

## Disease or Not: What is Truth?

- A. Counselors often sincerely believe that they have a disease which holds their behavior captive. They are armed with the labels PTSD, OCD, ADHD, SAD, BPD, ADD and others. What is fact in all of this and what is fiction?
- B. What is the definition of disease?
1. The Surgeon General - Mental illness is difficult to diagnose because there is not pathological change in the body.
  2. Dictionary: a pathological change in the body.
  3. Must be objective.
  4. Sometimes physicians cannot give objective evidence for a real disease. Migraine vs. Diabetes.
  5. The problem of shifting language use.
  6. Migraine better labeled a syndrome: a group of symptoms that collectively indicate or characterize a disease.
  7. Disorder also applies; a medical disorder is a state in which there is deviation from the normal functioning of physiological processes not of pathological origin.
  8. What is the difference: BPD 2 vs. Migraines? Theory or fact?
- C. How did we get here?
1. NIMH, Drug Manufacturers, Television education.
  2. The Grand Theory of Everything.

3. We do not know how antidepressants work.
  4. The next question is do antidepressants work?
  5. I do not want to look like Tom Cruise!
  6. Romans 14: withhold judgment.
  7. The current state of medicine is a great opportunity.
- D. What is True?
1. Psalm 19:2-11
  2. John 17:17
  3. What are you going to believe: Theory or Truth?
  4. How do I parse my way through this?
  5. Never call sin a disease!
  6. Never call anything sin the Bible does not clearly identify as sin.
- E. The List!
1. PTSD. Worry on Steroids! No Pathology. Use the Bible!
  2. ADD/ADHD. No conclusive pathology. MRI studies are flawed. Use the scriptures. Warning: not every child labeled ADHD is well. Look for another neurological disease or disorder.
  3. OCD. PET scanning is not conclusive. Use the scriptures. Always be gracious!

4. SAD. No pathology. Use the scriptures
  5. BPD 1. No pathology, but leave room for questions. You can not counsel people who are out of touch with reality. Use the Bible when they are back in reality.
  6. BPD 2 and all variants. No pathology, use the Bible.
  7. Fetal Alcohol Syndrome: a syndrome that really is a disease. Expect as much as you can depending on their level of function.
  8. Crack Babies: mythology vs. a mixed picture.
- F. How to dialogue convincingly with counselees who believe they are unable to deal with sin in their lives because of a physical ailment.
1. Romans 5:12, James 1:2-5, Romans 8:28 - Everyone has problems and God wants to use them.
  2. Motive matters in anorexia and everything else.
  3. 2 Cor 5:9 - I want to glorify God with my life more than I want to breathe.
  4. Matt.22:37-39 - Love God and others.
  5. John 14:21 - The one who loves keeps His commandments.
  6. John 13:17 - There is joy in serving Jesus, washing dirty feet.
  7. 2 Tim 2:24-26 - Not everyone wants help. Some just come to talk.
  8. Counselees with the right motive can and do change.