

Healing the Whole Self

ATLANTA CHURCH OF CHRIST IN GWINNETT

JANUARY 24, 2015

Luke 10:27

□ **Love God with all your...**

- **Heart**
- **Soul**
- **Mind**
- **Strength**

□ **Neighbor as yourself!**

Key Concepts:

- **“The Mind does well what the mind does often”**
- **“How fascinating”** *The Art of Possibility*

**“Don’t confuse me with the facts, my
mind’s made up!”**



Harmonizing Counseling and Ministry

- Balance vs. Harmony—not us/them (history)



Not Apparent , Admitted or Acknowledged



Stats NIMH

Any disorder

- 12-month—26.2
- Lifetime—46.4

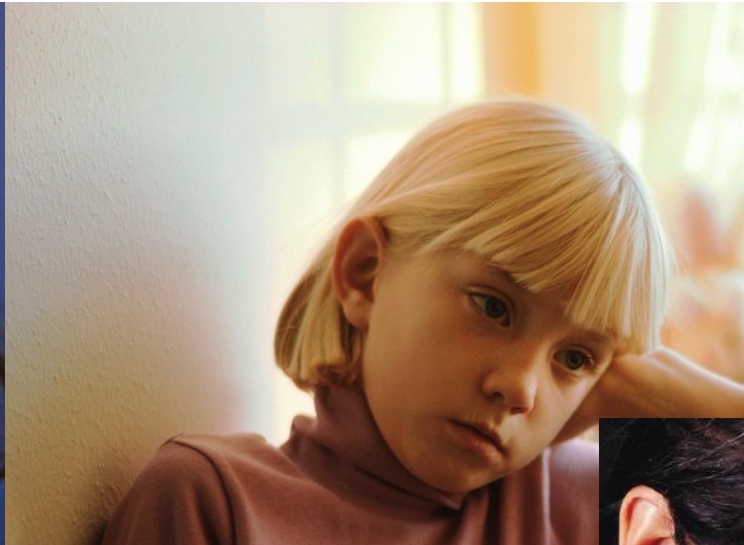
Mood disorders (MDD 16.5%, Bipolar 4%)

- 12-month—9.5
- Lifetime—20.8

Anxiety disorders (GAD, AD, Specific phobias)

- 12-month—18.1
- Lifetime—28.8
- 1.6 higher in women

DEPRESSION



Stress, worry, anxiety



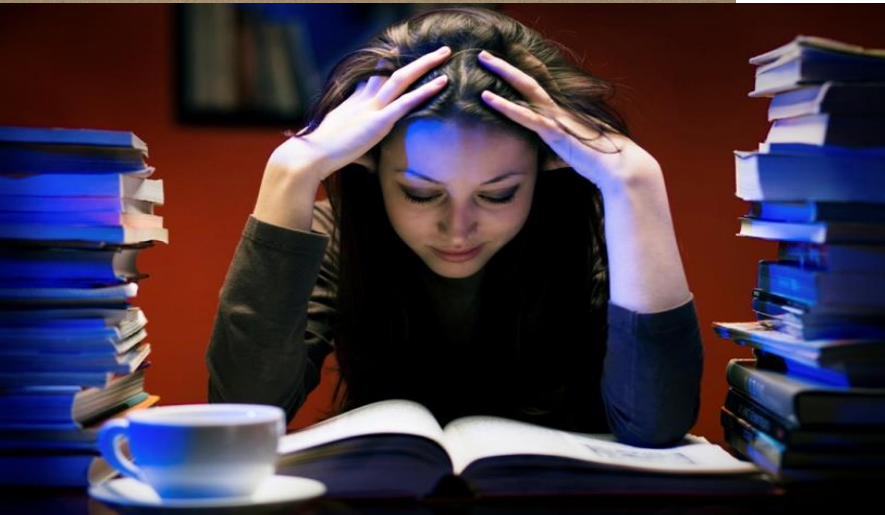
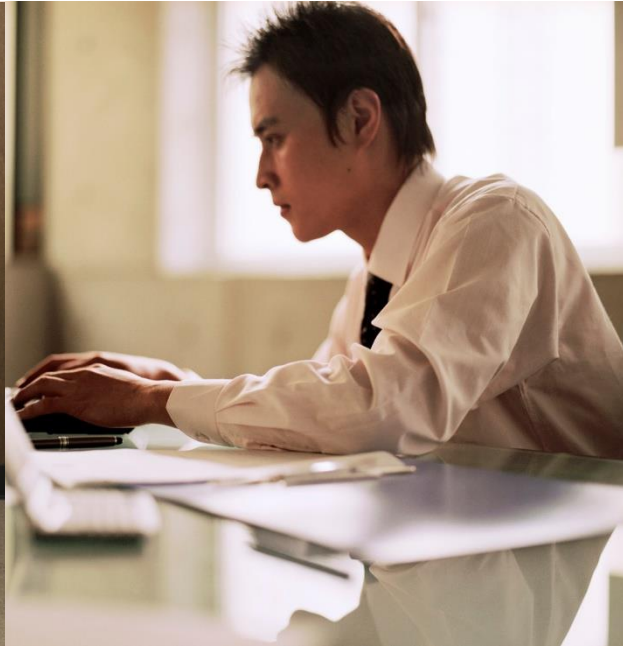
Manic/Depressive—Bipolar



