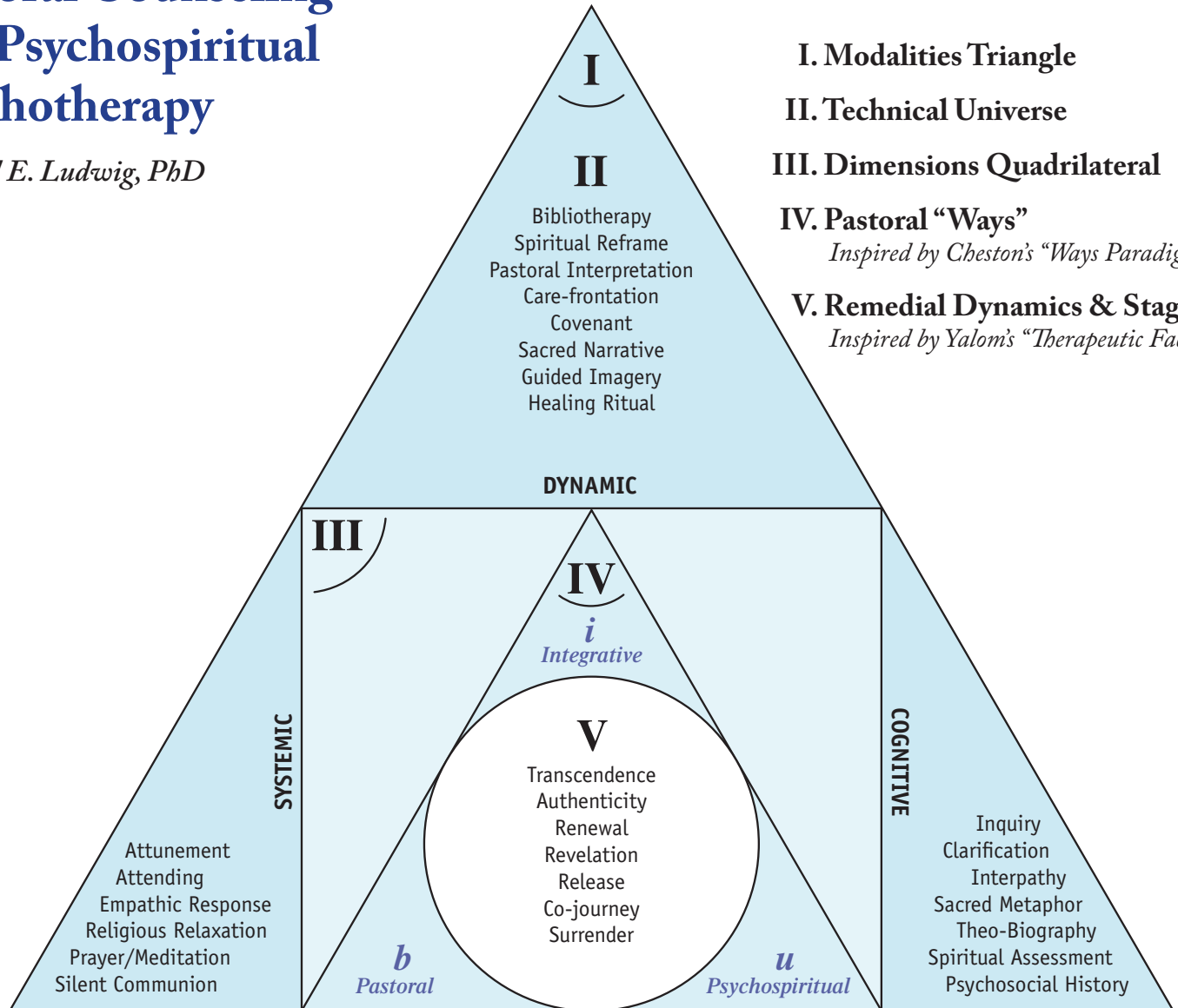


# A Pastoral Paradigm for Spiritual Direction, Pastoral Counseling and Psychospiritual Psychotherapy

Michael E. Ludwig, PhD

**Psychospiritual  
Psychotherapy**  
Relationship with Self



**I. Modalities Triangle**

**II. Technical Universe**

**III. Dimensions Quadrilateral**

**IV. Pastoral “Ways”**

*Inspired by Cheston’s “Ways Paradigm”*

**V. Remedial Dynamics & Stages**

*Inspired by Yalom’s “Therapeutic Factors”*

**Spiritual Direction**  
Relationship with Deity

**Pastoral Counseling**  
Relationship with Others