

*The word "therapy" comes from the Greek word therapia, meaning "to nurse." Therapy focuses on the restoration of health and well-being, often spending many hours exploring specific events in a person's life that have caused injury or trauma. It is not uncommon for a person to see their therapist once a week or bi-weekly.*

*Spiritual Direction, on the other hand, focuses on companionship, walking with another person on their spiritual journey, inviting a deeper sense of God's presence in their daily life. While this companioning may have a therapeutic quality, Spiritual Direction is not therapy. It is not uncommon for a person to see their Spiritual Director once a month.*

*Brad Berglund, Pastor ABCUSA and Director of Illuminated Journeys*

*In therapy, the director or caregiver "hopes to encourage more efficient living in the prevailing culture, seeking to bolster an individual's capacity to achieve a sense of autonomous mastery over self and circumstances." Spiritual direction "seeks liberation from attachments and a self-giving surrender to the will of God.*

*Gerald May, MD Care of Mind/Care of Spirit*