Effects Individuals and Families



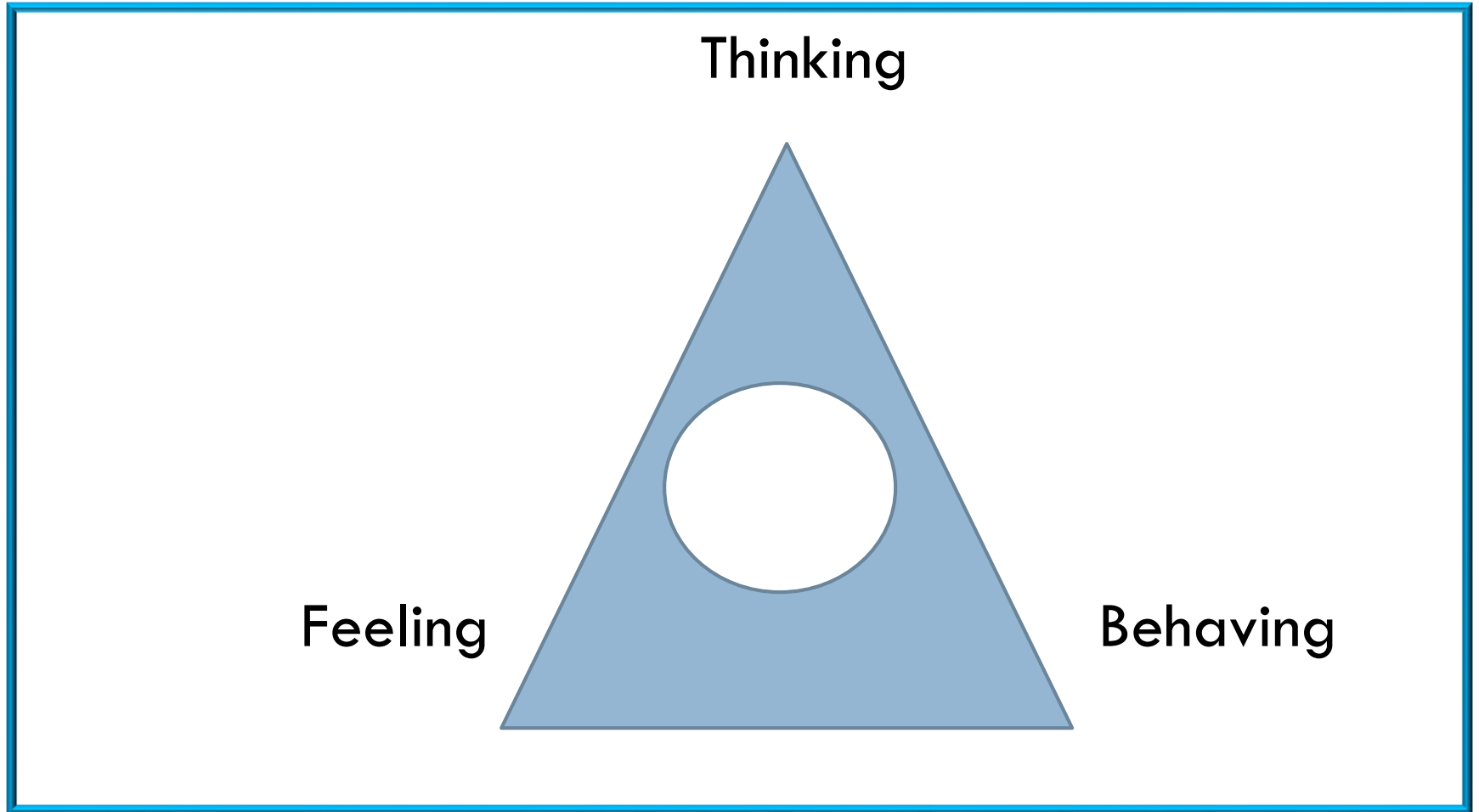
“Over”whelmed



Hebrews 12:1-2, 1 Thess. 5:14

- **“Impairment” DSM V**
- **Thought disorder—schizophrenia, delusions , hallucinations, paranoia**
- **Personality Disorders—Borderline, Narcissism**
- **Mood Disorders—MDD, Manic/Depressive (Bipolar)**
- **Anxiety Disorders—social anxiety, panic attacks, specific phobias**
- **Eating Disorders—bulimia, anorexia nervosa**
- **PTSD—military personnel, physical and/or sexual abuse**
- **OCD—washers, checkers, orderers, repeaters, hoarders**
- **Somatic Disorders—Pain Disorder, Conversion Disorder**
- **Sexual Addiction**
- **Fetishism**
- **Substance Abuse**
- **Sleep Disorders**

Psychological/Spiritual Triangle



“Two Wolves Fighting”

□ Rom. 8:5-8

⁵ Those who live according to the sinful nature have their *minds set* on what that nature desires; but those who live in accordance with the Spirit have their *minds set* on what the Spirit desires. ⁶ The mind of sinful man^[a] is death, but the mind controlled by the Spirit is life and peace; ⁷ the sinful mind^[b] is hostile to God. It does not submit to God’s law, nor can it do so. ⁸ Those controlled by the sinful nature cannot please God.

