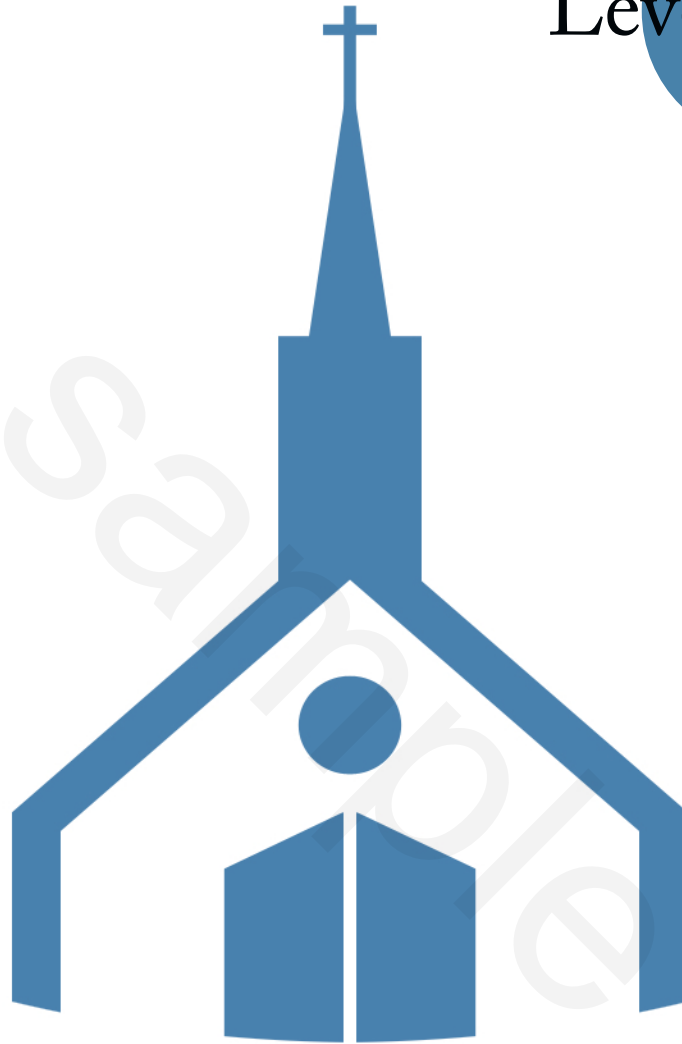


Level 2

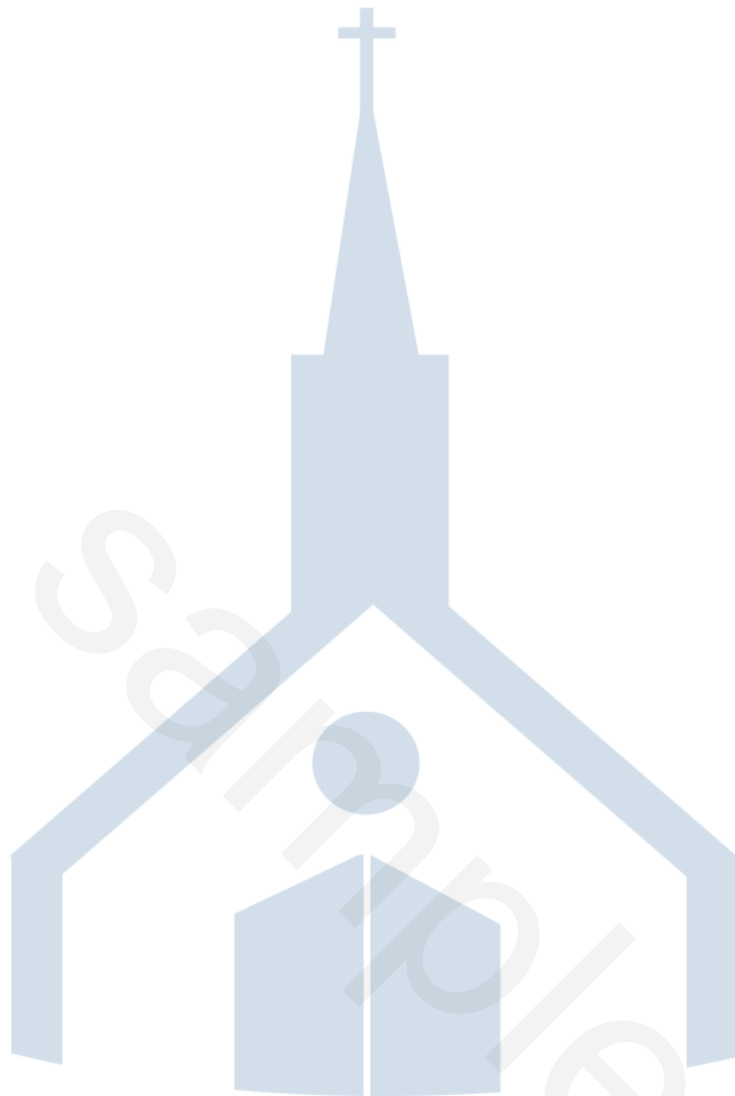


Care & Discipleship

Student Handbook



IBCD



Care & Discipleship

IBCD Certification

CARE AND DISCIPLESHIP STUDENT HANDBOOK - LEVEL 2

VOLUME 1.4

CARE & DISCIPLESHIP TRAINING

Welcome to the Care and Discipleship Course! This material has been designed for people who have a passion to see believers equipped to disciple and counsel one another with the Word of God. Whether you are an individual seeking to better equip yourself to serve the body, a church leader looking for a way to train up members of your congregation, or a group of people with a vision to cultivate an atmosphere of one-another care in your own local church, this course will be a valuable tool for you.

The Care and Discipleship Course offers a variety of materials which will assist you in completing Levels 1 and 2 of the Care and Discipleship Certification process. It is composed of 38 sessions ranging from foundational principles to key counseling issues. The CDC Handbook contains complete outlines of each session, in addition to lists of additional helpful resources. All texts have been specifically tailored to accompany the video series. It also perfectly supplements the audio series, which is available for free on IBCD's website.

The Care and Discipleship Leader's Handbook is designed to assist those who are leading others through the course. While the basic content is the same, it includes special sections to provide you with practical helps to facilitate discussion, as well as indications of appropriate times to do so. The Student Handbook contains the same content, but the discussion sections are not included.

Level 1: Sessions 1-20

This introduction to biblical counseling is designed to develop an understanding of how the sufficiency of Scripture impacts how to view life's struggles, especially in relation to psychology. It also explores the general principles involved in biblical counseling and how to practically apply them in specific situations including anger, conflict, depression, fear, and temptation.

Level 2: Sessions 21-38

This material builds on the foundation laid in Level 1, but focuses specifically on biblical views of marriage and parenting and how to deal with common problems in these areas. The intricacies of the mind/body issues in biblical counseling are also explored, especially regarding the use of psychotropic drugs. The course concludes with teaching on understanding God's will.

