

Counseling People Who Are on Psychological Drugs

I. Are psychological drugs needed in biblical counseling?

A. Difference between medicine and psychiatry regarding _____.

1. Medicine.

- a. There are definitely _____ causes of a number of behavior problems.
- b. Whenever a truly organic cause is found, it is given a _____ diagnosis.
- c. The diagnosis primarily _____ the disease in the body rather than the symptoms.
- d. To qualify as an _____, the condition in question must show damage to the body's physical tissue.

2. Psychiatry.

- a. To contrast, in psychiatry diagnoses are made on the basis of _____ of the person not the _____ for the behavior.
- b. Various _____ are proposed to account for the behavior.
- c. Contrast the _____ between medical and psychiatric diagnoses this way:

Medicine: _____ -> Symptoms (behavior)

Psychiatry: _____ <- Symptoms (behavior)

B. Rationale for use of drugs.

1. He is living by _____ rather than biblical principles.
 - a. He does not see _____ in the trials – Rom. 8:28,29.
 - b. He claims the real solution is to _____ the feelings.
2. He has not known how or has refused to use the _____ to deal with life.
3. Very likely told he has a _____ imbalance.

--->--->| Synapse |--->--->

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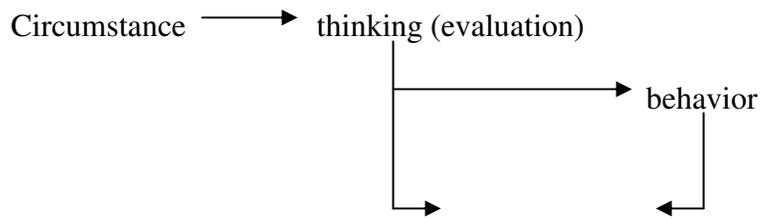
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Catecholamines

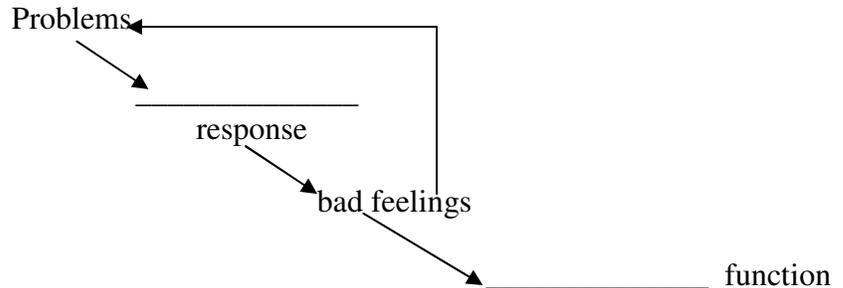
Norepinephrine

Dopamine

- a. A chemical imbalance is the term used for the _____ that one of the chemicals is too high or too low in this synaptic junction.
 - b. Chemical imbalance is only a theory _____ a fact.
 - c. Improvement of feelings as a result of the chemical does not _____ there was a chemical imbalance.
 - d. "Maybe sinful _____ has _____ a chemical imbalance and medication is needed to restore it."
 - e. _____ studies have not proven it to be a fact.
 - f. "What if the _____ reveals the theory to be actual fact or they find some other physical cause for the behavior?"
 - g. There are true chemical imbalances in the body but when they are present the condition is no longer _____ as chemical imbalance but are given medical disease labels.
 - h. "Wouldn't it be good to use medications to control _____ behavior to calm a person down so you could counsel him?"
 - i. Questions to ask when a physical problem (like chemical imbalance) is allegedly producing _____ or _____ problems.
 - 1) What _____ were run to prove a physical problem is present?
 - 2) How was it proven that the alleged physical condition is the _____ of the emotional or behavioral actions?
 - 3) How can it be proven that the recommended medication _____ the physical problem?
4. _____ have helped him to feel better.
- a. The Bible teaches that feelings are the _____ of thinking and doing - John 13:17; James 1:25; Proverbs 29:18.



- b. Problems in life responded to in _____ manner produce unpleasant feelings.



- c. Feeling oriented people use their bad feelings as the _____ for their inability to function.
- d. Medication is used to _____ the bad feelings, making the person feel better and thus help him function better.
- e. It is unknown _____ the chemicals improve the feelings.
- f. When person feels better because of the improved feelings this gives the false impression the problems are _____ .
- Even though feelings are improved with drugs, this does not get at the _____ of the problem.
- g. New drugs are continually developed because of _____ and side effects of the current ones.

C. Medication is not _____ or even _____ in biblical counseling.

D. When there is no _____ organic cause for the behavior, use the Bible.

II. Counseling principles to be used.

A. Data gathering for some essential information.

1. Spend considerable time _____ about the problems in the person's life when medications were started.
2. Learn what made those situations _____ .
3. Learn how the counselee _____ to them.
4. What was the _____ of each response?
5. How has the _____ helped with each of these situations?

- B. Build involvement and give much _____ .
- C. Do not be _____ of him since he is following the advice given.
- D. Teach _____ principles to apply to each problem and the presence of bad feelings.
- E. Your primary goal in counseling is not to get the person _____ medication.
- F. The _____ goal is to become more like Christ through the problems rather than feeling better.
 - 1. To become more like Christ through daily problems means to handle or _____ to them in a way that pleases Him.
 - 2. The Bible has promised great _____ in difficult situations where change in feelings is not possible.
 - 3. Your goal is to teach the counselee how to deal with the problems biblically so that the medication is _____ .
- G. A counselor says, "I have been counseling this person and I cannot find any significant _____ problems in his life, so wouldn't medication be needed?"

III. Coming off the medication.

- A. "What if the counselee is already on _____ ?"
 - 1. As the counselor, taking the counselee _____ medication is NOT something for you to do.
 - 2. Your task is to help them find _____ solutions to the problems while still on the medicine.
- B. How to respond when counselee requests the medicine be _____ .
 - 1. Learn the person's _____ for wanting to stop.
 - 2. Explain to the counselee that there is much work to do before that question can be _____ and you will deal with it later.
- C. Only discuss discontinuing medication when you are convinced the person has _____ the use of medication with biblical principles.
- D. If you are convinced the counselee can come off the medication send him to the _____ who started them.
- E. If that doctor refuses, then the counselee needs to get a _____ .
- F. Continue counseling as a form of _____ reports every week for 3 - 4 weeks after stopping the medication.