

# Claire Poole

**Contact Claire at:**

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**Number of years as a Spiritual Director:** I have been a practicing spiritual director since 1997.

**Availability:** I am accepting new directees for individual spiritual direction. Generally, I work Tuesdays through Fridays. I see clients at my home office on the Eastern Shore or over the telephone.

**Education, Training, Certifications and Experience:** I earned a Masters in Theology from the University of San Francisco and am a graduate of the three-year Spiritual Direction program at the Mercy Center in Burlingame, California. I was raised in the Episcopal Church and worked in the Episcopal Church as a Director of Christian Formation. I studied theology and spiritual direction and served as Director of Adult Christian Formation within the Catholic Church. I have been a part of two Methodist parishes. Currently I attend both an Episcopal church and a predominantly African-American Methodist church. I have also studied, practiced, and reaped the benefits of a variety of non-Christian spiritual traditions.

**Specialties/Focus Areas:** In addition to working with clergy and laypeople within the Christian tradition, I also have considerable experience working with people from other faiths including Buddhism, Hinduism, and Shamanism, as well as seekers whose connection with God falls outside any specific religious context. I am also a student and teacher of the Enneagram. Where appropriate, I enjoy working with Enneagram insights in the spiritual direction relationship.

**Style of Spiritual Direction:** As a spiritual director, I tend to work a great deal with imagery, scripture, and myth with a view toward helping directees find deeper meanings and connections within their own spiritual story, and tying their personal story to the larger Story we all share.

**Personal Information/Interests:** I live on the Eastern Shore of Virginia on 11 peaceful acres with my husband and our dog. I love reading, studying, and distance walking. In addition to being a spiritual director, I am also a massage therapist and energetic healer. My life ambition is to read my own library.