Appendix: CDC Certification Forms

The Appendix in the Student Handbook contains the appropriate forms for those seeking certification through IBCD. Each Handbook contains the forms for the corresponding level. For an even more extensive list of resources, including homework assignments, additional outlines, articles and other resources as well as the most updated certification forms, please visit the website at <http://www.ibcd.org>.

Course Components

As you work through the Handbook you will become familiar with several icons that have been implemented to assist you in navigating through the various aspects of the curriculum and the resources we have to offer you for each topic. Below is a list of each with a description:



Videos

Marks which video session (or audio track) corresponds to each outline.



Audios

Indicates helpful audios that can be referred to for further study on a given topic. These audios can be found on the website and are also embedded on each DVD (to be accessed with a computer).



Books

Indicates suggested books for further study.



Booklets

Indicates suggested booklets and pamphlets for further reading.



Supplemental Resources

Indicates other helpful homework resources, outlines and handouts that are available to you on our website.



Discussion Sections

The Leader's Guide includes discussion boxes with helpful questions to facilitate the course with a group. We understand that every group setting has its own time constraints, so we have time-stamped each discussion section during logical breaks in the flow of the material rather than in uniform time segments. This allows for leaders to plan when they want to break each session and gives them flexibility regarding the discussion of the material.



The IBCD Care & Discipleship Certification (CDC) is designed to help churches develop one another care in the life of their own local congregations. All the material can be studied individually or as part of a group. Each level can be audited for free, or you may choose to complete the required paperwork and payment to receive certification from IBCD for each level.

Level 1

The first level of the certification process involves five steps. 1) Complete Section 1 of the Care & Discipleship Course. 2) Take the 10 question, open note, open Bible exam for Level 1. 3) Listen to any 3 electives from IBCD's messages on specific counseling issues. Any messages on the website, other than those in the Care & Discipleship Course, count as electives. 4) Request an interview with a church leader who deals with pastoral care and complete the CDC interview form. 5) Complete and submit the application form to the IBCD Office.

Level 2

The second level of the certification process involves five steps. 1) Complete Section 2 of the Care & Discipleship Course. 2) Take the 10 question, open note, open Bible exam for Level 2. 3) Listen to any 3 electives from IBCD's messages on specific counseling issues. Any messages on the website, other than those in the Care & Discipleship Course, count as electives. 4) Request an interview with a church leader who deals with pastoral care and complete the CDC interview form. 5) Complete and submit the application form to the IBCD Office.

Level 3

This final level is aimed at the integration and development of all that has been covered in Levels 1 and 2. Level 3 of the certification process involves four steps. 1) Read and submit a response paper for two texts: *The Peacemaker* by Ken Sande and *Instruments in the Redeemer's Hands* by Paul Tripp. 2) Observe 10 hours of counseling with an ACBC certified biblical counselor. If you are unable to do this live through IBCD, videos are available to complete this requirement. 3) Request an interview with a church leader who deals with pastoral care and complete the CDC interview form. 4) Complete and submit the application form to the IBCD office.

To learn more visit: www.ibcd.org/cdc



We believe that certification from the Association of Certified Biblical Counselors (ACBC) is a very helpful process for individuals pursuing biblical counseling training, and it is incredibly beneficial to the local church.

All of the training in IBCD Care & Discipleship Levels 1-3 has been designed to assist people in pursuing ACBC Certification. We have found that many people who are first being introduced to biblical counseling are not immediately ready to pursue the rigors of the ACBC process. The CDC program breaks the ACBC process into smaller steps with certifications along the way to indicate overall progress. One who has completed CDC Levels 1-3 will find himself very prepared to continue the final steps required to receive ACBCC Certification if desired.

Those seeking ACBC Certification from the start do not need to take the CDC Course to become certified. IBCD's CDC material, however, can be used to meet ACBC's requirements. Here is a description of how the CDC Course can be used toward ACBC Certification:

Phase 1.1 of ACBC Certification is to complete a Basic Training Course. The IBCD CDC Level 1 and Level 2 material is an approved Basic Training Course. Watching all of Levels 1 and 2 on DVD or listening to it on mp3 meets this Phase 1.1 requirement. You do not have to do the CDC assignments for ACBC, nor do you have to communicate with IBCD that you are using our course. Your completion of the material is indicated when you fill out the ACBC application, and it can be done as follows:

ACBC certified agency where Basic Training Course was completed:

ACBC Certified Agency: IBCD

Date: dates you listened to/watched the material **City:** your city **State:** your state

Instructors: Jim Newheiser, Laura Hendrickson

Name of course taken: IBCD Care & Discipleship Course

Phase 1.2 of ACBC Certification is to complete a minimum of 10 hours of counseling observation of a ACBC certified counselor. This is also a requirement of CDC Level 3.

Phase 1.3 of ACBC Certification is a reading requirement of 1,000 pages from the Approved Reading List. CDC Level 3 requires you to complete a total of 500 pages of reading from two books on the ACBC Approved Reading List, *The Peacemaker* by Ken Sande, and *Instruments in the Redeemer's Hands* by Paul Tripp.

The remaining ACBC requirements to be fulfilled by the individual are:

Phase 1.3 - finish an additional 500 pages of reading

Phase 2 - Exams and Application

Phase 3 - Supervision Counseling

More information can be found at www.biblicalcounseling.com/certification

I would like to give thanks to those who have spent many hours making this handbook as helpful as possible - Christina, Jackie, Pat, and Craig. We are greatly indebted to George Scipione, founder of IBCD, who laid the foundation for this material. I pray that God's people are blessed through your labors.