□ Gal. 6:7-9

Do not be deceived: God cannot be mocked. A man reaps what he sows. ⁸ The one who sows to please his sinful nature, from that nature^[a] will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. ⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

“Prepare your minds for Action” *1 Peter 1:13*

- “Do not **conform** any longer to the pattern of this world.....**transformed** by the **renewing** of your **Mind**”
Romans 12:2
- “Futility of their **thinking**...hardening of their hearts. Having lost all **sensitivity**, given over to **sensuality**...with **continual lust for more.**” Ephesians 4:17-19
- “**Set your hearts and minds** on things above” Col. 3
- “**Train yourself to be Godly**” 1 Timothy 4:7
- “**Think** about such things” Phil. 4:8

“Brought to completion”

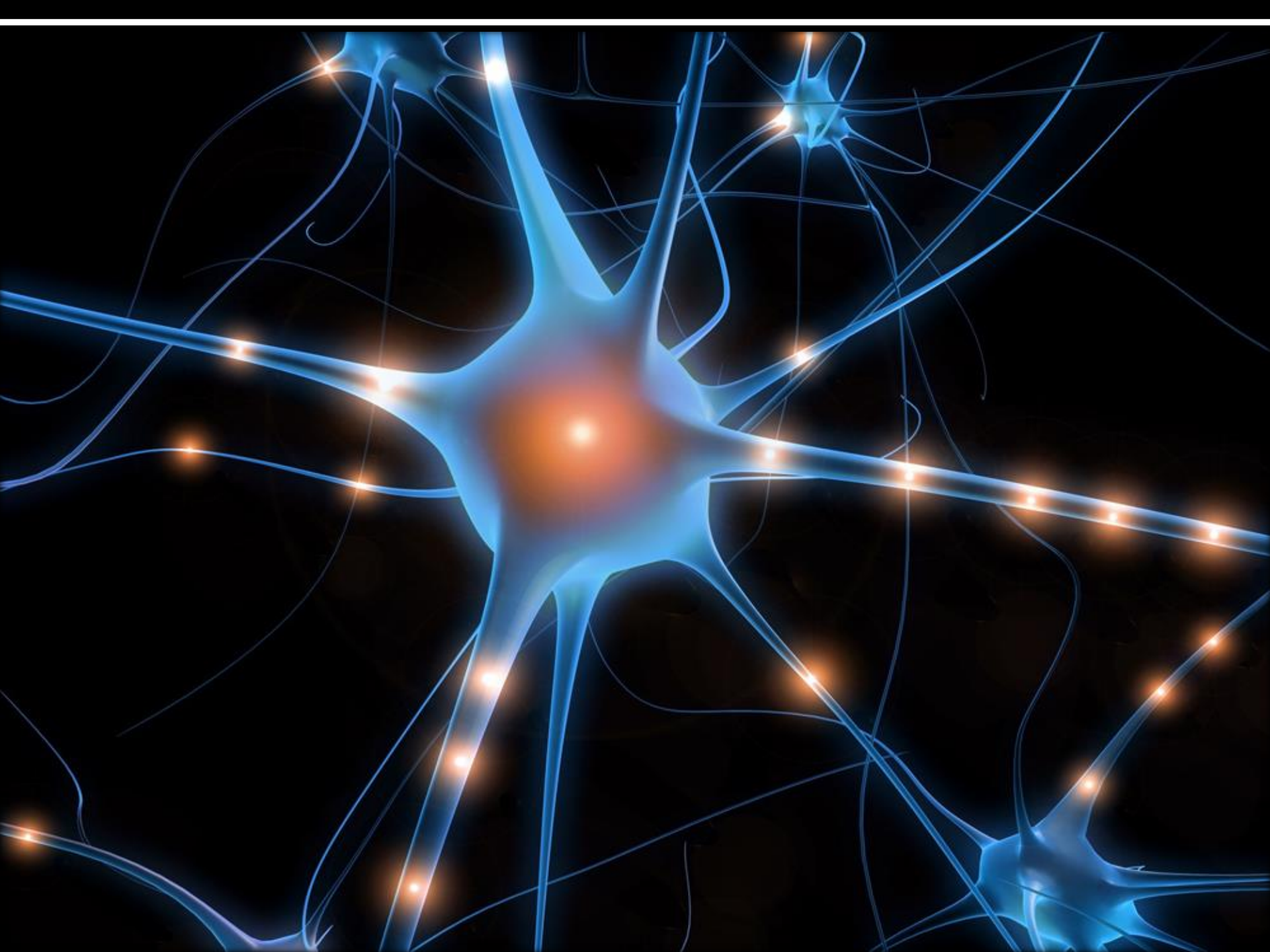
- **“Good job helping people understand being forgiven; not such a good job helping people heal”**
J. Louie
- **“We proclaim him, admonishing and teaching everyone with all wisdom, so that we may present everyone *perfect* in Christ. ²⁹To this end I labor, struggling with all his energy, which so powerfully works in me.”**
- **Phil. 1: 6 Good works brought to completion**

