

What Is Spiritual Direction?

Spiritual Direction is an ancient practice in all major world religions. Today, more and more people continue to seek it, discovering the power Spiritual Direction has to change their lives.



Spiritual Direction at Samaritan Offers:

- A confidential, one-on-one relationship with a spiritual director who is trained to help people find wisdom and God's direction in life.
- A relationship that helps people to discover God's hidden voice, knowing that God wants to show us how to live healthier, happier lives.
- A holy, non-judgmental listening that helps people find a wiser, more loving, and more spiritual way to live.
- A way for a group of people such as a church staff, church members or support groups to deepen their commitment to God and to one another in a retreat setting.

Mission

To help individuals, families and communities achieve emotional, spiritual and physical well-being through professional psychological counseling and educational programs using the resources of faith.

Satellite Offices

Samaritan has multiple offices located throughout Western Pennsylvania.

For more information
or to find an office near you,
please call
412.741.7430
email

info@samaritancounseling.net
or visit us online at
www.samaritancounseling.net



SAMARITAN
COUNSELING CENTER

Hope and healing through faith resources

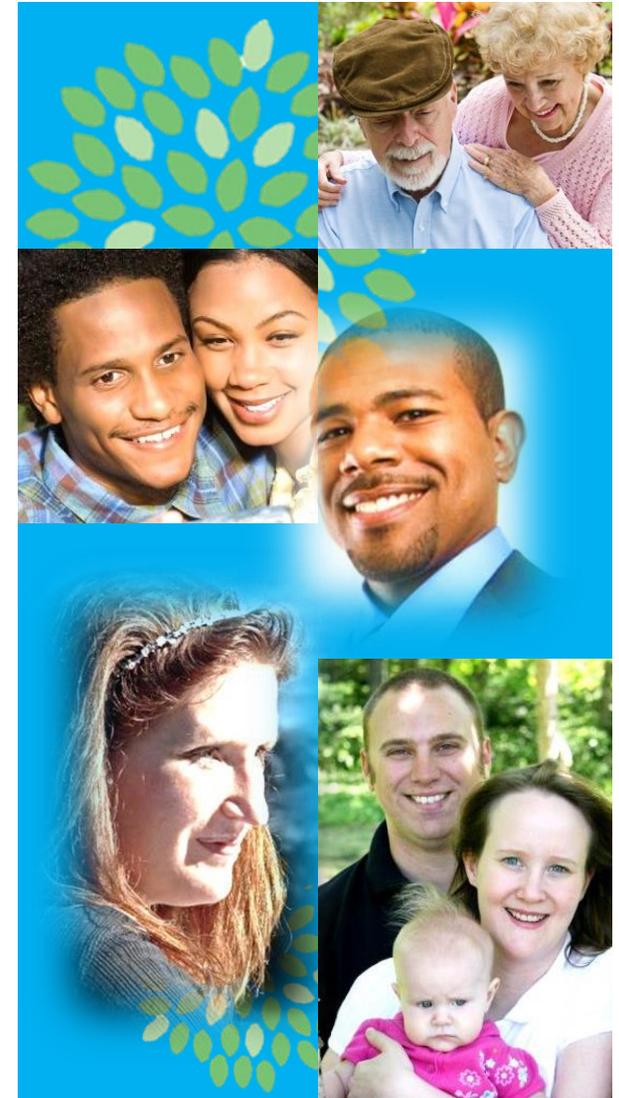
Headquarters:

414 Grant St., Sewickley, PA 15143
Phone **412.741.7430** Fax **412.741.5171**



SAMARITAN
COUNSELING CENTER

Spiritual Direction



Hope and healing through faith resources

The Goal of Spiritual Direction

The goal is to help people become increasingly aware of and respond to God's presence and guiding hand in all of life by exploring questions such as:

- Who is God?
- What do I really believe about God?
- Do my beliefs get in the way of my hearing and experiencing God?
- Can I trust God?
- How can I cut through my confusion about God and let God guide me to better relationships, a greater sense of purpose, and a healthier way of life?



On a more practical level, questions explored in a session may be:

- Why does my prayer life feel so empty?
- How can God let such terrible things happen?
- I am successful in a satisfying job and have many great relationships, so why do I keep thinking about making a change?
- Why does God expect so much of me?
- Faith is a problem in my marriage; what can I do about it?
- Why do I feel anxious and afraid?



Who Can Benefit?

Spiritual Direction is for everyone. It is based on the belief that God is present and active in every person's life; that God longs to be in a closer relationship with us and yearns to meet our deepest needs.



Spiritual Direction is not the same as psychological counseling, although there can be overlap. While the mind, body and spirit are intricately woven, a major difference is that psychological counseling focuses on learning how to solve problems, while spiritual direction focuses on becoming open to new ways of seeing life from a more spiritual perspective.

A Unique Way of Growing in Faith

Spiritual Direction brings us closer to becoming the person God wants us to be.

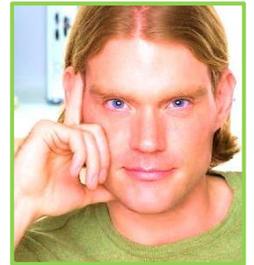
At Samaritan, we work to blend the many facets of an individual's life into a harmonious union. This process explores the mental, emotional, physical and spiritual

dimensions of each person. We empower those in our care to confront the realities of life, develop solutions to stressful situations and learn to maintain the growth they have achieved.

Commitment to Excellence

The Samaritan Counseling Center is fully accredited by the Samaritan Institute in Denver, Colorado, which is acknowledged by the American Medical Association, The President's Commission on Mental Health, the American Association of Pastoral Counselors and major church denominations.

Our spiritual directors work within the context of each person's religious tradition without attempting to impose a particular belief system. They are committed to uphold professional, ethical standards which demand strict confidentiality and the utmost regard for their clients' time, finances and values.



To learn more, please call 412.741.7430 or email info@samaritancounseling.net.

