

The focus of presented work is on contemporary tendency to integrate spiritual dimension of human being into psychotherapeutic treatment. Differences among basic constructs of religion, spirituality and psychotherapy are mentioned. Variety of approaches towards the integration of spirituality into main psychotherapeutic schools is described. First we discussed the relationship between religion and psychotherapy and then we analyzed ethical issues and practical matters of spiritual applications in therapy. The empirical study was designed as psychotherapeutic treatment of six sessions using different techniques. Different groups of experiences (of connection and flow), knowledge and acts (creative, information-oriented and spiritual tradition-oriented) were identified as connected to spirituality. They represent possible clues and activating keys of human spirituality during psychotherapy. Hypothesis of easier expressing of spirituality through non verbal artistic method rather than by verbalization wasn't proved statistically significant.