

Psychotropic Drugs & Biblical Counseling John Street

I. PHYSICAL AND SPIRITUAL ASPECTS OF COUNSELING

A. Reasons for Sickness

1. General

The Fall - Genesis 3

2. Specific

a) Personal sin

(1) James 5:15-16

(2) 1 Corinthians 11

(3) Natural consequences of sin

(4) Unbiblical responses to life

b) Divine Purposes

(1) 2 Corinthians 12:7

(2) Ultimately: *The glory of God* - John 9:1-4

God's purposes are more important than getting well.

B. Responses to Life - What happens physically?

1. Controls created by God

a) Automatic

b) Reflexes

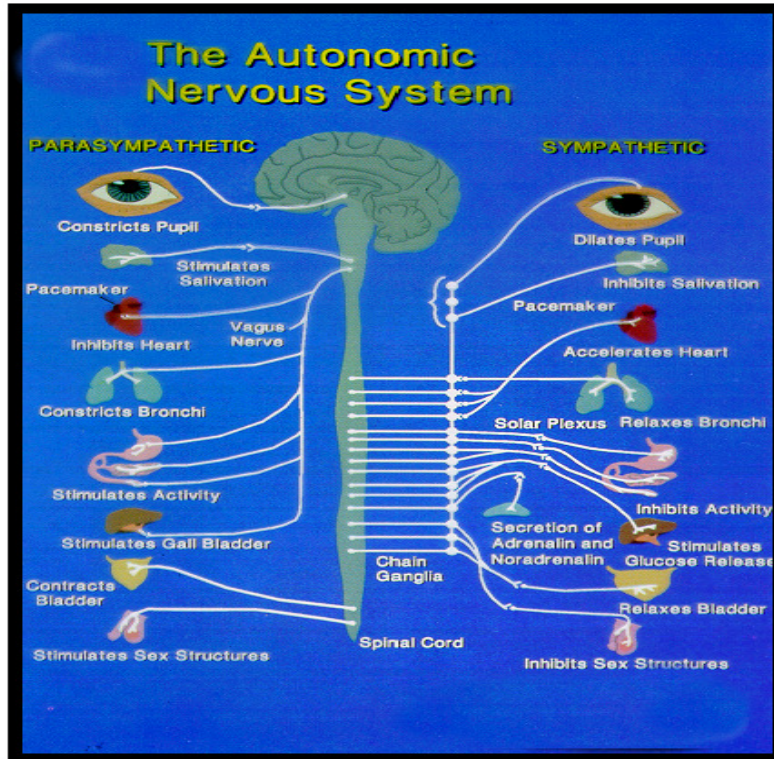


Fig. 3 The Autonomic Nervous System

2. Controls may be influenced by responses to life
 - a) Produces physical symptoms
Frequency? 30-50%
 - b) Responses may aggravate diseases already present
Frequency? 25-30%
 - c) Medical terminology
 - (1) Psychosomatic - mind/body connection

(2) Better - spiritual/physical problem

*All thinking is a moral activity and there is a standard of right and wrong.

d) Medical treatment?

(1) Medicine

(2) Assertiveness Training

(3) Stress Management

(4) Placebos

4. The problem is not your problem; it is your response to those problems.

You can't necessarily change circumstances...but you can change your response.

C. Right Response to Illness

1. Evaluate reasons

a) Just due to living in a fallen world?

b) Sin engendered?

c) Divine Purpose? Glorify God?

2. Ask the right question: How can this illness be used to glorify God?

a) Recognize the truth of John 9:3 - What glorifies God is what is best for the sick person...and it may *not* be getting well.

b) Evaluate personal goals

c) II Corinthians 12:9-10

d) James 1:2-4

e) Romans 8:28-29

- f) Genesis 50:20
- g) Job 2:10
- h) 1 Cor. 10:13 - God always promises *victory*...not necessarily *deliverance*
- 3. You must be responsible no matter how you feel.
- 4. What if I have something medicine hasn't discovered?

