The Relation between Spiritual Work and Psychotherapy. We can see here a connection between psychotherapy on the one hand, and spirituality and religious teachings on the other, because psychotherapy uses psychology, which used to be part of religious and spiritual teachings. The connection is the knowledge of the soul, and how to work with it, which is now termed psychology. Some psychotherapists might even ground their therapy in the view and understanding of the Diamond Approach. Psychotherapy as Spiritual Practice1 certain spiritual disciplines, like Buddhism. In fact, particularly that we understand the person's present experience. Ps ych o t h e r a py as S pir it u a l Pr ac t ic e 1 I'm grateful to be here. Let me begin by saying what spiritual psychotherapy is not. It is not religious. Transpersonal psychotherapy training includes the major approaches to counselling and psychotherapy. As a result, transpersonal counsellors also work with recognising links and patterns from the past, with changing thoughts and behaviour and looking at the potential in each person towards growth, as well as working with the more spiritual aspects if appropriate. So what does it have to do with psychotherapy?