



Pamela Bass Counseling

The Differences

Therapists/Counselors

- Problem focused, specific problems generally
- Solution Oriented
- Regulated & licensed by each state
Masters degree (MSW, MA, MS) or higher
- Meet every week or two
- Not spiritually focused, though faith may be discussed
- Are focused on themes, patterns, or behavior of people

Spiritual Directors

- Are focused on spiritual things
- Are listening for movements of God
- Are certified but not licensed
- Meet monthly, or every 3-6 weeks

Beyond those basic differences, spiritual directors are trained to focus on your **spiritual questions**—your deep longings, sacred experiences and your response to what is holy and meaningful in your life. Together the directee and director explore where God is present and what God may be inviting the directee to. Spiritual direction is an excellent practice for becoming more aware of God’s presence, for savoring the goodness and faithfulness of God in your life, and for sorting out difficult situations and decisions. Spiritual direction focuses and centers on God, prayer, meditation and different spiritual disciplines that are important to the directee. Finding and being your true self, not your false self, as well as understanding the Enneagram, is also an area of exploration.

The Similarities

- Require 2 years training with certified, accredited institutions
- Require great listening skills
- Charge for their services
- Are encouraging, helpful, and compassionate
- Walk with or “companion alongside of ” people

In Summary

Imagine that your life is a tree and all its aspects are represented by its branches and leaves. A therapist is going to examine a spot on a leaf or a broken branch (emotional and mental issues) and work with you on how to heal those parts, while a spiritual director is going to focus on the wind blowing through the leaves and branches (God moving in each aspect of your life, including those broken places).

