The Relation between Spiritual Work and Psychotherapy. We can see here a connection between psychotherapy on the one hand, and spirituality and religious teachings on the other, because psychotherapy uses psychology, which used to be part of religious and spiritual teachings. The connection is the knowledge of the soul, and how to work with it, which is now termed psychology. Some psychotherapists might even ground their therapy in the view and understanding of the Diamond Approach. Spiritual Psychotherapy honours the healing value of creating meaning in life. As a spiritual psychotherapist, I am not afraid to ask the questions of "ultimate concern" to those who may be suffering from a loss of meaning in their lives. It is not my interest to reform or change any spiritual beliefs, but to help restore your connection to your "Soul", cherished relationships and your place in the Cosmos.