What, then, makes psychotherapy more spiritual? Beyond symptom improvement, it addresses the meaning of the patient's life and how it relates to meaningful values of loved ones as well as the surrounding community. Spiritual therapy transcends religious denomination. It is not Christian psychiatry, nor is it Jewish psychiatry or Muslim psychiatry, though religious-based psychiatry can be spiritual. If you didn't see A Christmas Carol live this year, try to do so in 2015. Spiritual Psychotherapy Online: Suggestions. Some suggestions: When you begin a new post you may want to ask yourself a few questions: What happened? How did you feel? Where did you get stuck and where did you breakthrough? What did you learn? Turn within, breathe deeply, as the mind becomes still allow a new idea, thought or inspiration to light up the road for you, show you how to get unstuck or build on your strengths and successes. Posted by Rohit Juneja at 7:17 PM.