

HOW ARE THE HELPING RELATIONSHIPS RELATED?

Columns 1-4 = Work of Rev. John McMurry PhD/ Column 5= Work of Rev. Dr. Claudia Ramisch

	THERAPY	COUNSELING	SPIRITUAL DIRECTION	SPIRITUAL MENTORING
Person seeking help	Wants cure	Wants relief from troubles	Wants to discover action of God in life	Wants understanding or meaning of spiritual issues
Origin of the process	Experience of pain	Experience of problem	Experience of promise, prompting of Holy Spirit	Surprise, change, uneasiness, new questions
Model of the process	Doctor	Teacher	Companion and guide	Companion, facilitator
Operative relationship	Healer-patient	Teacher-pupil	Disciple-disciple, moving together toward God under guidance of Spirit	Peer-to-peer, fellow traveler
Attitude of helper	"I'm the doctor"	"We can solve this together"	"God is with us"	"I can help you ask questions"
Goal of process	Self-acceptance, ability to function in society	Reconciliation of troubles, guidance in decision-making	Movement toward union with God	Clarity and reassurance
Method of process	Professional techniques (possibly including medications)	Safe relationship with client and work on specific goals	Surrender to God, letting go of whatever blocks union	Conversation
Dynamics of process	Healing of attitudes and behaviors	Solutions are generated	Awareness, awakening, noticing, discovery, conversion	Theological reflection with emphasis on listening by helper
Ultimate objective	"I am now free, balanced, and healthy"	"Now I know what I want to do"	"The life I live now is not my Own; Christ is living in me." (Gal 2:20)	"I am ready to begin a new endeavor"

<p>MENTORING LITERATURE</p> <p>Mentor= one who knows more or has walked the path first and now walks with another A counterweight to self-help schools</p>	<p>COMMON COMPETENCIES</p> <p>Accountability Being active in own growth Interdependent/ unfixed Making space/ waiting Mutuality in learning</p>
<p>Judy Harrow (Pagan) Chungliang Ai Huang & Jerry Lynch (Eastern traditions, especially Taoism) Sondra Higgins Matthaehi (United Methodist Church) Vashti McKenzie (American Methodist Episcopal) Edward Sellner (Roman Catholic)</p>	