Jim Newheiser

June 2013

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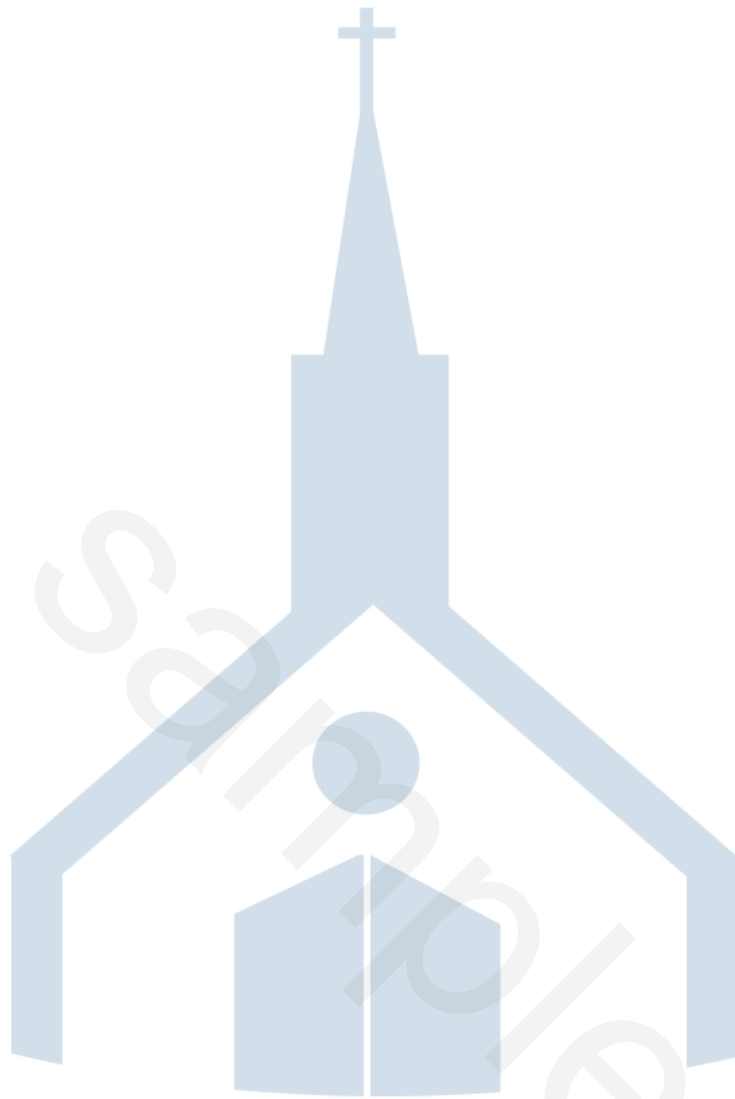
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Care & Discipleship

IBCD Certification

CARE AND DISCIPLESHIP
SESSIONS 21-38

BIBLICAL FOUNDATIONS: MARRIAGE IS MADE IN HEAVEN

Introduction and Review

- A. Belief in origins is foundational.
- B. A foundational passage about the foundational social institution: A creation ordinance. *Gen 2: 18-23; Matt 19:4-5; 1 Cor 11:8*

It Is Not Good for You to Be Alone

- A. A shocking evaluation. *Gen 2:18; 1:4, 10, 12, 18, 21, 25, 31*
 - 1. How could something be “not good” prior to the fall?
 - 2. The situation was not bad or evil, but instead it was lacking.
- B. The wife is designed by God to make her husband complete.
 - 1. She is not merely a slave girl or a sex object or a bearer of children.
 - 2. She is a companion to assist the man in carrying out God’s mandate to subdue the earth.
Gen 2:28
 - 3. Her gifts and abilities complement the strengths and weaknesses of her husband.

C. Marriage is a lifelong covenant relationship between one woman and one man. *Gen 2:19-20, 24; Matt 19:4-5*

1. Why does God bring all of the animals to the man?
2. No other creature is a suitable helper.
3. Only a woman can complete a man (and only a man can complete a woman).
4. Mankind has perverted God's design. *Gen 2:24; Rom 1:26-32; Matt 19:5, 8; 1 Tim 3:2; Deut 17:17; 1 Cor 7:2* (polygamy, divorce, fornication, etc.)

D. God has a gift for everyone.

1. Most of us are incomplete alone.
2. Some are uniquely called to the single life. *1 Cor 7:1, 7-8; Matt 19:12*
3. God gives His gifts of marriage and singleness, not that we might pursue our selfish pleasures, but that we might glorify Him. *Jas 1:13*

E. Did God create some people to be homosexuals? *Jas 1:13*

1. Homosexuality is a perversion of God's design. *Gen 1:27; 2:24; 19:5; Lev 18:22-25; 20:13; Deut 22:5; 1 Cor 6:9; Rom 1:26-27, 32; 1 Tim 1:10; Jude 7*

2. Why are some people homosexual?

- Environmental factors? Genetic factors?

- Such rationale could be used to justify every kind of sin and evil.

- Homosexuality, like every other sin (i.e. adultery, drunkenness, and fornication), is a personal choice to rebel against God.

3. Is it all right to be a non-practicing homosexual? *Matt 5:27-28; 15:19*

- No more than it is acceptable to be a non-practicing adulterer (lust), murderer (hate), drunk, or rapist.

- Sinful thoughts and desires in the heart will lead to sinful acts. *Jas 1:13-15*

- We are responsible for how we think. *Phil 4:8-9*

- God's grace transforms our thoughts and desires. *Rom 12:2; Gal 5:24; 1 Thess 5:23*

4. The movement of our society to accept homosexuality is a sign of God's judgment upon us.

Isa 5:20; Rom 1:18-27, 32; Gen 19

5. The most loving and courageous thing we can do is to call homosexuality sin because God forgives and transforms. *Ps 119:128; Jas 5:19-20; 1 Cor 6:9-11*

God Established Your Roles as Husband and Wife from Creation

A. The wife is to submit to her husband's leadership.

1. Male headship was God's design from the beginning. *1 Cor 11:8-9; 1 Tim 2:11-13*
2. The woman was made to be a helper to the man. *Gen 2:18; 1 Cor 11:8-9*
3. The man exercises dominion: naming the animals (and woman). *Gen 2:19-20, 23; 3:20*
4. The creation account refutes the claims of evangelical feminism. *Gal 3:28*
 - Male dominion did not evolve because of the man's superior size or strength
 - Gender roles are not merely a cultural issue.
 - Male headship is not the result of the fall.
 - Male headship was God's design from the beginning.

- The New Testament proves that wives' submission did not end with the cross. *Eph 5:22-24; 1 Pet 3:1-6*

5. Women are not demeaned by submission.

- Headship does not imply superiority of personhood, but involves distinction in function according to God's design.

- Subordination does not make the woman inferior. *1 Cor 11:3*

- The servant's role is glorious. *Mark 10:42-45*

- The submissive wife fulfills God's design in her life.

6. The fall has distorted the marriage roles. *Gen 3:16; 1 Pet 3:1-2, 7*

- Women tend to reverse the God-given roles and dominate their husbands. *Gen 4:7*

- Men tend to be domineering and insensitive in their leadership.

B. The husband should love and honor his wife. *Gen 2:21-23*

1. Why did God choose such an unusual method for creating the woman? *Gen 2:21-22*

2. The husband should respect his wife because she is equally human, in the image of God.

Gen 1:27; 1 Cor 7:8-9; 1 Pet 3:7

3. The husband ought to love and cherish his wife as part of himself. *Eph 5:25-30*

- His leadership is to be loving and sacrificial: *Eph 5:25-27*

- He is to care for his wife as part of his own body. *Gen 2:23; Eph 5:28-30*

Concluding Applications

A. Marriage is a Divine institution.

1. The first marriage was not just a mating (like animals) but a covenant ceremony at which God gave away the bride.
2. All subsequent marriages are to follow the pattern of the first.
3. Every marriage involves 3 persons: man, woman, and God.
4. All people are accountable to God for how they treat marriage.
5. Those who tamper with marriage will be judged by God. *Heb 13:4*

B. Marriage is meant by God to be a blessing for mankind.

1. Adam rejoices in the spouse God gives him. *Gen 2:23; Prov 18:22*

2. God still brings together Adams and Eves.

3. Rejoice in the spouse God has given you. *Gen 2:23; Prov 5:18-19*

4. The primary goal of marriage is to glorify God.

C. Marriage is designed by God as a picture of our relationship to Him.



Books

Harvey, Dave, *When Sinners Say I Do*.

