

Psyched Out

By J.R. Ensey, President

I am well aware that some think an extreme position on psychiatry and psychotropic medications has taken hold of some of us. Or that some think anyone who takes a prescription drug for non-organic problems is bound to suffer the loss of his soul. Of course that is not so, at least I don't know anyone who believes that. The position that I took in the book, *The Couch and the Cross*, was substantiated by many physicians and even some in the psychiatric field themselves. The book was loaded with footnotes and newspaper investigative reports confirming the information.

It is interesting that a thousand doctors using scientific, objective testing can agree on a matter, and then one individual can give an anecdotal testimony to the contrary and he is more likely to be believed than all the authorities! One individual can offer a testimony about seeing flying saucers and space aliens, or even declare that they were taken up into one and physically examined, and cause a million people to dump common sense and scientific absolutes and believe that we are being invaded by Martians.

One medical doctor told me personally that 25% of his patients had real, organic diseases or malfunctions. Another 50% had a combination of organic and psychosomatic (perceived) illnesses. Then fully 25% had only psychosomatic problems. "What do you do for those in the last category," I asked. "I prescribe placebos. They will often tell me that 'the red ones don't do much for me but the green ones really help.' Of course they are the same thing, just a different color. I could explain that to them but they would just go down the street and find a doctor who would tell them what they want to hear." All that is necessary to maintain the popularity of placebos is for someone to say, "Well, they helped *me!*"

Amazing....

In order to achieve certification through the Institute of Soteric Counseling, an intensive reading requirement is stipulated. There is a rapidly growing list of books by doctors that corroborate our position that Christian counseling from a scriptural perspective¹ is far superior to psychological counseling, has a better track record, and will bring peace and harmony to a life and home more quickly than a chemical solution or psychological therapy. Many noted authors are stepping up to the plate to expose the terrible abuse that the psychology/psychiatry industry is heaping on the populace. Psychotropic drugs are the bane of this generation. Here is just a smattering of books that are available on the subject. For a much longer list of helpful offerings, go to www.soteric.org.

Breggin, P. (1991). *Toxic Psychiatry*. NY: St. Martin's Press.

Caplan, P. (1995). *They say you're crazy: How the world's most powerful psychiatrists decide who's normal*. NY: Addison-Wesley.

Dawes, R. (1994). *House of cards: Psychology and psychotherapy built on myth*. NY: Maxwell Macmillan International.

Fitzpatrick, E. & Hendrickson, L. (2006). *Will medicine stop the pain? Finding God's healing for depression, anxiety & other troubling emotions.*

Critser, G. (2005). *Generation Rx: How prescription drugs are altering American lives, minds, and bodies.* Boston: Houghton Mifflin.

Dineen, T. (1996). *Manufacturing victims: What the psychology industry is doing to people.* Montreal: Robert Davies.

Dworkin, R. (2006). *Artificial happiness: the dark side of the new happy class.* NY: Carroll & Graf.

Glenmullen, J. (2000). *Prozac backlash: Overcoming the dangers of Prozac, Zoloft, Paxil, and other antidepressants with safe, effective alternatives.* NY: Simon & Schuster.

Healy, D. (2004). *Let them eat Prozac: The unhealthy relationship between the pharmaceutical industry and depression.* NY: New York University Press.

Olsen, G. (2005). *Confessions of an rx drug pusher: God's call to loving arms.* NY: iUniverse, Inc.

Scott, T. (2006). *America fooled: The truth about antidepressants, antipsychotics and how we've been deceived.* Victoria, TX: Argo Publishing, LLC.

Valenstein, E. (1998). *Blaming the brain: the truth about drugs and mental health.* NY: The Free Press.

Ventura, M. (2006). *The wisdom of the elders: Psychotherapy's elders throw down the gauntlet.* Psychotherapy Networker, (March/April), 56-61.

