

| <b>Difference between Spiritual Direction, Therapy, and Counseling</b> |   |  |  |
|--|---|--|--|
|  | <b>SPIRITUAL</b>  | <b>THERAPY</b>   | <b>COUNSELING</b>                                      |
|  | <b>DIRECTION</b>  |  |  |
| <b>PERSON SEEKING HELP</b>   | Wants to discover action of God in life                               | Wants cure   | Wants relief from troubles                             |
| <b>ORIGIN OF THE PROCESS</b>   | Experience of promise prompted by the Holy Spirit                     | Experience of pain   | Experience of Problem                                  |
| <b>MODEL OF THE PROCESS</b>  | Companion and guide   | Doctor   | Teacher  |
| <b>RELATIONSHIP OPERATIVE IN THE PROCESS</b>                           | Two disciples moving toward the Lord under the guidance of the Spirit | Healer-Patient   | Teacher-Pupil  |
| <b>ATTITUDE OF HELPING PERSON</b>                                      | "God is with us."   | "I'm the doctor."  | "We can solve this problem together."                  |
| <b>GOAL OF THE PROCESS</b>   | Movement toward union with God  | Self-acceptance, ability to function in society                  | Reconciliation, guidance in decision-making            |
| <b>METHOD OF THE PROCESS</b>   | Surrender to God, letting go of whatever blocks union with God        | Application of professional techniques aimed at specific results | Use of relationship with client for beneficial results |
| <b>DYNAMICS OF THE PROCESS</b>   | Awareness, awakening, noticing, discovery, conversion                 | Healing of attitudes and behaviors                               | Solution of problems                                   |
| <b>TERMINATION OF THE PROCESS</b>                                      | The life I live now is not my own; Christ is living in me."           | "I am now free, balanced, and healthy."                          | "Now I know how I want to spend my life."              |