

# DoubtLess Faith

*A referral resource for clients wrestling with faith, doubt, and disconnection from God*

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## When Faith Questions Show Up in Your Work

You're trained to help clients navigate grief, trauma, addiction, and life transitions. But sometimes what surfaces isn't clinical — it's spiritual. A client says something like *"I want to believe in God but I can't make myself,"* or *"I used to feel connected to God and I don't anymore,"* and it's clearly outside your scope, but there's nowhere confident to send them. That's the gap DoubtLess Faith fills.

## Who I Am

I'm **Kristen Davis**, founder of DoubtLess Faith. I hold a **PhD in Philosophy of Religion**, an **MA in Christian Apologetics**, and a **BS in Religion** with a focus in Biblical Studies. I work specifically with people wrestling with the intellectual and relational barriers to a felt connection with God — doubt, disconnection, unresolved questions about whether Christianity is even true, and past experiences of broken trust that make it hard to trust God now.

My work is **coaching, not therapy**. I don't diagnose or treat mental health conditions, and I'm not a substitute for clinical care.

## The Framework

A 7-stage coaching process addressing both the intellectual questions and the personal history that keep people stuck: Permission to Question, The Historical Track Record, The Vetting Process, Learning to Hear God's Voice, Discernment, Uncovering the Obstacles, and Processing the Wounds with God. Most clients move through this in 3–6 sessions.

## Who This Isn't For

- People in acute mental health crisis — I refer these clients to a licensed counselor first.
- People looking for a church community or pastoral care.
- People who want to be talked into faith without engaging their own questions.

## This Isn't Evangelism

I'm not a pastor, and this isn't an attempt to convert anyone or move them toward a particular church. I help people wrestle honestly with the real questions underneath their doubt — whether God exists, whether the Bible is a reliable source, how to reconcile a loving God with real suffering. I also help people recognize when their picture of God has been shaped less by theology and more by the people who represented God to them. Some clients move forward in faith; some don't. Either way, my job is to make the process honest and free of pressure — not to control the outcome.

## How This Works Alongside Your Practice

Many clients' spiritual questions surface during therapy, grief work, or recovery without being the presenting clinical issue. I work as a complementary resource — your client continues the work they're doing with you, and I take on the specific intellectual and spiritual questions in parallel.

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## Referring a Client

Share this one-pager directly, or reach out and I'm happy to talk it through first.

## Kristen Davis, PhD | Founder, DoubtLess Faith

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