Other Helpful Resources

Baughman, F. (2006). *ADHD fraud: How psychiatry makes 'patients' of normal children.* Victoria, Canada: Trafford.

Kassirer, J. (2007). *On the take: How medicine's complicity with big business can endanger your health.* Oxford: University Press.

O'Meara, K. (2006). *Psyched out: How psychiatry sells mental illness and pushes pills that kill.* Bloomington, IN: Authorhouse.

Hundreds have taken our course *Christian Counseling from Scripture*. If you are interested in a helping ministry, or just want to clean your mind of the stuff some Freudian professor put in there, give us a call or go to soteria.org. Our ISC training conference will be held in Indianapolis, IN on November 6-7, 2008 at the Radisson Hotel (Indianapolis Airport). Join us and learn to counsel from Scripture!

1. A "scriptural perspective" involves more than mixing a couple of scriptures, usually taken out of context, with psychobabble. It is amazing that some feel if a Bible passage is dropped into an article, a book or a lesson that the theory is now "biblical," or at least "Bible-based."

Tidbits:

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The Following from an ISC Counselor:

“Now it is my turn to be angry. I had been given a prescription by my family doctor for pain. Tramadol. Well, when I took the pills I noticed some things I didn’t understand. I only took them at night and only when I really needed them. Horrible nightmares, and other things. And then the *amnesia*...I always remember my dreams...but, these nightmares, almost night terrors, were so bad and I’d wake up knowing I had had a bad dream but unable to recall even one part of it. I was having too many symptoms from out of the blue. Muscle aches, sweating one moment and chilling the next, sudden weight gain...especially in my ankles, my chest...not sleeping until 3 a.m., crying, and then sleeping past 9 a.m. and then sleeping on the couch when I sat down.

“I also found myself angry with [a friend] about something that happened two years ago! I don’t hold grudges and it was something out of the blue. It goes right along with the adverse reactions... paranoia etc. I can remember thinking, “She set me up to take that fall.” That’s not like me.

“So, I researched this medication and found out it is not only a pain pill but also a weak SSRI. I am totally committed to not using any kind of psychotropic drugs and quite frankly, if my doctor knew this was an SSRI and still put me on it, I feel betrayed. I am so careful about taking very few medications and no psychotropic drugs at all. Those pills were sent to a watery grave!

“It’s a good lesson...we need to research every medication we take *before* taking it. Had I not been reading those books by Dr. Breggin I wouldn’t have suspected what was wrong. None of it made sense until I began to investigate. So, now all of these things make sense...it was the drug.”

--Ilene Dewar, Indiana

Editor’s Note: I received quite an education in this area last summer during a physical illness. The nausea and vomiting were extremely debilitating--humiliating--depressing--and the only way to find relief from it was

through a medication prescribed by my doctor. Well, the medication had so many side-effects that I was soon using a walker to travel four feet! That's how weak and dizzy I was. After a friend recommended Ginger to me, I took a deep breath (because I was actually afraid to come off the nausea medication) and tried it. And guess what--it worked! The point of this little tale is, let's watch what we take!

--LAD

Why Do Pastors & Churches Recommend Psychotherapy?

In a previous newsletter we asked several "Questions to Ponder." One of the questions was: "Does your pastor/church refer individuals to licensed mental-health professionals?" In the article we gave an example of Dr. Frank Page, president of the Southern Baptist Convention, and his church referring people to mental-health professionals. In addition, we gave examples of a number of large churches in America doing likewise.

Let's look at the background and at some of the reasons pastors and churches refer out to mental-health professionals. Historically this type of psychology (counseling psychology) existed nowhere in the church, almost not at all in the higher education institutions of America, and certainly nowhere in Christian higher education institutions. In her book *The Romance of American Psychology*, Ellen Herman reveals: "Before world War II, professional healers and counselors were few; most individuals allied with psychology did work unrelated to 'helping.'"

