

Psychologized Culture and Drug Therapy

A. Examples of our psychologized culture,

1. Common statements of self-identification.
2. Use of the words: “disease” or “disorder.”
3. Unintended consequences.

B. Yes, there is a physical component.

1. Your Personal Data Inventory should include physical assessment questions.
2. Don’t hesitate to recommend a physical examination.
3. Examples of physical diagnoses that impact mood and behavior.

C. DSM5 – The Diagnostic and Statistical Manual for Mental Disorders – Fifth edition.

1. History of the “psychiatrist’s bible.”
2. Saving Normal.
3. DSM III and following editions – change to the “medical model.”
“Billions of research dollars **have failed to produce convincing evidence that any mental disorder** is a discrete disease entity with a unitary cause.” – Allen Francis, Chair of the DSM-IV Task Force, author of *Saving Normal: An Insider’s Revolt Against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life.*
4. Is there help in the DSM5 for the biblical counselor?

D. Psychology

1. Objective vs Subjective evaluations.
2. Reproducible results.
3. Science, philosophy, or myth?

E. Science fictions.

1. Fraud – Intentional falsification of data in scientific studies (more common than

you might suspect).

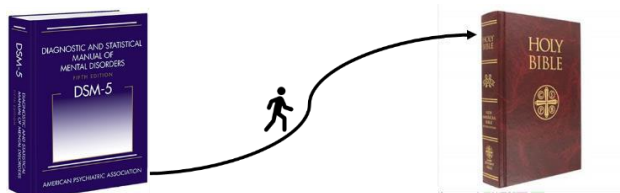
2. Bias – Any process at any stage which tends to produce results or conclusions that differ systematically from the truth, e.g., publication bias.
3. Negligence – Either 1) unforced errors that come from inattention, oversight, and carelessness or 2) from a design error from poor training, apathy, forgetfulness, and sheer incompetence.
4. Hype – Exaggerated advice, exaggerated causal claims and exaggerated inference to humans from animal research.

F. Drugs and their use in treating current mental health issues.

1. Monoamine hypothesis and chemical imbalance theory.
2. Commonly presenting in counseling:
 - a. Antidepressants
 - b. Anxiolytics
 - c. ADHD medication
 - d. Others
3. Be aware of side effects from psychotropic medications.

G. Changing the vocabulary.

1. Untangling the use of psychologized labels.
 - a. Counselors should understand that, for many, these labels are how they have learned to describe their problems.
 - b. Clarify the meaning of the labels used by your counselee.
 - c. Transitioning the conversation.



2. How does the Bible define the current psychological term?

- a. The bible speaks to all our life (2 Pet 1:3).
- b. Begin grounding the counselee in the framework of Scripture.
- c. Move from disease and disorder terminology to defining what is overflowing from the heart.
- d. Remember 2 Tim 3:16 – We sometimes need to reprove:

To reprove is to... “So to rebuke another, with such effectual wielding of the victorious arm of the truth, as to bring him, if not always to a confession, yet at least to a conviction, of his sin.” – Richard Trench from “Synonyms in the New Testament.” (cf. Titus 1:9).

Scripture has that effect on us as we study it and feel its convicting power, or on others as we point them to it.

H. Addressing questions brought to you about psychotropic medications.

1. Questions presented before they are placed on medication.
2. Questions presented after they are placed on medication.

I. Working with counselees that have a DSM5 diagnosis.

1. Assessment: Questions that reveal what is behind the label they are using.
2. The Counselor should use biblical terminology as he understands the issue.
3. Use the narratives of Scripture which speak to the heart issue that is being identified.

A few examples include:

- a. Moses – Anxiety and fear (Exodus 3-4).
- b. Elijah – overwhelming sadness (1 Kings 19).
- c. Psalmist – Grief (Ps 42, 43 among many others).

d. Isaiah 54 – humiliation and fear.

J. Conclusion:

1. Not everything is physical, but everything is spiritual i.e., how the counselee will respond to his current situation.
2. The sufficiency of Scripture – the backbone of biblical counseling.
3. Unlike secular psychologists, biblical counselors view the consideration of God as critical in developing a proper view of human nature, and they recognize that the source from which to draw an understanding of God is made possible primarily through the sacred Scriptures. The Bible, therefore, is the ultimate source of knowing (not science, as is the case in secular psychology). Succinctly stated, the Bible is the epistemological basis from which biblical counselors develop their presuppositions regarding all that is counseling.
4. Paul is saying (Col 2:4) – Wake up! Pay attention! Danger! These things are empty deceptions (designed to trick or entice through a pleasant illusion). Paul expresses it this way, “according to the tradition of men, according to the elementary principles of the world RATHER THAN according to Christ.”
5. Do not be taken captive by philosophy and empty deception (Col 2:8).
6. Follow Scriptures admonition.
 - a. Let the word of Christ richly dwell within you (Col 3:16).
 - b. Do all for the glory of the Lord (Col 3:17).
 - c. Know how you are to respond (Col 4:6).