

Counselling, Health & Spirituality

Jeff Leonardi

Definition of spirituality

‘that which gives meaning, value and purpose to a person’s life’

outcomes of spiritual experiences and counselling

‘closer relations to persons and nature’ (Hardy)

‘embracing intimacy in relationships’ (Rogers)

Authenticity in the Church

Dare we be ourselves? Dare we not?

When can we be angry?

Vulnerability

the strength to be weak?

Authenticity & Integrity

Congruence

Genuineness

unconditional positive
regard

acceptance

Quality of Presence
(Rogers)

Tenderness (Thorne)

Leijssen: Soul Work

Mearns: where nihilism
and divinity meet

Theosis/ Divinisation

God became man (human)
that man (human beings) might
become God (Athanasius)