

SPIRITUAL DIRECTION

Helping clients to improve their self-awareness,
improve their relationships, and give greater thought
to living a more spiritual life

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OBJECTIVES

- Define Spirituality
- Be better able to discuss spirituality in a non-intrusive way
- Explore ways to help clients identify their “image of God” or Higher Power
- Better understand the importance of addressing spirituality with clients who have lost hope
- Explore your own beliefs and how they may impact your work with clients
- Broaden your own views on spirituality
- Learn ways to improve self-awareness
- Discuss ways to improve personal relationships
- Develop ways to live a more focused and meaningful life

Definition of Spirituality

Spirituality is the innermost relationship we have with ourselves and all else. Spirituality deals with 3 intimate relationships...the relationship we have with ourselves, the relationship we have with others, and the relationship we have with our Higher Power (Whoever that is for you)



6 Aspects of Spirituality

- **Faith**- Believing in things not seen
- Believing that everything will happen in its own time
- “Walking the walk” (taking action and being proactive)
- **Surrender or “Letting Go”** -(person, place or thing)
- Usually an emotional shift, although it can be physical
- Letting go of control frees up energy for other things
- Letting go allows us to move on with our lives
- It’s hard for our Higher Power to get our attention when we are clinging to things (Don’t clutch too tight!)
- “God box” used as a ritual (or journaling) for letting go
- **Acceptance** – Accepting life on life’s terms
- Change the things we can, and leave the rest to our Higher Power
- Last stage of the grieving process
- The opposite of acceptance is resistance
- Looking to the future with hope rather than to the past with anger and despair
- Moving to the place where our grief is a memory rather than an issue
- Dealing with life issues as they are rather than focusing on how we assume they are supposed to be
- **Humility**- Not humiliation!
- Being teachable
- Seeing ourselves as we really are
- Thinking of others, as well as ourselves
- Opposite of arrogance or conceit
- **Gratitude**- Focusing on what we do have, no matter what is going on in our lives
- Having a positive attitude
- Examination of Conscience- “For what I am I most grateful for?”
- **Meditation & Prayer**-
- *Prayer*- talking to your Higher Power
- *Meditation*- can be used as a way of finding peace and serenity at any given time. Sitting still and listening for the knowledge of God’s will

QUESTIONS FOR EXPLORING SPIRITUALITY

- 1. Where are you? Where have you been? Where would you like to be?
 - 2. How do you connect with your deeper self/soul?
 - 3. What places/times in nature are best for you?
 - 4. What is your favorite art form or activity?
 - 5. What music has touched your soul the most deeply?
 - 6. What book has touched your soul the most deeply?
 - 7. If you were to create a spiritual retreat, where would it be located?
 - 8. What aspect of yourself have you had trouble coming to terms with?
 - 9. What brings you alive? What inspires/moves you?
 - 10. What deadens you or drains your energy?
 - 11. What's your soul telling you?
 - 12. What upsets you so much that you feel moved to change?
 - 13. What would you like for yourself?
 - 14. What are you called to do? What were you born to do?
 - 15. On a scale from 1-10, where are you now, and where would you like to be? What can you do to increase your current rating a small realistic amount?
- (Adapted from O'Hanlon, 2003)

SPIRITUAL EXERCISES

- Spiritual Time-line- (birth to present- notate significant life events)
- Draw a picture of your spirituality
- Explore your “image of God” or metaphor for your Higher Power
- Spiritual Genogram- (include self & family members.) Notate beliefs, religious practices, rituals, memories, conflicts, values/ morals, role-models, ways in which faith helped the family to cope, etc...
- Biblio-therapy- read spiritual books/texts
- Exercise- get physical
- Keep a journal or a scrapbook
- Make a collage (with pictures & phrases that have meaning to you)
- Go outside/enjoy nature
- Participate in reading, gardening, painting, drawing, volunteering, photography...
- Set limits/boundaries
- Try something new
- Do one “usual” activity in a different way (sit in front row rather than the back!)
- Join a support group
- Rest- take time for self