

MENTAL ILLNESS - DR. STAN DE KOVEN.

1. Mental illness is caused by:

- 1) An inability to cope with life, get a job, marital problems etc.
 - a) The ability to cope is both born in us and learned - nature (inherited), nurture (environment).
 - b) Some are not born with the same ability to cope with life. Survivors learn to cope, others don't and therefore become mentally ill.
 - c) Some have a better environment to learn in and have been taught better than others.
 - i) Encouragement reinforces people to succeed, discouragement reinforces people to fail.
 - d) People who learn to generalise are better able to cope.

2. Family Dynamics:

- 1) Children learn through watching their parents, they watch what they do when they are stressed. Drinking, depression, violence etc.
 - a) Trapped in a mind set which they have learned. Counselling can show them alternatives.

3. Personal choices.

- 1) Poor choices accumulate damage. A nervous breakdown is a build up of events and crises which end in a knock out punch which in itself is not enough to cause the breakdown.
 - a) Example: An abortion in youth.

4. Spiritual issues.

- 1) It helps to be born again, but Christians also have problems.
- 2) The demonic aspect: Not all mental illness is caused by demons. There is demonic oppression - a person can be "demonized". Discernment is important here.

5. Mental illness defined.

- 1) It is more than dis-ease, lack of peace etc.
- 2) Behavioural - caused by drug and alcohol abuse.

- 3) Affective- caused by anxiety, depression.
- 4) M.P.D. - multi-personality - dis-association of personality.
- 5) Biological - organic.
- 6) Schizophrenia, psychoses, neuroses etc.

6. Booklets containing names of mental disorders etc. for clarity of diagnosis.

- 1) USA - DSM III-R.
- 2) ICDM9 - psychiatric classification- used in Europe.

7. Childhood problems.

- 1) Oppositional disorder - will not obey.
- 2) Anxiety disorder - separation anxiety .
- 3) Conduct disorder - acting up, aggressive.
- 4) Autistic - no response to external stimuli.

8. The Myth of Mental Illness (Sachs)

- 1) Mental illness is classified by what is considered normal in society.
- 2) Organic - biologically based - foetal alcohol syndrome (Baby born alcoholic) -other physical disorder.
- 3) Delusional - Example: Napoleon or some other historical figure.
 - a) These people are non-functional. Must be for a long time (6 months).
- 4) Schizophrenia - delusional, hears voices, has no feelings - medication can help.
- 5) Psychoses - out of touch with reality.
- 6) Neurotic - everyone is slightly neurotic, if so then unlikely to become psychotic. The neurotic person has anxiety, the psychotic is out of touch.
 - a) Adult onset psychotic disorder seldom lasts.

9. Bi-polar and Uni-polar.

- 1) Bi-polar up and down - euphoric, depression.
- 2) Uni- polar up or down - depression all the time or euphoria all the time.

a) Grief should only last 18 months, if it is prolonged then it should be dealt with.

10. Panic attack.

1) Usually lasts 5-10 minutes, fear then sets in - fear of the fear.

a) Medication is helpful (Pro-sac)

b) What are they avoiding? Find out why they fear.

11. Adjustment dis-order - difficulty in adjusting.

12. Power to heal comes from God alone.

1) Psychologists cannot heal they can only help to cope.

2) One of the primary causes for mental illness is guilt. If the guilt can be assuaged through the prayer of forgiveness the person can be healed.

3) Lack of knowledge can cause mental illness. We need wisdom, understanding, and knowledge to help people, but we also need God's help.

Problems - simple model.

1) Trauma - basic needs not met, environment, experience.

2) Anxiety - natural response - experience of pain when something is either taken from us or denied us.

3) Defenses- Denial, repression, suppression.

a) Analyze - something from the past which is still a problem is part of their present. Ask the Holy Spirit to show what needs to be put off or put on in people's lives.

4) Symptoms - limits their range of experience. Ask questions about the symptoms. These are not the problem they are an expression of the problem. Their defenses are no longer working.

5) Limitation.

13. Buried memories.

1) There is a dynamic process as God allows people to see why they have buried memories.

2) FACE- How did they get here? People must be ready to face their problems.

a) Build a relationship, be a friend, otherwise you can't help. Learn about their family, their social life etc.

3) TRACE- the problem, give them hope, lend them your faith, give them to understand you know what to do, use picture words. "We will journey together" "I will stand alongside you" It's their journey, don't rush them.

4) ERASE- repentance, confession, release.

14. Magical thinking.

1) What might have been, what could have happened can't help, however we must listen.

2) We need to be able to speak the positive words of truth which will bring hope.

3) Don't allow the," yes, buts" to sidetrack you. Go past them.

4) Paradoxical intention - use it to build hope that there is some good in the person or situation.

5) People must come to know Jesus Christ to be healed completely.

6) People say, "Why didn't God rescue me?"

a) So that God might be glorified in the healing process. - "I don't know why God wasn't there for you then, but he is here for you now."

15. Your authority in Christ.

1) Use your authority to speak life into people.

2) Lazarus came forth, he was dysfunctional, unable to do anything, unable to walk, or to communicate.

3) So are people who come to Christ from the world.

4) Jesus tells us to unwrap his sheep, to help them to the fullness of life which God has promised. Slowly but surely growing and transforming from glory to glory.