

What Is Medical about Mental Illness?

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- I. A Growing Controversy with the publication of the DSM 5.
 - A. What part of it is real illness?
 - B. The controversy is between psychologist and psychiatrists.
 - C. Counselees sincerely believe that they have a disease which holds their behavior captive. They come with the labels such as PTSD, OCD, ADHD, SAD, BPD, ADD, and others. What is fact in all of this and what is theory?
 - D. Biblical views of illness (Luke 8:41-48, Mark 5:25-34). There are some problems medicine cannot deal with.
 - E. The sick need a physician (Mark 2:17).
 - F. Our current standards of care may not help (John 5:1-9).

- II. What is the definition of disease? What is mental illness, medical illness?
 - A. Medical illness. Dictionary: a pathological change in the body. Must be objective. "...a disorder of structure or function...that produces specific signs or symptoms that affects a specific location and is not simply a direct result of physical injury."
 - B. Virchow, the father of modern pathology.
 - C. Mental illness: "A health condition that changes a person's thinking, feelings, or behavior and that causes the person distress and difficulty in functioning." – NIH/NIMH
 - D. The Surgeon General. Mental illness is difficult to diagnose because there is not pathological change in the body.
 - E. Sometimes physicians cannot give objective evidence for a real disease. Migraine vs. diabetes.

III. Medical ailments with emotional, behavior, and thinking struggles.

- A. Obstructive sleep apnea, sleep deprivation.
- B. Cushings disorder.
- C. Lupus.
- D. Hemochromatosis.
- E. Hepatic encephalopathy.
- F. Hypo/hyperthyroidism.
- G. Schizophrenia.

IV. DSM Disorders. What is the difference:

- A. PTSD. Worry on steroids! No pathology. Use the Bible!
- B. 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.
- C. OCD. PET scanning is interesting. Use the scriptures.
 - Always be gracious!
- D. SAD. No pathology. Use the scriptures. Two weeks in Florida. Vitamin D.
- E. BPD 1. No pathology, but leave room for questions. You cannot counsel people who are out of touch with reality. Use the Bible when they are back in reality.
- F. BPD 2 and all variants. No pathology, use the Bible.

V. What is true?

- A. Psalm 19:2-11.

- B. John 17:17.
 - C. What are you going to believe: Theory or Truth?
 - D. How do I parse my way through this?
 - E. Never call sin a disease!
 - F. Never call anything sin the Bible does not clearly identify as sin.
- VI. How to dialogue convincingly with counselees who believe they are unable to deal with sin in their lives because of a physical ailment.
- A. Romans 5:12, James 1:2-5, Romans 8:28 -- Everyone has problems and God wants to use them.
 - B. Motive matters in anorexia and everything else.
 - C. 2 Corinthians 5:9 -- I want to glorify God with my life more than I want to breathe.
 - D. Matthew 22:37-39 -- Love God and others.
 - E. John 14:21 -- The one who loves keeps His commandments.
 - F. John 13:17 -- There is joy in serving Jesus, washing dirty feet.
 - G. 2 Timothy 2:24-26 -- Not everyone wants help. Some just come to talk.
 - H. Counselees with the right motive can and do change.

