



# Short Term Spiritual Guidance (Creative Pastoral Care and Counseling) (Creative Pastoral Care & Counseling)

*Duane R. Bidwell*

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## **Short Term Spiritual Guidance (Creative Pastoral Care and Counseling) (Creative Pastoral Care & Counseling)** Duane R. Bidwell

This book represents a significant departure from most contemporary writing about spiritual direction. While most writers focus on long-term relationships of guidance, specifically envisioning long listening sessions, Bidwell changes focus. Spiritual direction, he insists, typically requires intervention in a specific crisis or situation or question, is not formal, lasts fewer than five sessions, and must be actively and intentionally focused on the person's growth. Bidwell's work shows what spiritual directors can learn from the short-term therapy model, especially about enabling people briefly but effectively to "learn to listen on their own and with others for God's presence." Focusing on how God is already active in the directee's life allows the participants to identify God's action and respond in ways that collaborate with that identified movement of the Spirit. Key Features: A one-volume guide to the practice of spiritual direction Beautifully and simply explains the classic concepts Specific and helpful advice for different situations and for group direction



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