Keller, Tim, *The Meaning of Marriage*.

Tripp, Paul, *What Did You Expect?*



Audios

Harvey, Dave. "When Sinners Say I Do – Grace."

Harvey, Dave. "When Sinners Say I Do – Sin."

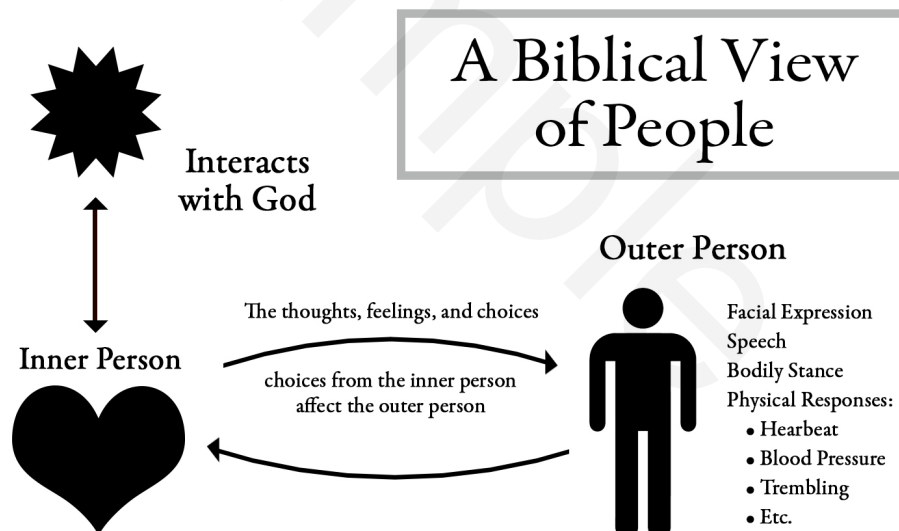
THE MEDICINE-ONLY APPROACH TO COUNSELING

Dr. Laura Hendrickson

Biblical Vs. Materialist View of Human Nature

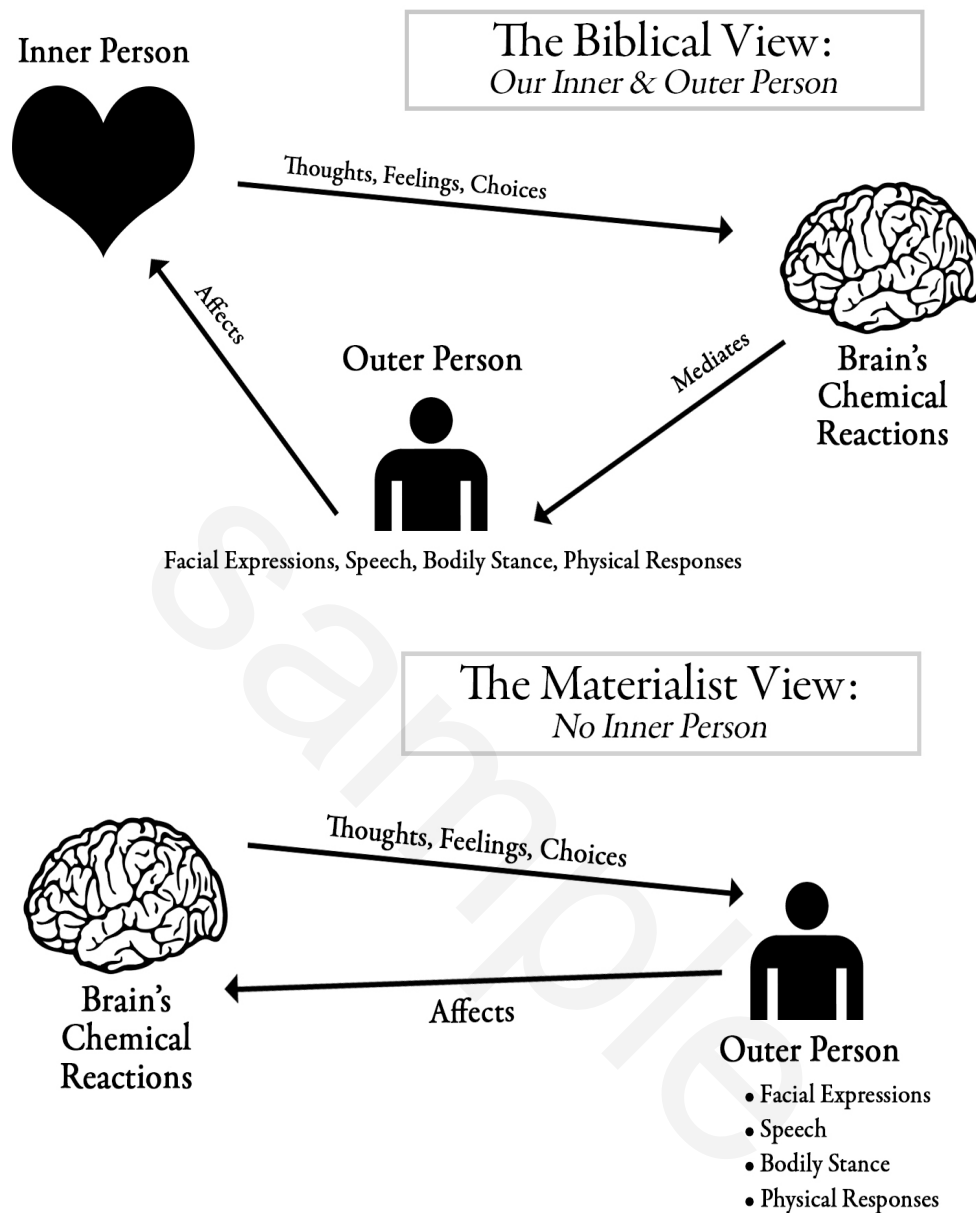
A. Biblical View - Duplex Beings: Inner and Outer Person

1. The Bible refers to the inner person as the heart, soul, mind, or spirit.
 - The inner person is the source of our thoughts, feelings, and choices.
 - God interacts with our inner person.
2. The outer person is the part of us that others can see.
 - Our speech and behavior are our body's reflection of our inner life (Luke 6:45).
 - Facial expression, tone of voice, words, actions.
 - Body responds to activity of inner person with physical changes.
 - Angry feelings may produce a flushed face.
 - Anxious thoughts may result in elevated blood pressure.
 - Body can influence thoughts, feelings, choices.



B. Materialist View

1. The material world is all that exists. There is no unseen world. There is no inner person
2. The brain, an organ of the physical body, is the source of thoughts, feelings, and choices.
3. Thoughts, feelings, and choices are determined solely by the brain's balance of chemicals.
4. The Bible clearly teaches that our invisible inner person (not our brain) is the source of our thoughts and intentions (Heb 4:12), our emotions (Rom 9:2), and our choices (Matt 15:18).