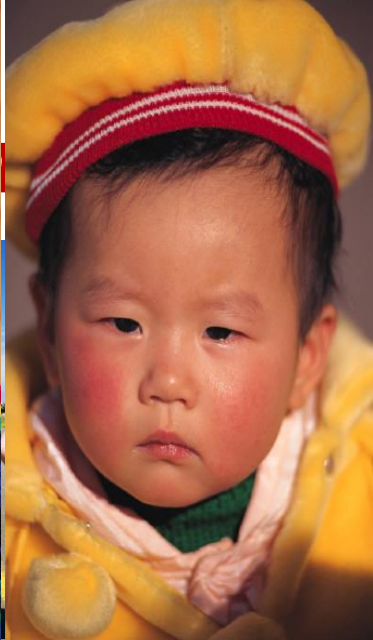
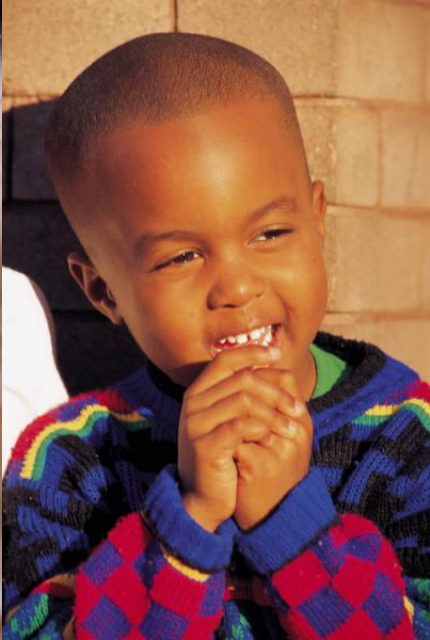
KEY CONCEPT

**“The Mind
does well what the
Mind does
Often”**

“Neurons that fire together, wire together”








Prejudices and Judgments and Pre-cognitive commitments



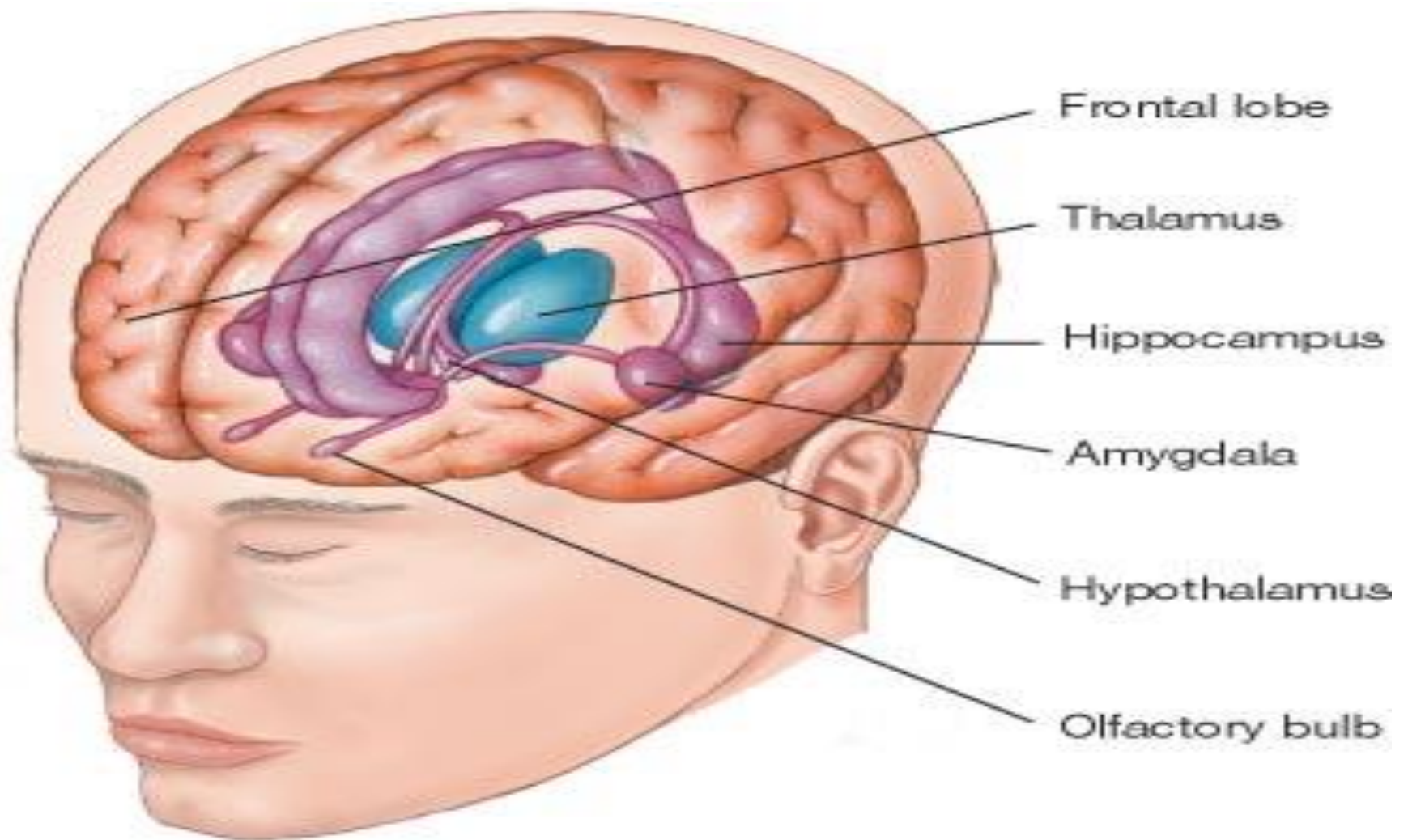
**“Nice tie, too bad it doesn’t match
your shirt”**





