

# Biblical Counseling Applied

## Lesson 14: Schizophrenia

# Schizophrenia

*schizo = split*

*phren = mind*

*split mind*

*Schizophrenia describes a person whose mind is divided between what is real and what is not.*

1896 – Emil Kraepelin termed it “*dementia praecox*” (premature dementia).

1908 – Eugene Bleuler coined the term “*schizophrenia*”.

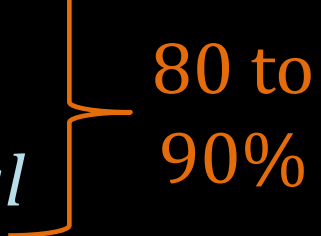
- Both believed schizophrenia to be hereditary.
- Both were eugenicists.

## 5 Symptoms of Schizophrenia:

1. Delusions: *believing things that are not true*
2. Hallucinations: *hearing and/or seeing things that are not real*
3. Disorganized Thinking and Speech: *difficulty in organizing one's thoughts or making logical connections between ideas.*
4. Disorganized or Abnormal Motor Behavior: *unusual or unpredictable movements or behaviors that are not culturally/socially appropriate.*
5. Negative Symptoms: *the absence or reduction of normal behaviors.*

Must have at least 2 symptoms...

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Must have at least 2 symptoms, and one must be from the first 3 on the list.  
Must display symptoms for 6 months without any other identifiable cause.

## Medical Conditions That Can Mimic Schizophrenia:

- Brain Tumor / Brain Injury
- Encephalitis
- Epilepsy
- Endocrine Issues
- HIV (Human Immunodeficiency Virus)
- Syphilis
- Fahr's Syndrome
- Malaria

## Drugs That Can Mimic Schizophrenia:

- Alcohol
- Amphetamines
- Antibiotics
- Antihistamines
- Cannabis
- Cocaine
- Hallucinogens (LSD, PCP, certain Mushrooms, etc.)
- Heart Medications (certain Beta Blockers and ACE Inhibitors)
- Opioids
- Sedatives

## Other Facts About Schizophrenia:

- Affects 1 in 222 people (0.45% of the population)
- Affects men and women proportionally
- Typically affects men earlier than women:
  - Men – late teens to 20's
  - Women – 20's to early 30's

# From the DSM-5's Table of Contents:

## Schizophrenia Spectrum and Other Psychotic Disorders:

- Schizotypal Disorder
- Delusional Disorder
- Brief Psychotic Disorder
- Schizophreniform Disorder
- Schizophrenia
- Schizoaffective Disorder
- Substance/Medication-Induced Psychotic Disorder
- Psychotic Disorder Due to Another Medical Condition



# How Is Schizophrenia Diagnosed?

No laboratory, psychometric, or radiologic studies currently exist for diagnosing schizophrenia. (*Schizophrenia*, National Library of Medicine)

## Do We Know What Causes Schizophrenia? No.

It is estimated that between 220,000 and 270,000 individuals with schizophrenia were sterilized or killed. This total represents between 73% and 100% of all individuals with schizophrenia living in Germany between 1939 and 1945... However, postwar rates of the incidence of schizophrenia in Germany were unexpectedly high. The Nazi genocide of psychiatric patients was the greatest criminal act in the history of psychiatry. It was also based on what are now known to be erroneous genetic theories and had no apparent long-term effect on the subsequent incidence of schizophrenia. (*Schizophrenic Genocide: Nazi Attempts to Eradicate Schizophrenia*, National Library of Medicine)

# Do We Know What Causes Schizophrenia?

More than a century since the delineation of dementia praecox by Kraepelin, the etiology, neuropathology and pathophysiology of schizophrenia remain elusive.