C. Summary

1. The Bible teaches a duplex view of human nature.
2. Our inner and outer persons interact, and each can influence the other profoundly.
3. Measurable changes occur in our brain as we think, choose, or feel. But these changes originate in the inner person and are mediated by the brain, an organ of the outer person.

Is Emotional Pain a Disease?

A. What Is Pain?

1. Pain is designed by God to function as a warning signal.
2. Physical pain tells us that something is wrong with our bodies.
3. Emotional pain tells us that there is a problem in our inner person (“heart”).

B. Is Physical Pain a Disease?

1. Physical pain is a sign that something is wrong with our bodies.
2. Medicine for physical pain does not cure the problem that is producing the pain; it helps us feel better.
3. If the doctor doesn’t treat the root cause of the pain, we will continue to need medicine to relieve the pain.
4. Pain medicine only covers up the sign that something is wrong. It doesn’t treat the underlying disease.

C. Why Do We Have Emotions?

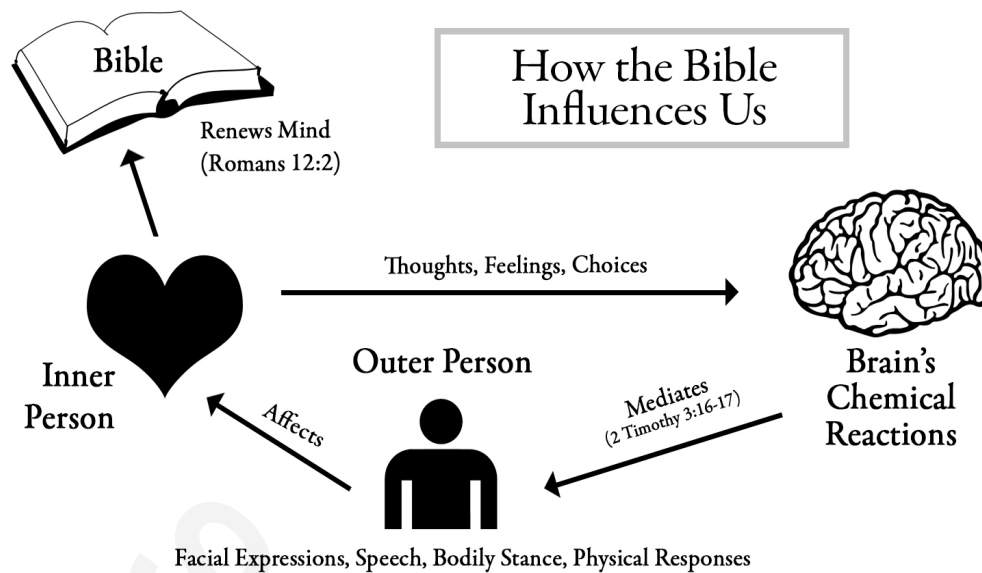
1. Our emotions enable us to know the condition of our inner person, in the same way that physical sensations enable us to know the condition of our outer person.
 - When I touch a hot stove, I know right away that I have injured my hand.
 - When I make a choice that is contrary to the Bible’s teachings, my conscience tells me right away that I am doing the wrong thing.

D. “Heart Trouble”

1. Emotional distress may be a sign that the things I habitually think about or choose are not consistent with the Bible’s standards.

E. Listening to Our Emotions

1. We should not expect our feelings to show us what God wants us to do. God has given us His Word for this purpose.
2. We should expect that our feelings may be troubling if we have misplaced priorities or are disobedient to God’s Word.
3. When we have “heart trouble,” this is a sign that we need to prayerfully compare our lives to the Bible’s standard and seek to correct whatever is out of balance.



F. Emotional Pain is Not Always A Sign of "Heart Trouble."

1. The Inner and Outer Persons affect each other.
 - Our inner person can affect our physical health.
 - Example: chronic anxiety can lead to high blood pressure.
 - Our physical health can impact our inner person.
 - Example: an untreated rapid heartbeat can produce anxiety.
2. Generally speaking, emotional pain very often is a sign of "Heart Trouble."

G. Is Emotional Pain a Disease?

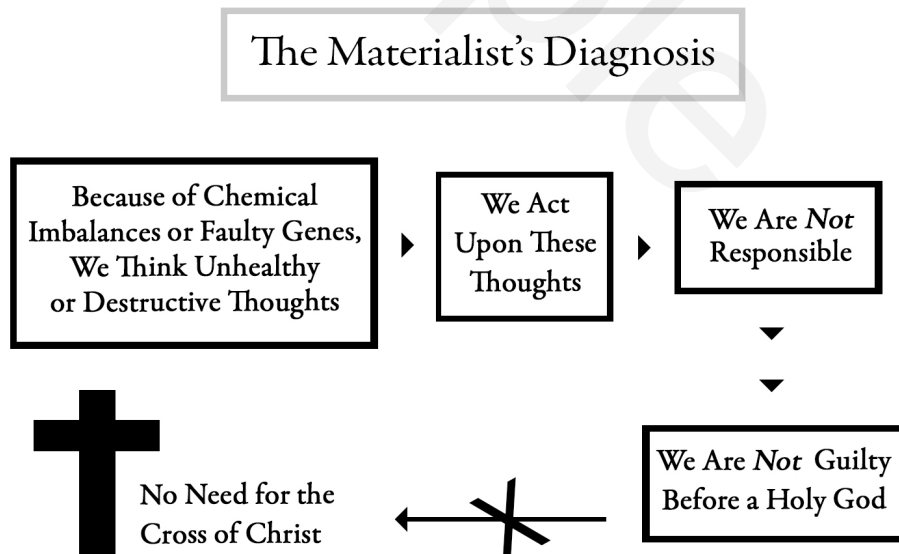
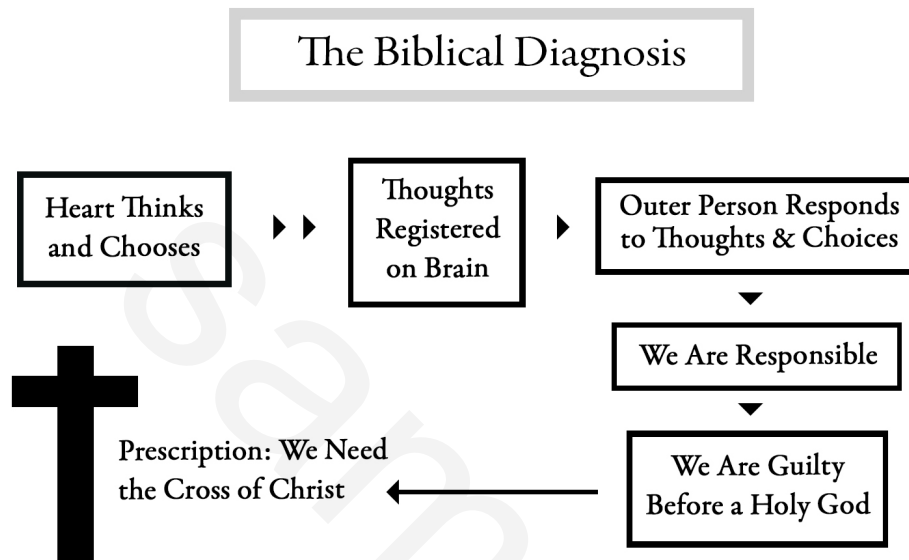
1. Emotional pain is a warning signal that tells us when something is wrong with our hearts.
2. Medicine for emotional pain does not solve the problem that is producing the pain; it masks the pain.
3. If we don't address the root cause of the pain, we will continue to need medicine to feel better.