***“You may not remember
what happened, but you
will always remember
how it made you feel.”***

Limbic System



“Tyranny of the Urgent” Hummel



Are you or others noticing *changes*:

Cognition

- ❑ Lack of concentration, focus, attention
- ❑ Racing thoughts
- ❑ Rumination
- ❑ Indecisive
- ❑ Excessive worry
- ❑ Pervasive A.N.T.s



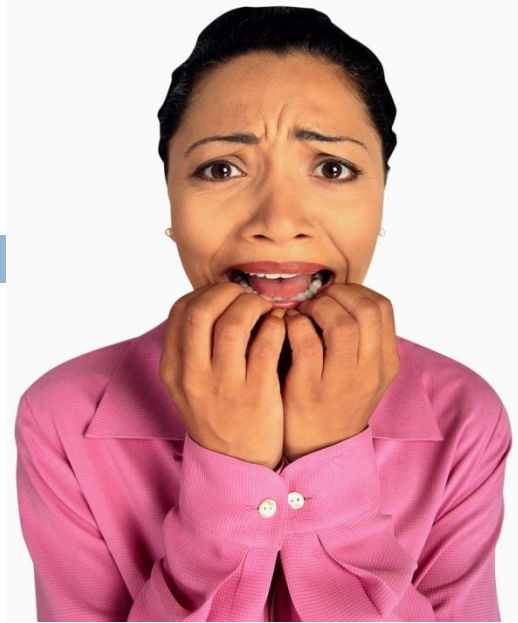
Emotional

- Moodiness
- Irritable or short temper
- Agitation, unable to relax
- Isolation or feelings of loneliness
- Helplessness
- Hopelessness
- Loss of interest



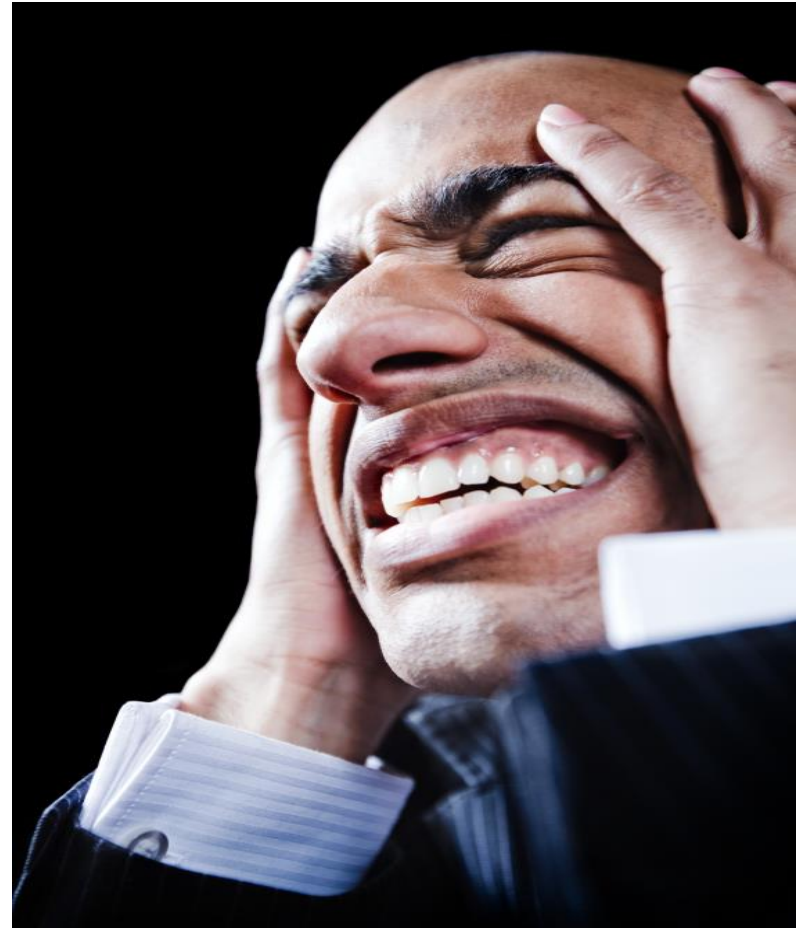
Behavioral

- Change in sleep—too much, too little
- Change in eating habits
- Procrastinating or putting off responsibilities
- Isolating yourself
- Increase in “nervous” habits (nail biting)



Physical

- Aches and Pain
- Digestion issues
- Dizziness
- Chest pain, rapid heartbeat
- Loss of libido
- Frequent colds



Getting Started...



- 
- Bobby McFerrin—"Don't Worry be Happy"
 - Bob Newhart-Stop It

Where to start!



$N+1$

Setting Outcomes

- **In order to maximize the benefit you want to receive from your session** prepare three goals or outcomes that you would like to achieve. These can include areas that you want to improve upon, develop for the first time, or eliminate altogether. Usually 3:

- **Outcome 1** (Be specific and include time frames)

- List the top three reasons why it is important for you to accomplish this outcome.

