

## Colorado Spiritual Directors

What is Spiritual Direction? A spiritual director is a trained listener who companions the directee as they share about their spiritual journey, guiding them to notice God's presence in their life, and to grow in awareness of their own unique responses to this Presence. Typically, a spiritual director and directee will meet regularly (often times once/month).

Spiritual direction is not the same as therapy or counseling. If you would like to have a better understanding of the distinctions between these practices,

<https://www.patheos.com/blogs/spiritualdirection101/2012/08/spiritualdirection-vs-counseling/>

We are pleased to provide a list of trained/qualified spiritual directors. We intentionally included individuals whom we felt would be a good match for our Highlands Church community. While we are able to provide this list, we at Highlands Church make no guarantee regarding the effectiveness of these spiritual directors for any particular client. However, we do believe in the value of spiritual direction and inviting others to intentionally companion us in our spiritual journeys. For additional support or referral help, please email [admin@highlandschurchdenver.org](mailto:admin@highlandschurchdenver.org).

**Millie Cline** - <https://www.northdenversoulcarenetwork.com/mille-cline>

**Debbie Swanson** - [daswanson@comcast.net](mailto:daswanson@comcast.net)

Arvada

**Angela Rose** - [angela@anchoredsoulcare.com](mailto:angela@anchoredsoulcare.com)

[www.AnchoredSoulCare.com](http://www.AnchoredSoulCare.com)

Highlands Ranch

**Stacey Cooper** - [staceyjoycooper@gmail.com](mailto:staceyjoycooper@gmail.com)

[www.ohtosee.com](http://www.ohtosee.com)

Denver

**Jessi Heilmann** - [jessiheilmann6@gmail.com](mailto:jessiheilmann6@gmail.com)

Denver

**Stephen Milburn** - [stephen.c.milburn@gmail.com](mailto:stephen.c.milburn@gmail.com)

Denver

**Chris Hess** - [chess@gmail.com](mailto:chess@gmail.com)

Fort Collins

**Adam Ormord** - [adam@lifepointresources.org](mailto:adam@lifepointresources.org)

[www.lifepointresources.org](http://www.lifepointresources.org)

Thornton