



What is Gestalt Spiritual Direction?

Gestalt Spiritual Direction is essentially about spiritual growth and accompanying you on your spiritual journey.

Often our spiritual journey can become convoluted and confusing as we dismantle old and limited ways of thinking, seek to throw off confining religious conditioning that is no longer life-giving, and absorb new ways of being, spiritually, that don't yet feel familiar. Spiritual Direction is about spiritual companioning – offering a safe and non-judgmental space to allow you to connect to the Divine in ways that resonate deeply with your own way of being and walking the spiritual path. This is not about 'religion' or having to accept certain ways of thinking about or believing in God, but rather in providing a safe space to explore your doubts and seek wholeness in a way that connects you to your deeper self, and allows spiritual formation at your own pace and in your own time.

The particular way that I (Dinah) offer spiritual direction is through a *Transformational Gestalt* framework, which is a synthesis of spiritual companioning and Gestalt Therapy. This work is based on the premise that the Divine is present and available for healing and wholeness (and is indeed part of any healing process). Acknowledging this allows us to enter a sacred healing space that is profound and inspirational. If we can 'step aside' metaphorically and attend to the emerging process, then healing and change will occur naturally, as deeper parts of self are revealed through embodied experience. Those involved in this work have experienced profound physical, emotional, and spiritual healing and growth, and the framework of Gestalt offers a vital and enriching backdrop to this growth work. Your spiritual journey will be deepened, and become clearer and more profound. Gestalt spiritual direction sessions are usually conducted monthly and reviewed annually.

Gestalt Spiritual Direction with Dinah is open to all spiritual faiths and beliefs, and all spiritual traditions are welcomed.

If you would like to experience a Gestalt Spiritual Direction session with Dinah or find out more of what's involved, please feel free to make contact as below:

Contact Details: 0439 752 710 / 02 4322 8868 or email dinah@terriganestalt.com.au



DINAH EADES BUCHANAN

M.Couns.(UNE), Grad.Dip. Gestalt Therapy, ARCAP Registered, GANZ & PACFA Clinical Member

Dinah is the Director of **Terrigan Gestalt Institute** on the Central Coast, NSW. She is a Gestalt Psychotherapist, Clinical Supervisor, Group facilitator and Educator, with extensive experience in Counselling, Child & Family Health, Gestalt Therapy, and Group Training. She has offered therapeutic services, and counselling & psychotherapy education, for over 25 years on the Mid-North Coast, Sydney and the Central Coast, NSW. She currently has a private practice in Sydney and on the Central Coast, NSW.

Dinah's particular focus includes personal / spiritual development, working with Dreams & Metaphor / working with Depression / Anxiety and Grief/Bereavement. Dinah has also completed studies in theology and has a special interest in integrating spirituality and psychotherapy, and understanding psychological crisis in spiritual terms. She is also currently completing a Masters in Spiritual Direction at the University of Divinity in Melbourne.