1. _____

2. _____

3. _____

3 P's of Session


Process

Present

Practice

Pharmacological Approach



- 
- Absolutely appropriate and necessary for serious mental health disorders such as:
 - Major Depression
 - Schizophrenia
 - Manic-Depressive
 - Anxiety Disorders—OCD

- There is a place for a pharmacological approach as part of a treatment *plan—but not solely or hastily.*
- **“Natural Prozac”**--the body is equipped to correct imbalances—sometimes not functioning properly
- **Can help decrease the incline—not take away the work!**



Non-compliance is serious issue

- Side effects—weight gain, “fog”, loss of libido
- Improve— “I don’t need this anymore”
- Young Christians—misconceptions, misunderstanding

“Joe”

- 35yo male, married with 2 children
- Family group leader
- 2-3wks dynamic, quick minded, zealous, extremely productive, could be affable, but abrasive if things didn't go his way, grandiose, little or no sleep, family would not his attention, delusional
- Go month or two when he'd be withdrawn, lose of interest, hopeless.
- Dx of Manic/Depressive—managed with medication
- Discuss his responsibility—not because of BD, but not being diligent about taking medications—pride, selfishness (manic phase)

Cognitive Therapy/Repentance--ST

$$A + B = C$$

- **A.ctuating Event**
- **C.onsequences—Feel/Behave**
- **B.elieve about A.**
- **D.ispute B**

Cognitive Distortions

□ ***“Stinkin Thinkin”***



- **“If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment” *Marcus Aurelius***
- **“The greatest weapon against stress is our ability to choose one thought over another” *W. James***
- **“Of all things I’ve suffered through in my life, some have actually happened.” *Mark Twain***

A.N.T.S.



Cognitive Distortions

Aaron Beck first proposed the theory behind cognitive distortions and David Burns was responsible for popularizing it with common names and examples for the distortions.

1. Filtering.

We take the negative details and magnify them while filtering out all positive aspects of a situation. For instance, a person may pick out a single, unpleasant detail and dwell on it exclusively so that their vision of reality becomes darkened or distorted.

2. Polarized Thinking.

Things are either “black-or-white.” We have to be perfect or we’re a failure—there is no middle ground. You place people or situations in “either/or” categories, with no shades of gray or allowing for the complexity of most people and situations. If your performance falls short of perfect, you see yourself as a total failure.

3. Overgeneralization.

We come to a general conclusion based on a single incident or piece of evidence. If something bad happens once, we expect it to happen over and over again. A person may see a single, unpleasant event as a never-ending pattern of defeat.

4. Jumping to Conclusions.

Without individuals saying so, we know what they are feeling and why they act the way they do. In particular, we are able to determine how people are feeling toward us. For example, a person may conclude that someone is reacting negatively toward them and don't actually bother to find out if they are correct. Another example is a person may anticipate that things will turn out badly, and will feel convinced that their prediction is already an established fact.

5. Catastrophizing.

We expect disaster to strike, no matter what. This is also referred to as “magnifying or minimizing.” We hear about a problem and use *what if* questions (e.g., “What if tragedy strikes?” “What if it happens to me?”).

For example, a person might exaggerate the importance of insignificant events (such as their mistake, or someone else's achievement). Or they may inappropriately shrink the magnitude of significant events until they appear tiny (for example, a person's own desirable qualities or someone else's imperfections).

6. Personalization.

Thinking that everything people do or say is some kind of reaction to us. We also compare ourselves to others trying to determine who is smarter, better looking, etc. A person sees themselves as the cause of some unhealthy external event that they were not responsible for. For example, “We were late to the dinner party and *caused* the hostess to overcook the meal. If I had only pushed my husband to leave on time, this wouldn't have happened.”

Disputing Your A.N.T.s

- Matt. 6 “Why We Worry”
- Phil. 4:8—“*The 4:8 Principle*” Tommy Newberry
- Romans 12:1-2, **Neuroplasticity**
- **Exercises** (“Train yourself to be godly” I Tim 4:7)
 - 25 positive thoughts (thankful, God given talents, those who love you, accomplishments so far, looking forward to in next 7 days)
 - “Things I cannot control vs. things I will influence.”
 - Worksheets

Negative Judgments Record



Things I Can't Control

Things I Can Influence



“Fred”

- 36yo male, married, no children
- Professional and adjunct teacher at local college
- Disciple for 7 years
- Moved to Savannah 5 years ago
- *Gephyrophobia*—fear of crossing bridges
- Here and Now—not why but how it affects him
- Relaxation
- Exposure—Visualization, In Vivo, Flooding
- Takes Time!



Behavioral

Behavioral Change

- Reaction vs. Action
- 95 % of behavior is “habitual” or subconscious
- Makes sustainable change difficult

