

SPIRITUAL DIRECTOR PROFILE

Liz Deal is an Associate Spiritual Director with the West Virginia Institute for Spirituality (WVIS) where she regularly receives supervision and participates in workshops and retreats.

A graduate of the Spiritual Direction Training Program at WVIS, which combines a foundation in Formative Spirituality as developed by Fr. Adrian van Kaam with the model of St. Ignatius' Spiritual Exercises, Liz is trained in helping people recognize where God is at work in their lives through individual spiritual direction, workshops in spirituality and contemplative prayer, days of reflection, and individual or group directed retreats. She is also trained in directing the Ignatian Spiritual Exercises.

Liz bases her practice in Huntington, WV, but she is also available to meet in Charleston or via FaceTime or Zoom.

In addition to her ministry as a spiritual director, Liz is Assistant Director for CONTACT Rape Crisis Center where she also serves as a victim advocate for people who have experienced sexual assault, sexual abuse, or incest. She has degrees in Theatre from Syracuse University.

Prior to moving to West Virginia in 2010, Liz spent fourteen years as the Coordinator of Adult Formation and Liturgy for a large Catholic parish in suburban Philadelphia, PA; there she led Bible studies and RCIA, conducted sacramental preparation for adults, and coordinated parish liturgies. A practicing Catholic, she is comfortable working with men and women of various faith traditions.

Liz is a member of Spiritual Directors International and abides by SDI's Guidelines for Ethical Conduct.

She can be reached at 610-952-2510 or lizideal@gmail.com.

