nevertheless, should you have a complaint that you cannot resolve by talking with me or that you do not care to discuss with me, you should contact:

Sára Rain rain@trigoddess.org

Communication Outside of Session

*If there is a serious crisis or emergency, please contact

- **911 (For Medical or Psychological Emergencies)**
- **National Suicide Prevention Line: 1-800 273-TALK**
- **SAMHSA's National Helpline: 1-800-662-HELP (If you feel you need more than spiritual help)**

My preferred form of communication is email. Please, keep in mind that email is not always secure- I recommend that you use caution when putting personal information pertaining to our sessions in your email. I will be keeping copies of all correspondences in a private file for records.

Ministry is not the same medium as psychotherapy and I will not ask you to avoid me in social circles and events, nor will I do the same to you. I will not, however, discuss our sessions in public space. I also ask that you avoid using my personal spaces for therapy questions and outside sessions. (Initials) _____ *

If you have any questions or concerns regarding the information described above, please do not hesitate to ask me. I ask that you sign and date this letter to acknowledge that you have read it thoroughly. Most importantly, I look forward to working with you.

I understand the information and policies contained in the letter and consent to enter into a professional relationship with Sionainn McLean, MSW

Client's Signature Date