

▶ **How should Christians view anti-depressants?**

- ▶ *And is it true that biblical counselling is 'anti-medication'?*

▶ **Worked examples and questions / comments**

Alice has been feeling very low for four months. She has a family history of depression and an aunt committed suicide. Her GP says she has a moderately severe depression and wants her to start on anti-depressants. But Alice doesn't believe drugs can be the answer. 'It can't just be about brain chemicals. I want to know what caused this.' With her doctor urging her to start medication, she doesn't know what to do and turns to you for help.

What will you say?

Brian has been taking anti-depressants for many years and has been given a diagnosis of bipolar disorder. Things have been much worse for him recently following a redundancy and marital difficulties. He recently read a blog post on a Christian website which said that for Christians to take anti-depressants was a lack of faith. He has decided to stop his pills at once.

What will you say?

Clare has been feeling low for three months. You know that three months ago Clare began to clash with a senior colleague at work. You also know that Clare has a conflictual relationship with her father and that she ceased all contact with him seven years ago. At that time you talked at length with her about the idea of God as father which she struggles to understand. Clare announces at home group that her GP has discovered a chemical imbalance in her brain and she is starting medication to correct it.

What will you say?

Further reading

Mike Emler *Listening to Prozac... and to the Scriptures: A Primer on Psychoactive Medications* (Journal of Biblical Counseling, 26,1 (2012)

Ed Welch, *Blame it on the Brain* (P&R publishing, 2012)