H. What About Brain Diseases?

1. The brain, an organ of the physical body, can itself develop diseases.
 - Example: Alzheimer's disease causes physical changes in brain cells, resulting in their death.
2. Is emotional pain a brain disease?
 - Troubling emotions are not, in themselves, brain diseases
 - Although sometimes they can be signs of a brain disease like Alzheimer's.

Did Christ Have to Die? Biblical Implications of the Disease Model

If our thoughts and choices are determined solely by the activity of our brains rather than by our inner person, then when we do wrong it must not be our fault. A disease must be to blame.



Can Medicine Help?

A. First, The Bad News

1. Medicines, alcohol, and street drugs make us feel better by masking emotional pain.
2. All of these substances can also produce dependency.
3. Medicines that make us feel better may lose their effectiveness over time.
4. Medicines may also produce side effects that may be mistaken for new problems, resulting in new medicines being added.
5. Medicines prescribed for psychosis can clear confused thoughts in the truly sick, but can act as a “chemical straitjacket”, damping normal responses in those who don’t truly need them.
6. Violent and suicidal thoughts and actions may result from antidepressant treatment.

B. Do Psychiatric Medicines Cure a Chemical Imbalance?

1. There is no scientific evidence showing that disturbed emotions are caused by a specific imbalance of chemicals in the brain.
2. There is evidence that psychiatric medicines improve feelings by increasing levels of certain chemicals. Scientists still don’t know why this happens.

C. Factors Complicating Biblical Counseling

1. Some have physical conditions that may interfere with their ability to understand or apply biblical truth.
 - Examples: brain conditions like retardation, Alzheimer’s, or schizophrenia.
2. Difficulty understanding biblical truth.
3. Not saved.
4. Suicidal/homicidal.
5. Severely emotionally overwhelmed.

D. What Can We Expect From Medicine?

1. Suppress hallucinations and delusions.
 - This can lead to clearer thinking in those with brain disorders like Alzheimer’s or schizophrenia.
 - Clearer thinking enables a person with brain disease to monitor his thoughts and choices in a way that is consistent with the standards of God’s Word, resulting in a self-controlled and godly life.

2. Decrease anxiety and depression.

- There are real physical changes that are induced in the brain as a result of taking psychiatric medicines. We can expect the medicines to produce these effects.
- But will these effects really solve our problems?

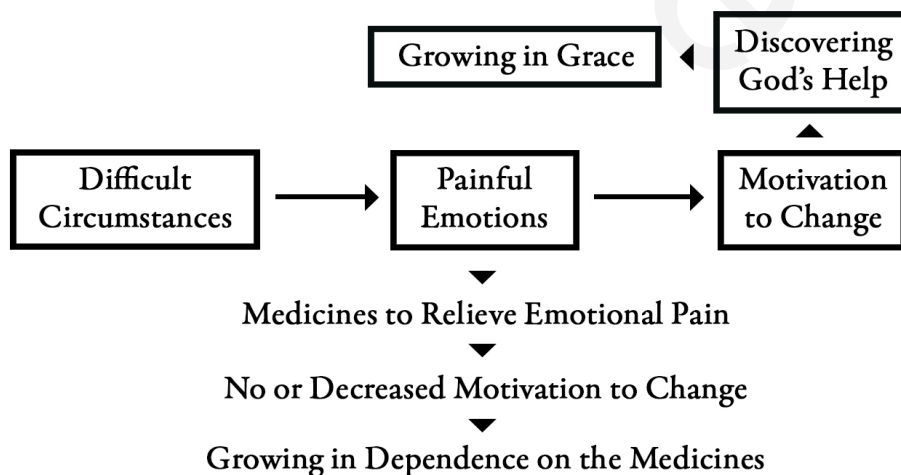
E. A Medicine Can't

1. Teach us to choose to think thoughts leading to peace and happiness instead of thoughts leading to anxiety or depression.
2. Show us how to make lifestyle choices that will result in greater stability.
3. Train us to respond to our physical limitations with attitudes that build us up instead of tearing us down.

F. Summary

1. Medicine may be needed to control a few serious brain conditions, solve a crisis situation, or help a "stuck" counselee begin to move forward.
2. However, even those who take these medicines can learn better self control and habits of thought that will lead to greater emotional stability through the transforming power of the Holy Spirit and the Word of God.
3. Only biblical change offers true, permanent hope for those who suffer with emotional pain.

Learning From Our Painful Emotions





Books

Fitzpatrick, E., Hendrickson, L., *Will Medicine Stop the Pain?*

Fitzpatrick, E., Newheiser, J., Hendrickson, L., *When Good Kids Make Bad Choices.*

