

## 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 |--->--->

^  
|

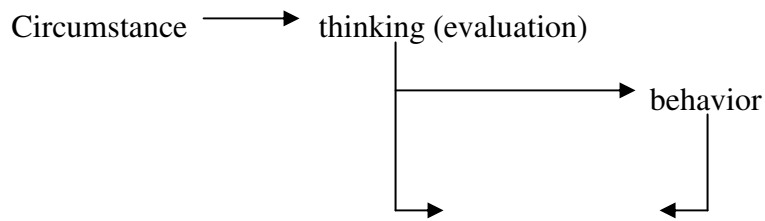
Catecholamines

Norepinephrine

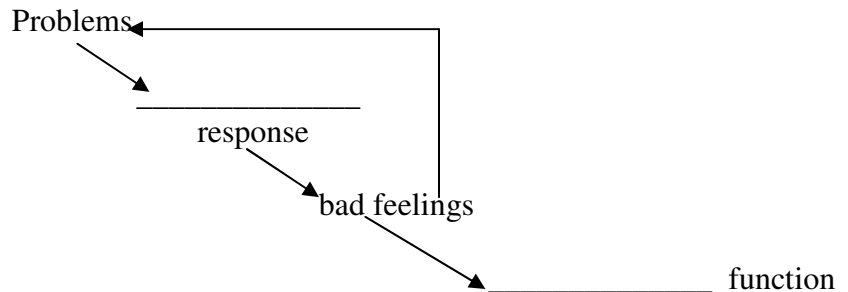
Dopamine

\_\_\_\_\_

- 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.