**Etiology** = the cause

**Neuropathology** = its effect on the nervous system

**Pathophysiology** = how it changes the body's functions

The existence of a specific brain disease underlying schizophrenia remains a hypothesis. Against a background of an ever-increasing volume of research data, the inconclusiveness of the search for causes of the disorder fuels doubts about the validity of the schizophrenia construct as presently defined. (*The Diagnostic Concept of Schizophrenia*, National Library of Medicine)

# How Do Secular Psychiatrists Treat Schizophrenia?

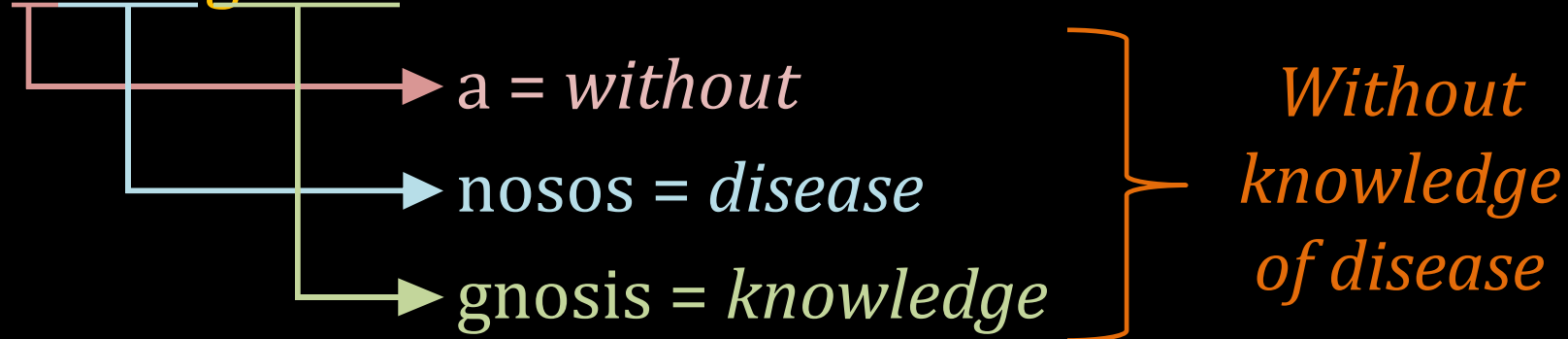
Historically: *such people were committed to insane asylums*

1930's: *doctors started performing lobotomies*

1950's: *advent of antipsychotic drugs (today an \$18 billion industry)*

Approximately 50% of people currently in mental hospitals have a diagnosis of schizophrenia.

## Anosognosia



Are there any Biblical examples of people experiencing a mental break from reality?

1 Samuel 21:13

*So he disguised his sanity before them, and acted insanelly in their hands, and scribbled on the doors of the gate, and let his saliva run down into his beard.*

Verses 14 & 15

*<sup>14</sup> “Behold, you see the man behaving as a madman. Why do you bring him to me? <sup>15</sup> Do I lack madmen, that you have brought this one to act the madman in my presence?”*

Are there any Biblical examples of people experiencing a mental break from reality?

Daniel 4:31-33

*<sup>31</sup> While the word was in the king's mouth, a voice came from heaven, saying, "King Nebuchadnezzar, to you it is declared: sovereignty has been removed from you, <sup>32</sup> and you will be driven away from mankind, and your dwelling place will be with the beasts of the field. You will be given grass to eat like cattle, and seven periods of time will pass over you until you recognize that the Most High is ruler over the realm of mankind and bestows it on whomever He wishes." <sup>33</sup> Immediately the word concerning Nebuchadnezzar was fulfilled; and he was driven away from mankind and began eating grass like cattle, and his body was drenched with the dew of heaven until his hair had grown like eagles' feathers and his nails like birds' claws.*

Could it be that schizophrenia is actually demon possession?

