

WHAT'S MEDICAL ABOUT MENTAL ILLNESS?

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A Growing Controversy With the Publication of the DSM 5

- A. What part of it is real illness?

- B. The controversy is between psychologists and psychiatrists.

- C. Counselees sincerely believe that they have a disease which holds their behavior captive.
 - 1. They come with labels such as PTSD, OCD, ADHD, SAD,BPD, ADD and others.

- D. Biblical views of illness. *Luke 8:41-48, Mark 5:25-34*
 - 1. There are some problems medicine cannot deal with. *Mark 2:17, John 5:1-9*

 - 2. The sick need a physician.

 - 3. Our current standards of care may not help.

“Never call sin
a disease.”

What Is the Definition of Disease? What Is Mental Illness? Medical Illness?

A. Medical illness.

1. Dictionary: a pathological change in the body. Must be objective. "...a disorder of structure or function...that produces specific signs or symptoms that affects a specific location and is not simply a direct result of physical injury."

B. Virchow, the father of modern pathology

C. Mental illness

1. "A health condition that changes a person's thinking, feelings, or behavior and that causes the person distress and difficulty in functioning." – NIH/NIMH

D. The Surgeon General

1. Mental illness is difficult to diagnose because there is no pathological change in the body.

E. Sometimes physicians cannot give objective evidence for a real disease.

1. Migraine vs. diabetes

Medical Ailments with Emotional, Behavioral and Thinking Struggles

A. Obstructive sleep apnea, sleep deprivation

B. Cushing's disorder

C. Lupus

D. Porphyria

E. Hepatic encephalopathy

F. Hypo/hyperthyroidism

G. Schizophrenia

H. Polypharmacy

“Never call anything sin the Bible does not clearly identify as sin.”

The List! What Is the Difference?

A. PTSD

1. Real struggles with worry and fear

2. No pathology

3. Overlaps with traumatic brain injury

4. The Bible can give great comfort.

B. ADD/ADHD

1. No conclusive pathology. MRI studies are flawed.

2. Use the Scriptures.

3. Warning: not every child labeled ADHD is well.

4. Look for another neurological disease or disorder.

5. Being different is not disease.

C. OCD

1. PET scanning is interesting.

2. Use the Scriptures.

3. Always be gracious and patient.

D. Depression

1. Normal and disordered sadness

E. Bipolar Disorder 1

1. No pathology, but leave room for questions.

2. You cannot counsel people who are out of touch with reality. The Scriptures offer great help when they are back in reality.

F. Bipolar Disorder 2 and all variants

1. No pathology; use the Bible.

What Is True?

A. What are you going to believe: theory or truth? *Ps 19:2-11, John 17:17*

B. How do I parse my way through this?

C. Never call sin a disease!

D. Never call anything sin the Bible does not clearly identify as sin.

E. Always look for pathology if you are going to label something a disease.

How to Be Helpful in the Middle of Controversy *1 Thess 5:14-15*

A. Admonish the unruly - those without a goal.

B. Encourage the fainthearted - the normally sad.

C. Help the weak - those who struggle with physical disadvantage.

D. Be patient with all.

E. Do not zing back!

F. Seek good for others in and out of the body of Christ!



Books

Hodges, Charles, *Good Mood Bad Mood: Help and Hope for Depression and Bipolar Disorder*.

Horwitz, A., Wakefield, J., *The Loss of Sadness: How Psychiatry Transformed Normal Sadness Into Depressive Disorder*.

Welch, Edward T., *Blame It on the Brain*.



Audios

Hodges, Charles. "Good Mood Bad Mood - Help for Bipolar Disorder."

Hodges, Charles. "Good Mood Bad Mood - Help for Depression."

Hodges, Charles. "Paying Attention to ADHD."

Hodges, Charles. "PTSD - When Your Past Is Your Present."

Hodges, Charles. "The Problems of Pain Medicine."

Hodges, Charles. "Thinking Biblically about OCD."

Welch, Ed. "Blame It on the Brain."

Welch, Ed. "Bipolar - Feeling Better than Good."