sample

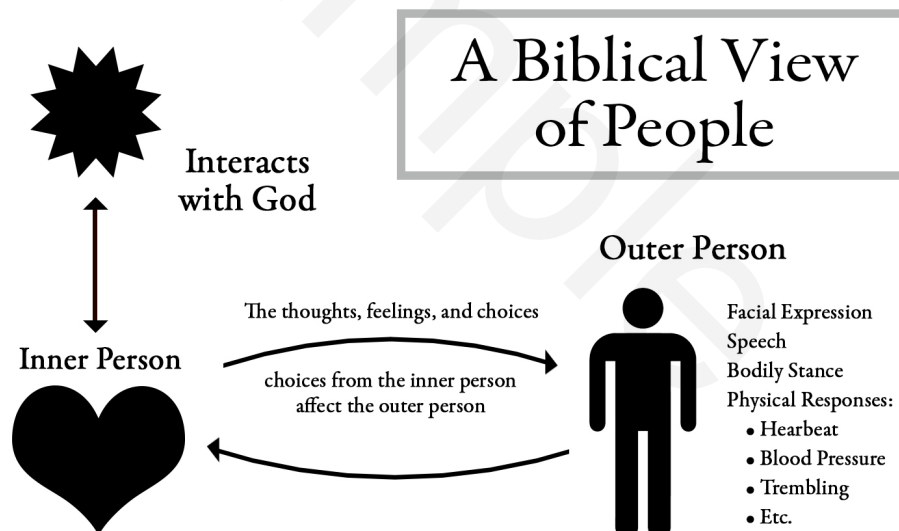
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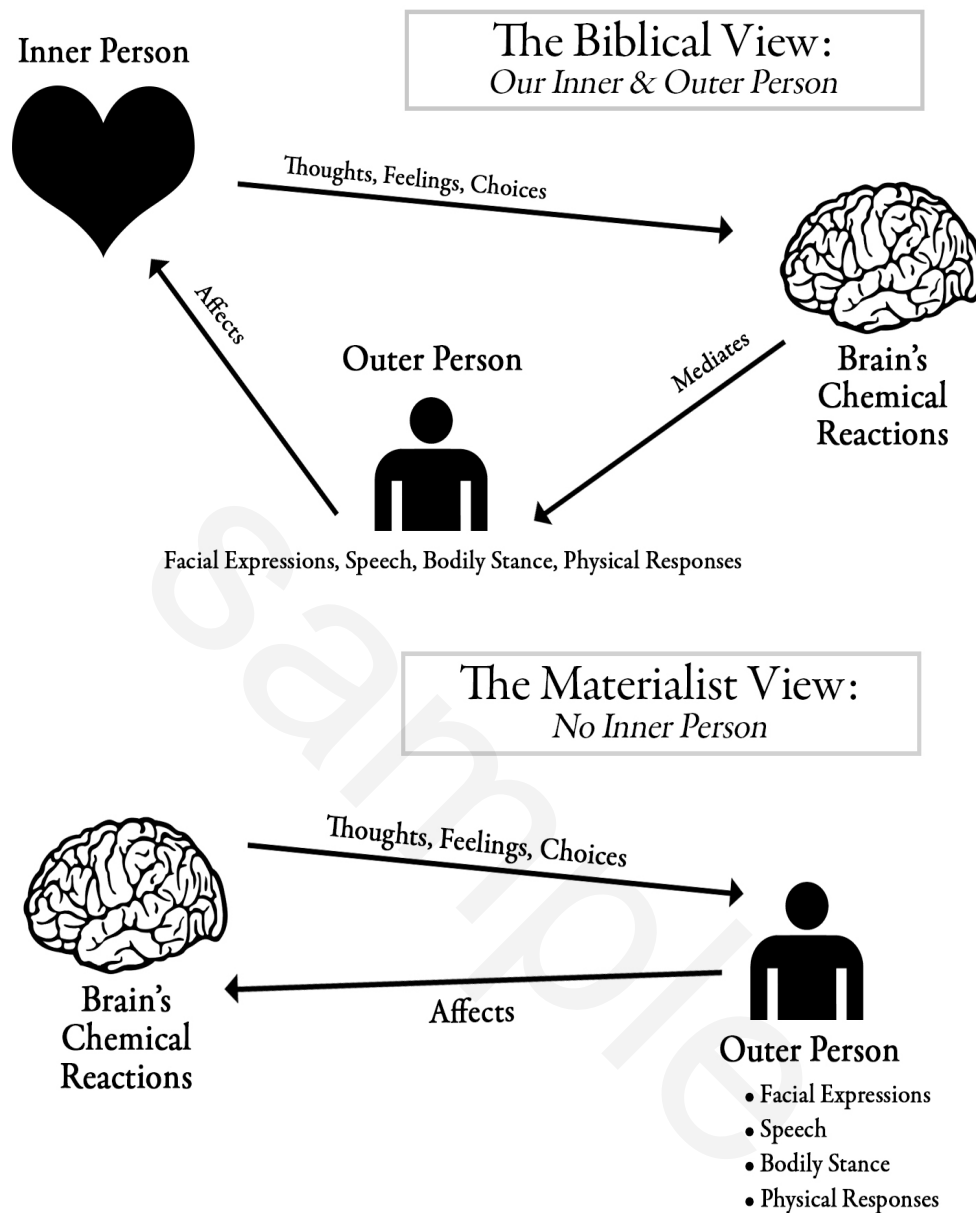
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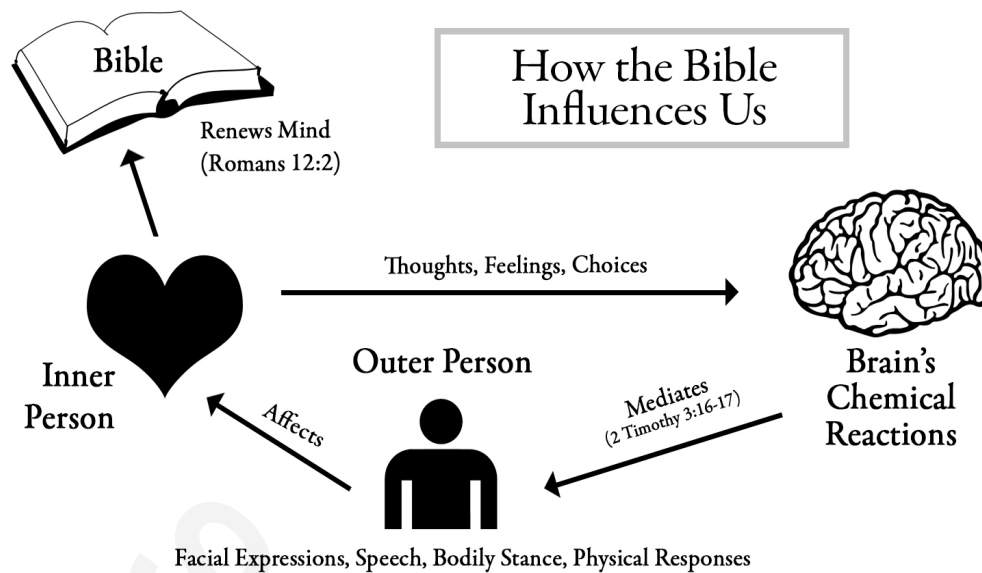
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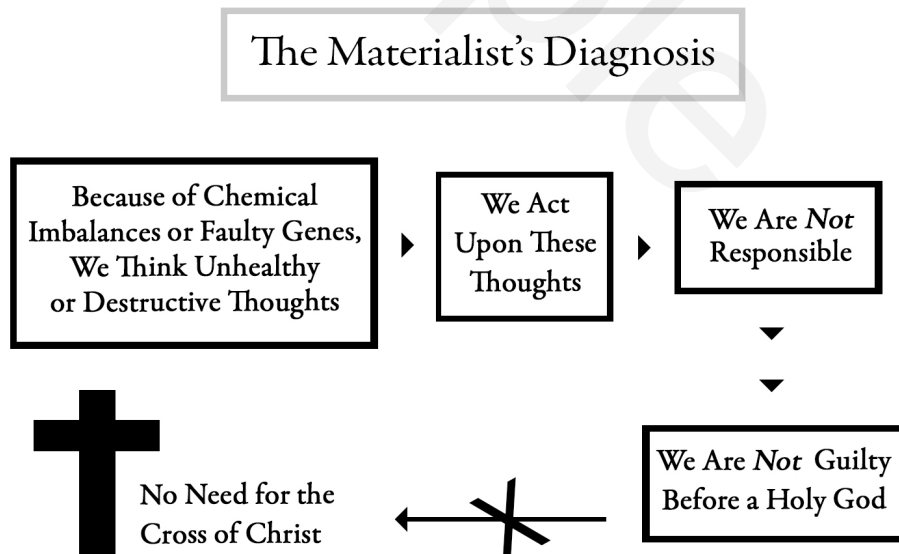
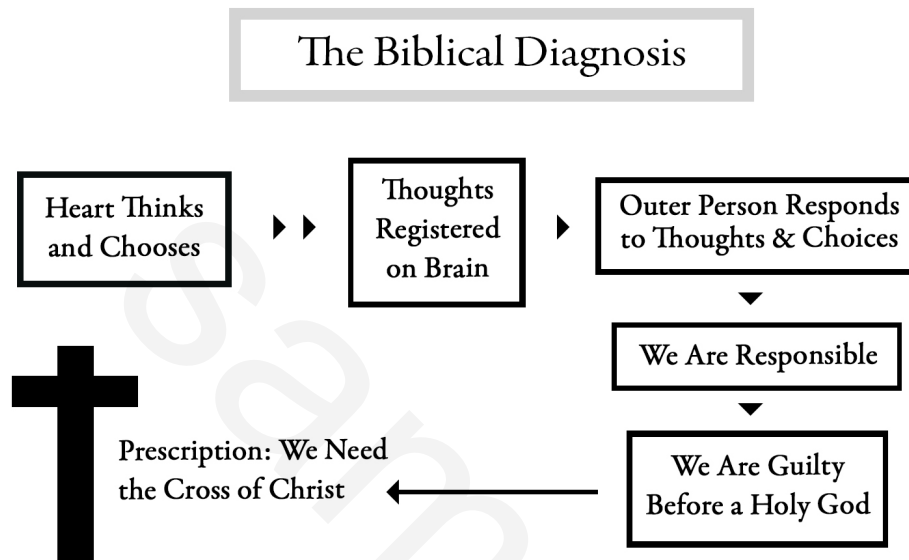
1. Emotional pain is a warning signal that tells us when something is wrong with our hearts.
2. Medicine for emotional pain does not solve the problem that is producing the pain; it masks the pain.
3. If we don't address the root cause of the pain, we will continue to need medicine to feel better.