John 10:20

*"He has a demon and is insane. Why do you listen to Him?"*

# Could it be that schizophrenia is actually demon possession?

Matthew 12:22

*Then a demon-possessed man who was blind and mute was brought to Jesus, and He healed him, so that the mute man spoke and saw.*

Mark 9:17-18

*<sup>17</sup> And one of the crowd answered Him, "Teacher, I brought You my son, possessed with a spirit which makes him mute; <sup>18</sup> and whenever it seizes him, it slams him to the ground and he foams at the mouth, and grinds his teeth and stiffens out.*

1 John 4:4

*You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world.*



## *“The Schizophrenic Unicorn” by Daniel Berger:*

Schizophrenia is not an explanation of a person's symptoms.

Schizophrenia is merely a hypothetical construct.

*A Construct: An idea or theory containing various abstract elements, typically one considered to be subjective and not based on empirical evidence. (Oxford Dictionary)*

Many of the models used in psychology are hypothetical constructs.

(American Psychiatric Association's Dictionary of Psychiatry, “Construct”)

## *“The Schizophrenic Unicorn” by Daniel Berger:*



When you put a pseudo-explanation on somebody's psychotic state, you actually hide or obstruct discovering or truly diagnosing what's going on with them. (Berger, *Schizophrenic Unicorn*, Truth in Love Podcast 466)

## *“The Schizophrenic Unicorn” by Daniel Berger:*

Indeed, the vast majority of patients with schizophrenia report sleep abnormalities, which tend to precede illness onset and can predict an acute exacerbation of psychotic symptoms... Among sleep disorders, insomnia is the most strongly associated with schizophrenia. (Kaskie, *Schizophrenia and Sleep Disorders*, National Library of Medicine)

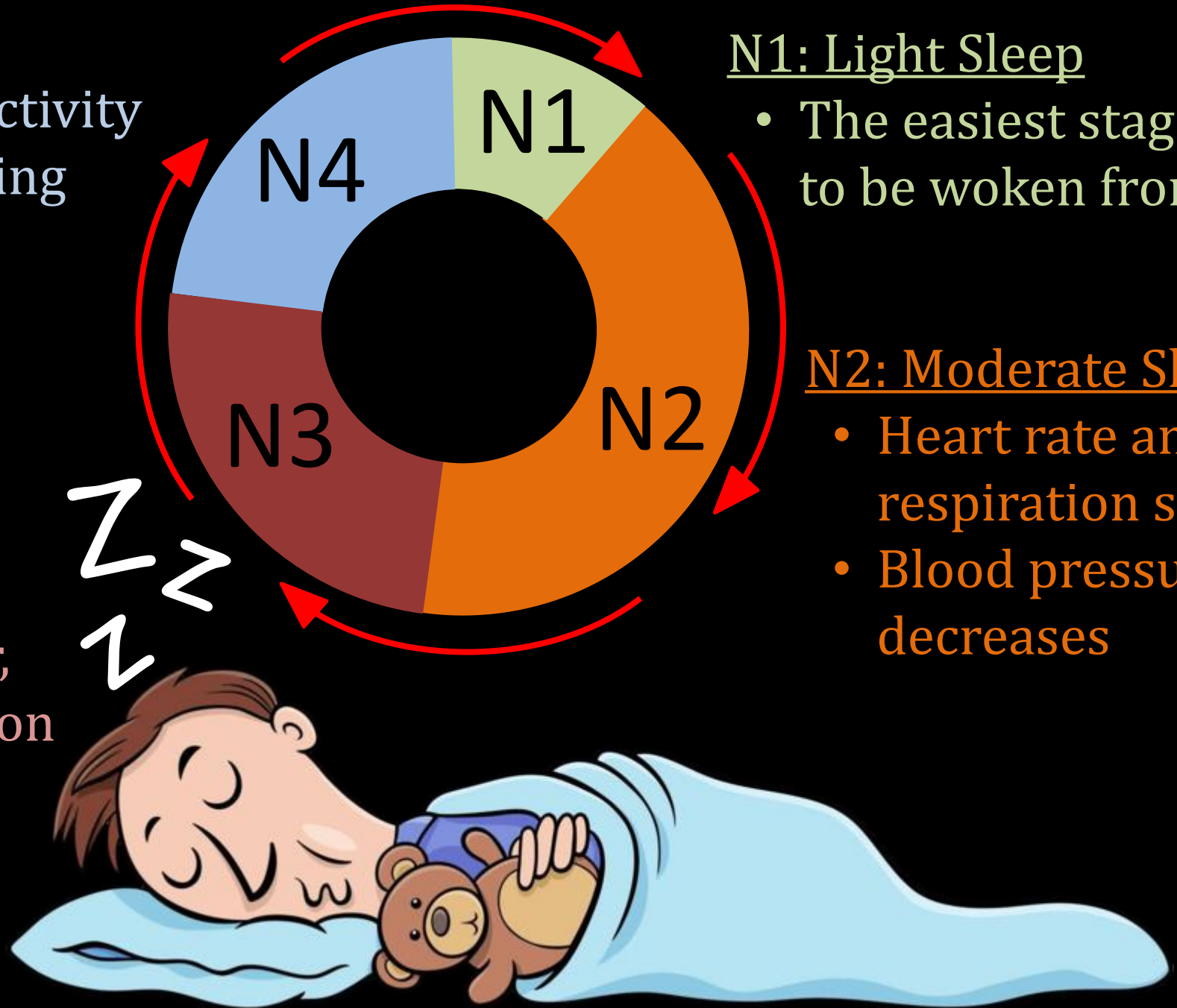
- 92-95% of people diagnosed as schizophrenic have some major sleep disruption or severe sleep dysregulation
- One of the major causes of psychosis is sleep deprivation

