

## Some Differences Between Psychological Therapy and Spiritual Direction\*

### Psychological Therapy

Understanding of whole self based (revealed) in historical background

Healthy response to Self, to other persons and to external reality

Greater freedom through self-knowledge

Accent on self-awareness

Deals with guilt and shame

Guilt:

Own it

Learn from it

Integrate it

Shame:

Find its source

Free person of it

Deals with depression

Relationship builds between therapist and client

Concentrate on "I"

Self-fulfillment within society

Empower the client to live within the value system of the world

### Spiritual Direction

Understanding of whole self in response to a living, loving, forgiving God

Healthy response to God (Uncreated Reality) and to all of created reality, including self

Greater freedom through  
Knowledge of God  
Knowledge of self-before-God  
Experience of God's forgiveness

Accent on awareness Other, God-with-us

Deals with guilt and shame

Guilt:

Own it

Come before forgiving God

Let it become grace

Shame:

Open it to God

Let God touch and heal it

May need to refer to therapist

Deals with desolation

Three-way relationship  
God+Directee+Director  
Awareness of being entirely  
dependent on God's grace

Concentrate on "I"

Building the Kingdom

Empower the directee to live the value system of Christ