H. What About Brain Diseases?

1. The brain, an organ of the physical body, can itself develop diseases.
 - Example: Alzheimer's disease causes physical changes in brain cells, resulting in their death.
2. Is emotional pain a brain disease?
 - Troubling emotions are not, in themselves, brain diseases
 - Although sometimes they can be signs of a brain disease like Alzheimer's.

Did Christ Have to Die? Biblical Implications of the Disease Model

If our thoughts and choices are determined solely by the activity of our brains rather than by our inner person, then when we do wrong it must not be our fault. A disease must be to blame.



Can Medicine Help?

A. First, The Bad News

1. Medicines, alcohol, and street drugs make us feel better by masking emotional pain.
2. All of these substances can also produce dependency.
3. Medicines that make us feel better may lose their effectiveness over time.
4. Medicines may also produce side effects that may be mistaken for new problems, resulting in new medicines being added.
5. Medicines prescribed for psychosis can clear confused thoughts in the truly sick, but can act as a “chemical straitjacket”, damping normal responses in those who don’t truly need them.
6. Violent and suicidal thoughts and actions may result from antidepressant treatment.

B. Do Psychiatric Medicines Cure a Chemical Imbalance?

1. There is no scientific evidence showing that disturbed emotions are caused by a specific imbalance of chemicals in the brain.
2. There is evidence that psychiatric medicines improve feelings by increasing levels of certain chemicals. Scientists still don’t know why this happens.

C. Factors Complicating Biblical Counseling

1. Some have physical conditions that may interfere with their ability to understand or apply biblical truth.
 - Examples: brain conditions like retardation, Alzheimer’s, or schizophrenia.
2. Difficulty understanding biblical truth.
3. Not saved.
4. Suicidal/homicidal.
5. Severely emotionally overwhelmed.

D. What Can We Expect From Medicine?

1. Suppress hallucinations and delusions.
 - This can lead to clearer thinking in those with brain disorders like Alzheimer’s or schizophrenia.
 - Clearer thinking enables a person with brain disease to monitor his thoughts and choices in a way that is consistent with the standards of God’s Word, resulting in a self-controlled and godly life.

2. Decrease anxiety and depression.

- There are real physical changes that are induced in the brain as a result of taking psychiatric medicines. We can expect the medicines to produce these effects.
- But will these effects really solve our problems?

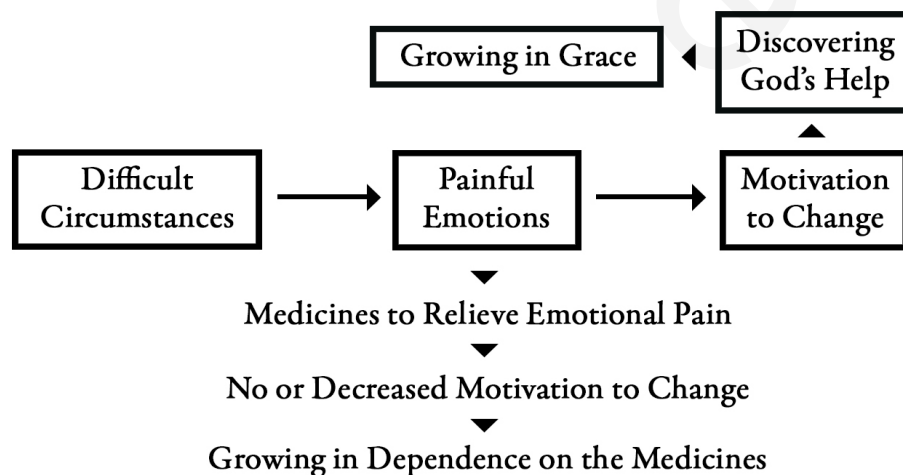
E. A Medicine Can't

1. Teach us to choose to think thoughts leading to peace and happiness instead of thoughts leading to anxiety or depression.
2. Show us how to make lifestyle choices that will result in greater stability.
3. Train us to respond to our physical limitations with attitudes that build us up instead of tearing us down.

F. Summary

1. Medicine may be needed to control a few serious brain conditions, solve a crisis situation, or help a "stuck" counselee begin to move forward.
2. However, even those who take these medicines can learn better self control and habits of thought that will lead to greater emotional stability through the transforming power of the Holy Spirit and the Word of God.
3. Only biblical change offers true, permanent hope for those who suffer with emotional pain.

Learning From Our Painful Emotions





Books

Fitzpatrick, E., Hendrickson, L., *Will Medicine Stop the Pain?*

Fitzpatrick, E., Newheiser, J., Hendrickson, L., *When Good Kids Make Bad Choices.*

sample