D. Medical Issues in Counseling

1. The Theory of Chemical Imbalance

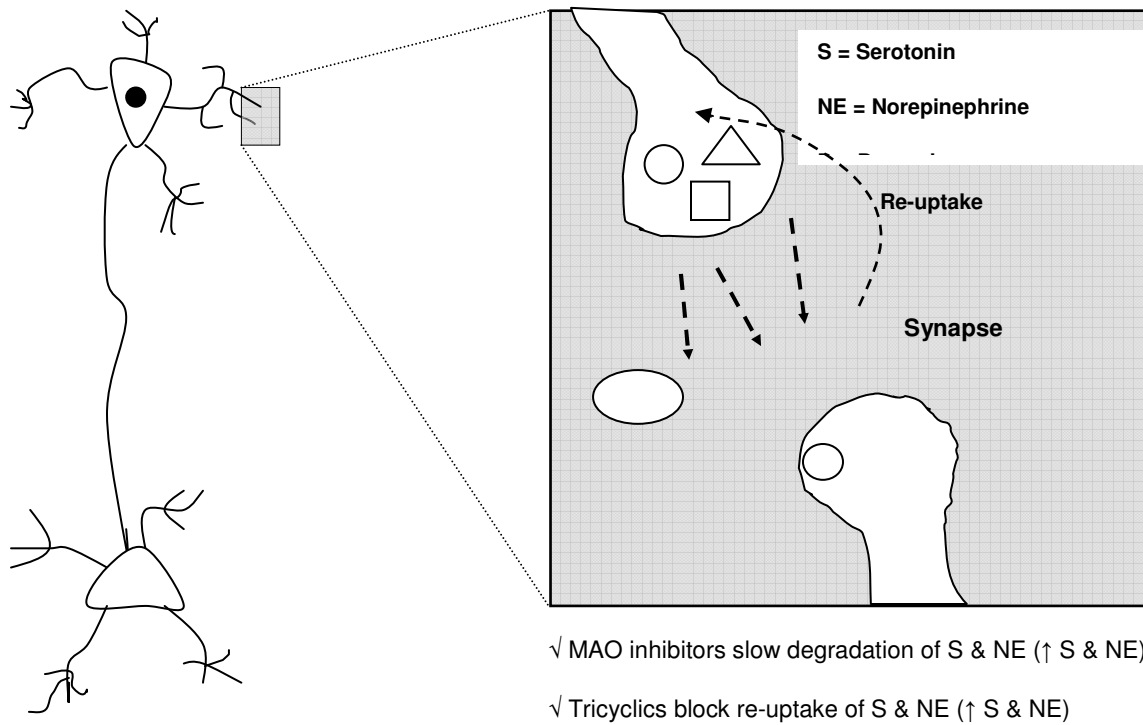


Fig. 4 Functioning of a Synapse

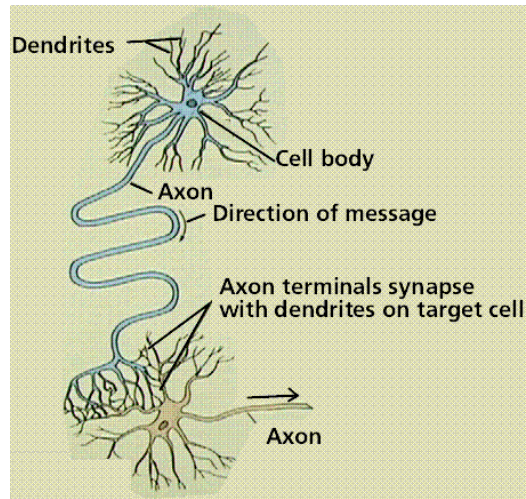


Fig. 5 Communicating Neurons

www.pfizer.com/brain/dlgame.html

- a) Which comes first: depression or imbalance?
- b) Do drugs work? (Define “work”)
- c) Placebo effect

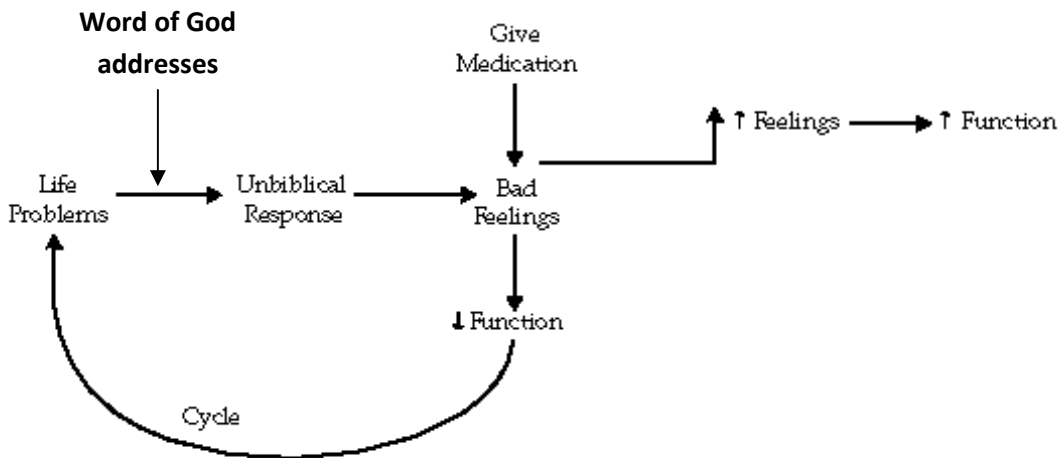


Fig. 4 Medication and Behavior Cycle

- d) Questions to ask physicians who claim a physical problem (like chemical imbalance) is producing emotional or behavioral problems:
 - (1) Concerning the diagnosis:

- (a) What tests were run to prove a physical problem is present?
 - (b) How do those tests prove the presence?
 - (c) Is the condition a proven, demonstrable fact, or simply a theory?
- (2) Concerning the behavior:
- (a) How do you know the diagnosed physical problem is the cause of the emotional or behavioral actions of the person?
 - (b) Is the link a proven, demonstrable fact, or simply a theory?
- (3) Concerning medicine: What proof do you have that the medicine you are recommending corrects the physical problem?
- e) Don't practice medicine. You didn't put them on the medication and it's not your place to take them off it. Work with a medical physician, not in place of one.