After World War II the federal government poured large sums of money into universities to prepare mental health practitioners. Herman traces the rise of psychology as a helping profession and says: "Throughout the entire postwar era, the United States has trained and employed more psychological experts, per capita, than any other country in the world."²

Through political efforts within the American Psychological Association (APA) and in the public arena, counseling psychologists established educational programs and licensing in each of the 50 states and, very importantly, were able to obtain insurance coverage. Christians who were enrolled at public universities soon began majoring in clinical psychology with many becoming licensed mental-health practitioners. Those degreed Christians took this new-found faith in psychology to their own churches as well to Christian higher education institutions and elsewhere in the church. Many pastors were indoctrinated into this new-found faith by the newly degreed and licensed believers in their congregations. As we have demonstrated in our writings, during the past 50 years counseling psychology has mushroomed throughout nearly every facet of the church. Christian schools at all levels, churches, denominations, and mission agencies are all either heavily influenced by or heavily involved in this type of psychology. Because it is so pervasive throughout the church and because so many pastors have been indoctrinated, it has become acceptable to either refer out to licensed mental-health professionals or, if a large enough church, to have a licensed mental-health professional on the staff. Over the years local psychotherapists would meet individually with pastors or with groups of pastors to convince them that referral was the right thing to do.

Fear of a Lawsuit

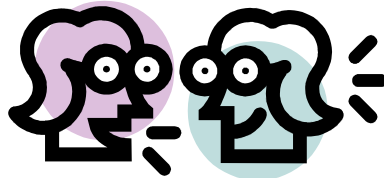
Looming in the background of all the forces to refer out was a fear that failure to refer out could lead to a lawsuit. This one fear was often promoted by psychotherapists to the pastors

in their communities. This one pernicious reason has caused many pastors to refer out because they are convinced that they may be sued for not doing so. Many pastors heard of the lawsuit of O'Nally versus Grace Community Church, but failed to recognize that the suit was won by the church. The answer to the question, can someone sue the church or pastor? is yes. However, someone could sue the church or pastor for *referring out* as well as for *not* referring out. For example, a pastor refers an individual or couple out to a local psychotherapist. The psychotherapist uses some approach, such as recovering so-called repressed memories. The therapy ends up with the individual having a nervous breakdown and being hospitalized or the couple files for divorce. The individual or couple then sues the pastor for sending them to the psychotherapist.

There is probably a greater possibility of a successful lawsuit against the pastor who refers out in the above examples than against the pastor who does not refer out. There is no legal mandate for a pastor to refer out to any mental-health professional. If a pastor is to be held legally responsible for not referring out to a mental-health professional, would he not also be legally responsible for not referring out to a medical doctor?

(To read the rest of this article, please go to

http://pamweb.org/recommend_psychotherapy.html)



Biblical Reasons to Shut Up

What about “talking” in the privacy of the counseling room? This is the traditional plan of psychotherapy, so what could be wrong with it? What could be wrong with “getting it off my chest”? It’s only my counselor. After all, I’ve got to talk about what my husband is doing to *somebody!* Actually, there is a lot wrong with it. There are biblical reasons why we should not discuss these things, and why helpers should neither encourage them to do so nor participate in such talk.

Contemporary Marriage Counseling

Marriage provides many opportunities for spiritual growth. But instead of using these opportunities, husbands and wives commonly focus on their problems. Like Adam and Eve of old, they blame each other. Each seeks to change the other. And it is at this point that they find outside “counseling” so tempting. Instead of seeking God, and allowing Him to work in their lives, they seek out a counselor. Instead of talking to God, they talk to others. This kind of counseling involves what we call “talk therapy.” Not only have I failed to see the value of “talking,” but inside the counseling room we grow to expect the counselor to do something! “Fix him,” and “Fix her.” And if the counselor does not “fix” the partner, then they feel they have done everything they can, and give up hope that the situation can be changed. The next step in this process is to move towards separation and divorce.

