

**Liz Deal** is an Associate Spiritual Director, Supervisor, and Associate Director of Programming at the West Virginia Institute for Spirituality (WVIS) where she is also a member of the teaching faculty.

A graduate of the Spiritual Direction Training Program at WVIS, Liz's practice combines Formative Spirituality as developed by Fr. Adrian van Kaam with Ignatian spirituality to help people recognize how God is present in every aspect of their lives. She offers 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 the Assistant Director for CONTACT Rape Crisis Center where she also provides support to 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. 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.

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