Teachable + Accountable = Obtainable/Sustainable



Change



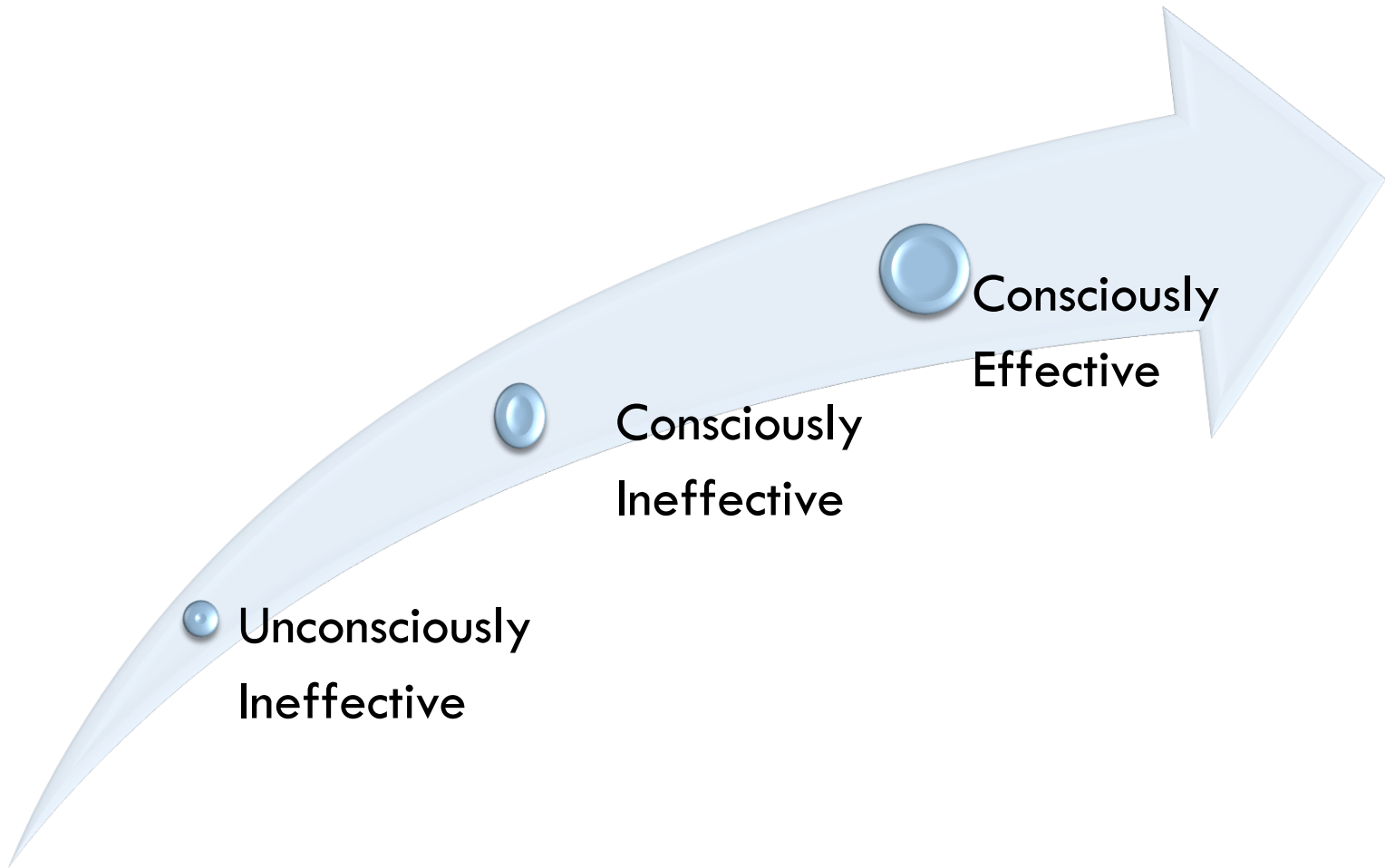


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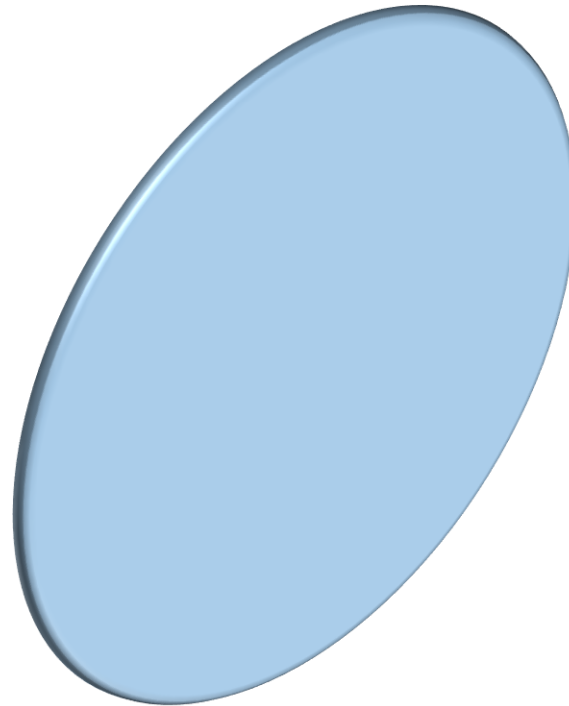
“Alice”

- **28yo female, married, husband, 4yo daughter**
- **Baptized as college student**
- **School teacher**
- **Hx—raised between mother and grandmother, insecure attachment, mother w/hx of drug abuse, 16yo drugged/beaten/raped, SI and attempt**
- **Presenting problem: depression, bulimic bingeing & purging**
- **Compelling Commitment--healthy/Godly view of herself**
- **Thought out decision--reasonable diet**
- **Vital Behavior— not open cabinet with peanut butter/snacks**
- **Critical Moment—clearing table after dinner “train-bridge”**
- **Accountability Partner**

Levels of Effectiveness




UNCONSCIOUSLY EFFECTIVE



*CHRISTIAN
MINDFULNESS
TRAINING*





***“Between stimulus and response
there is a space. In that space is our
power to choose. And in that choice
lies our growth and our freedom.”***

Victor Frankl



S **R**



“How fascinating....”