## N4: REM Sleep

- High brain activity
- Vivid dreaming
- Body in temporary paralysis

## N3: Deep Sleep

- Delta waves
- Healing, repair, and rejuvenation of the body



## N1: Light Sleep

- The easiest stage to be woken from

## N2: Moderate Sleep

- Heart rate and respiration slow
- Blood pressure decreases

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What is the cause of the person's sleep issue?

- Is it physical? (biological or substance related)
- Is it spiritual? (anxiety, guilt, fear, etc.)

# Helping a Person with Psychosis:

## The issues:

- Abused as a young child
- Experiencing auditory and visual hallucinations
- Hallucinations happening at times and in settings that corresponded with their past abuse
- Trouble going to sleep and staying asleep
- Would often stay up most the night full of anxiety

## Philippians 4:6-8

*<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*



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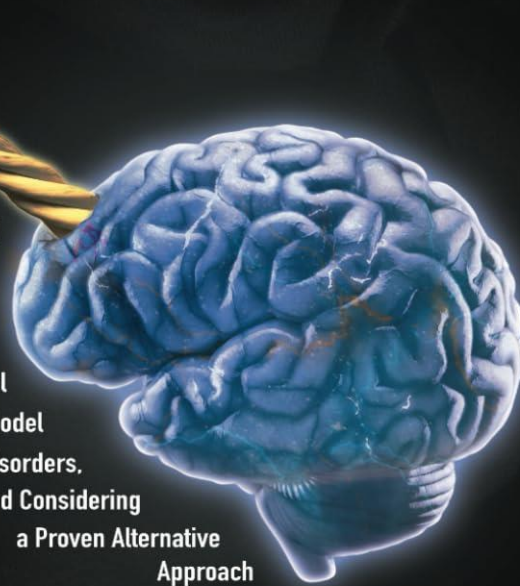


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# THE SCHIZOPHRENIC UNICORN

Understanding  
the Diagnosis of  
Schizophrenia.  
The Centrality of Sleep.  
the Biopsychosocial  
Diagnostic Model  
of Mental Disorders.  
and Considering  
a Proven Alternative  
Approach



DANIEL R. BERGER II

Questions? Comments?

