

Spiritual Direction Resources

Some of these sites are for Spiritual Direction training (to become a certified spiritual director), some are to find a spiritual director for your own care. You will need to vet each program yourself, but generally these are trusted entities.

mosaicformation.org

Deo Works: Soul Journey Dr. Sam Rima

[Companioning Center](#)

thrive.org - for woman to find a spiritual director (also many other excellent resources)

Velvet Ashes - also for woman, to find resources

Sustainable Faith Europe - Spiritual direction training and directors
sustainablefaith.co.uk

[Sent Well: Deepen](#) Spiritual Direction training program (Malaga, Spain)

ESDA graftedlife.org US organization with extensive list of spiritual directors (some based in Asia) and guidance for spiritual direction training standards and programs

Collected at AMCN 2025