

LECTURE #23

DEPRESSION

INTRODUCTION

-- Ranking first in the list of 20th century American problems is marriage. Close second is depression.

-- Defined: Depression is that debilitating mood, feeling or air of hopelessness which becomes a person's excuse to _____ from _____.

That means...

1. _____ is not depression.
2. Being _____ is not depression.
3. Being down and _____ is.

-- Realize the importance of dealing with depression in the Church ministry.

-- The question is asked in our day, "Is it a _____ problem?"

I. HOW TO IDENTIFY DEPRESSION.

A. Use the Personal Data Inventory.

-- moody, often blue, serious, shy, introvert, easy-going, quiet, self-conscious, lonely, sensitive

-- nervous, impatient, impulsive, excitable, imaginative

B. Look for Halo Data.

-- "_____ the _____" attitude, air of hopelessness (he will try to convince you it's no use)

-- may cry easily, sighs, looks down, sits motionless

-- general drooping of face muscles, unkempt appearance

-- seldom laughs

-- physical slowdown (there are _____ effects of depression)

C. Consider complaints or _____ Data (information they give us).

-- tired often, don't sleep well or sleep much; go to bed tired and _____
tired; never enough time to get things done

-- backaches, headaches, loss of appetite (occasionally may overeat, sleep
as an escape, sex as an escape, is running from problems)

-- slavery to habits; talk about problems but do not act on them
Psalm 32:3 - 4; 38:4 - 6; Prov. 14:30

(Fatigue is increased by worry about unfinished tasks, lack of sleep,
overeating, dieting, drugs, dread of work, etc.)

II. SEPARATING THE PRESENTATION PROBLEM FROM THE PERFORMANCE PROBLEM.

A. Consider the _____ Problem.

1. This is their understanding of the problem that they give you.

Example: "I'm tired most of the time. I cry a lot. I'm nervous. I never
get anything done. My husband just doesn't understand me and yells at
me."

2. Note: This information is presented by the counselee as the _____
of the problem. The counselor must see this as the _____ rather
than the cause. The immediate temptation is to roll up the sleeves and
seek solutions to the information first given rather than to dig deeper. To
do so would only provide short term assistance to the troubled person.

B. Consider the _____ Problem.

1. After hearing the counselee's _____ of the problem, the
counselor must sort through the information and learn the counselee's
performance.

2. Example: "I've stopped work", "The ironing is undone", "Dishes are in
the sink", "I'm not preparing meals anymore", "My husband is yelling".

3. Here is some of the _____ of depression. Her performance has
ceased to be right. Her _____ consequently are not right.

C. Consider the _____-conditioning aspect.

1. How far back does the problem extend? How deep are the habits?

Example: "I started tapering off on my housework three years ago."
Discouraged in her marriage, she formed an "I don't feel like it" approach
to her work. Now only talks about problems, but lives by feelings.

III. EXAMPLES OF DYNAMICS OF DEPRESSION SEEN IN CAIN.

Cain went on a downward spiral in sin...

- A. He _____ God (3-5).
Result: God rejected his offering.
- B. He got angry and _____ (5b).
Result: God gave him the opportunity to change (6-7).
- C. He _____ his brother and lied about it (8).
Result: God judged him (9-12).
- D. He became _____ (13-14).
Result: God demonstrated mercy (15-16).

Lessons about depression...

1. The depressed person is not a "_____."
2. The depressed person is a _____ person.
3. The depressed person can reverse the spiral by God's _____.

IV. HOW TO HELP THE DEPRESSED PERSON.

- A. Explain the _____ of depression and how they lead into the downward spiral.

Note Cain's example.

- B. Replace old habits (preconditioned program of life) with _____ habits.
- C. Reverse the _____.
1. _____ - no matter how we feel (John 13:17; James 1:25, Luke 9:23)

Don't have to feel like it . .

Don't have to like it . . .

2. Get others (husband, neighbors) to encourage you and to watch for _____ for not doing.
3. If you get behind, allow yourself no _____ until you get caught up.(TV, visits, etc.)
4. Find a neighbor or friend to work with you.
5. Studiously avoid all daydreaming, TV watching and self-pity parties. When you see this developing - get to work.
6. Address yourself to the real cause of these down feelings and _____ about it.
 - a. Define problem.
 - b. What does the Bible say to do?
 - c. When, where, how do I begin?
 - d. How do I schedule to finish?

V. WHAT ABOUT THE SO-CALLED MANIC DEPRESSED PERSON?

-- A strange behavior which goes from the extreme of _____ to the extreme of being _____.

- A. Bizarre behavior is often used as a _____ to throw others off the track.
- B. _____ solutions are often used by the depressed to attempt a recovery.
 1. Elation as an overcorrection (reaction - etc.).
 2. Elation as a solution.
 3. Elation as a denial.
 4. Elation as a frantic straw grasping.
 5. Elation as one part of a way of life (pendulum living).

VI. HOW NOT TO HANDLE DEPRESSED PERSONS

Paul Huston: Handbook of Psychiatric Therapies (p. 230-231)

- A. Only be _____.

-- Amounts to nothing more than patting and holding the hand of the depressed. It says in effect that God has no answers.

B. If the patient has thoughts of hostility and guilt, the counselor is to _____ them.

-- This tells the depressed that the counselor cannot help them, that he does not understand the depth of the problem.

C. Note: Both A and B fail to treat the counselee as _____ before God and thus removes _____. When hope is gone, the depression leads to despair and then to suicide.

The Biblical approach is to give _____, not supportive hand-holding, by plotting for him a Biblical course, and give hope by assuring him God has the answer in His Word (not minimizing his problem). What God _____, He provides _____ for.