The Art of Possibility, Zanders

S.T.O.P.P.

S.tep back

T.ake a breath

O.bserve

P.ray

P.roceed

Neuroplasticity

- “The Graduate”—future is in plastics!
- “Change Your Brain, Change Your Life” Daniel Amen, MD
- “Train Your Mind, Change Your Brain: how a new science reveals our extraordinary potential to transform ourselves” Sharon Bagley

- 
- ***Mindfulness Based Cognitive Therapy—
Evidence Based!***
 - ***Christian Mindfulness Training***

What is Mindfulness?

- ***“Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”*** Jon Kabat-Zinn

- **Philippians 4:10-13—part of the “secret” is accepting our circumstances, not evaluating**

Paying Attention

- How many times do our children hear “Pay Attention!”
- ***Auto-pilot!***
- ***Awareness— “be alert, wake up O sleeper”***
- ***Jesus examples: Zacchaeus, Woman touching his cloak***

Practice Skill #1

Sight

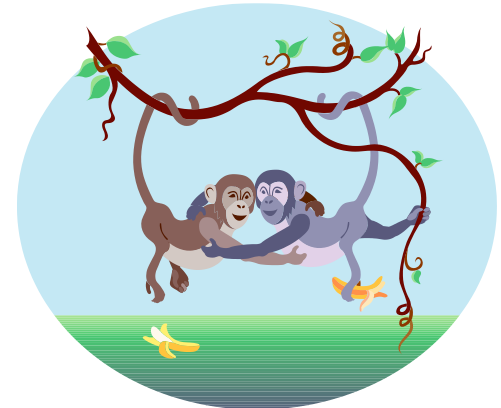
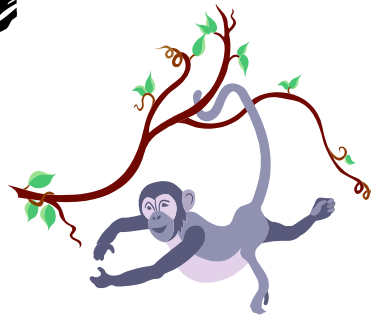
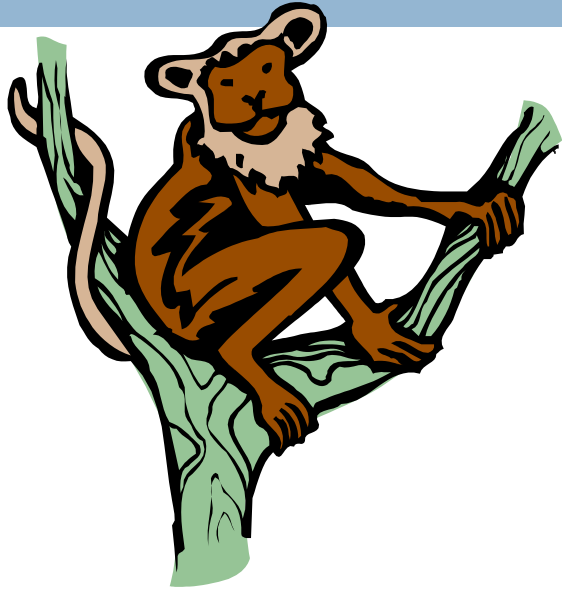
Sound

Touch

On Purpose—with Intention

- Takes a conscious decision
- Learning to **Process** information we receive differently, not just the **Content**
- Perception Filters
- “Count the number of F’s”

A look into our minds at times



IN THE PRESENT “MOMENT”

- Not being absorbed in the memories of the past and planning or fretting about the future
- “Worried Well” Mt. 6:25-34
- “Monkey Mind”
- “Avalanche of Information” and the “Tyranny of the Urgent”
- Multi-tasking—do one thing at a time!

NON-JUDGMENTALLY

- We know the Luke 6 and Matthew 7 passages.
- We can be quick to analyze, categorize, and criticize.
- “As humans we are always deciding what things mean.”
- Learning to unglue our opinions
- “Pre-cognitive commitments” Ellen Langer
- What are the facts, what *is* without jumping to what *should* be.

What Mindfulness is Not

- Not detaching from your experiences and failing to emotionally engage.
- Includes meditative practice, but that's not all
- Not passive, accepting whatever happens!

Not a replacement for Bible study and prayer—
compliments vs. competes

OBSERVE

- “How fascinating”
- Notice without getting caught, trapped in the experience
- Don’t push away or avoid
- Control your attention, but not what you see—push away nothing, cling to nothing
- ***Teflon mind vs. Velcro mind***

DESCRIBE

- Put words on the experience
- Labeling—FITT, SST
- Helps in taking the “stickiness” off
- Getting “above the train tracks”

ENGAGE

- Acting out of our “Wise/Spiritual Mind”
- **Jesus: John 8– “Women caught in adultery”**
- Practice in “non-game” situations
- “Everyone one wants to hit a homerun”

Practice Skill # 2

- ***BLANK AND RELAXED***

Practice Skill # 3

F.EEL

I.MAGE

T.ALK

T.OUCH



John 8