Marriage counseling is big business in the world and in the church. As more and more people have been going to marriage counseling, more and more have become divorced, and this includes professing Christians, who are divorcing at about the same rate as unbelievers.

What does the Bible say?

- Submitting yourselves one to another in the fear of the Lord (Eph. 5:21).
- Wives, submit yourselves unto your own husbands, as unto the Lord (Eph. 5:22).
- Husbands, love your wives, even as Christ also loved the church, and gave himself for it (Eph. 5:25).

Based on these verses, we conclude that the following activities are unbiblical:

- **1. Talking about marital problems with others or complaining about one's spouse in another's presence.** If a husband is loving his wife as Christ loves the church, he will not be exposing her weaknesses and failures to others (including the children). If the wife is honoring her husband, submitting to him (as the church to Christ) and loving him (Titus 2:3-4), she will not be exposing his weaknesses and failures to others (including the children). Of course, there are necessary exceptions, such as physical or sexual abuse in a family or such sin as pornography, illegal drug use or drunkenness, which should be brought to the attention of the church leadership and, in cases where civil laws have been broken, should be brought to the attention of civil authorities.
 - **2. Talking about marital problems in his/her absence.** Proverbs 18:17 says, "He that is first in his own cause seemeth just; but his neighbour cometh and searcheth him" (Prov. 18:17). Very often one spouse will attempt to get a counselor or friend to see a situation from that spouse's perspective by talking about the other spouse in his/her absence. The one who is first to state the case may gain support from the counselor or friend, but the truth may be revealed later. Furthermore, this kind of gossip leads to a further rift in the marriage relationship. It ends up being the kind of gossip that separates people. Proverbs 17:9 advises, "He that covereth a transgression seeketh love; but he that repeateth a matter separateth very friends."
 - **3. Talking about marital problems for the purpose of getting a spouse to change.** If people are in a personal conflict with another person and believe that it is primarily the other person's fault, they are wasting a valuable opportunity if they are trying to change the other person or simply hoping for the other person to change. Such conflict can be an exceptional opportunity for spiritual growth. If one's eyes are on the other person and that person's need for change, one can get bogged down and waste the opportunity. Every difficulty in life is an opportunity for spiritual growth (Romans 5:1-5; Romans 8:28-29). So often believers pray for God to change the other person when they themselves are in a perfect place to draw close to the Lord, to come to know Him more deeply, and to love Him more completely. All believers have numerous opportunities to focus on their own relationship with Christ, to look to Him to work in their own lives for spiritual growth, and to confess their own sins rather than the shortcomings and failures of others. Shifting the focus to how others must change defeats the purpose of spiritual transformation and growth (see Genesis 3:12-13).
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Announcing!

ISC Training Conference 2008

This is just a quick announcement to let you know that we are planning some wonderful things at the conference this year in Indianapolis! More details will be coming later for, for now, let this whet your appetite:

- Reduced Tuition!
- We are reducing the tuition for this year's attendance. (Is that good news or not?) If this is your first time, the rate is \$225.00 (down from \$249); \$49.00 for alumni (Sorry, just can't reduce that any more with the banquet). First night only observers will be \$25. Good news for couples: \$275.00 per couple if the spouse is not participating. It is \$435.00 for a couple with both spouses full participants. This includes the spouse with the reduced rate of \$210.
- Awards Banquet!
- We will be having a very special Awards Banquet, and you won't want to miss this! Let me underscore what I just said: we are reducing the registration fee, PLUS providing a sit down banquet at no extra charge to you.
- Our Location!
- Our hotel this year is also special: The Radisson Hotel at the Indianapolis Airport. Rooms are \$89. Be sure to tell them you are with ISC to get that rate. Cut-off date for the room rate is October 5, so you'll need to make your reservations prior to that date to be assured of getting a room at that rate. **Reservations:** (888) 201-1718 US Toll Free
Stay tuned for more information as it comes up.

