

Spiritually Integrated Psychotherapy

Makes room for spiritual, religious, and existential questions when they matter to the client.

Optional and client-led

Spiritually Integrated Psychotherapy is an optional part of the work for people who want to explore spiritual, religious, or existential questions as part of therapy.

Some people want therapy to focus only on emotional, relational, behavioral, or psychological concerns. That is completely respected. Spiritual exploration is never required, assumed, or imposed.

When spirituality belongs in the room

For some clients, spirituality, religion, meaning, doubt, faith, loss of faith, vocation, sacred experience, religious harm, moral injury, grief, forgiveness, mortality, or questions of purpose are central to their inner life. For these clients, leaving spirituality outside the therapy room may feel artificial.

Spiritually Integrated Psychotherapy makes room for these dimensions when the client wants that. The goal is not to promote a particular belief system or tell a person what they should believe. The goal is to help the person explore their own experience with honesty, depth, and respect.

Questions we may explore

- What gives your life meaning?
- How has your spiritual or religious background shaped you?
- Where has religion or spirituality been a source of comfort, identity, harm, confusion, or longing?
- What are you grieving spiritually?
- What kind of faith, practice, community, or worldview feels authentic now?
- How do you understand suffering, forgiveness, calling, death, hope, or belonging?

An ethical, integrative approach

This work is informed by ACPE spiritually integrated psychotherapy training, which supports careful and ethical integration of spiritual and religious concerns into clinical work.

Spiritually Integrated Psychotherapy may involve reflection on prayer, meditation, silence, sacred texts, spiritual practices, religious wounds, mystical experiences, doubt, discernment, or existential anxiety. It may also include helping a person distinguish grounded spiritual experience from shame, fear, dissociation, bypassing, coercion, or old authority wounds.

For some clients, this becomes a central part of therapy. For others, it may never enter the work. Both are welcome. The guiding principle is consent and relevance: spiritual material belongs in therapy when it matters to the client and supports healing, integration, and wholeness.