



Biblical Counselling UK

# Talking Church

How personal conversations  
grow local congregations

Mon 21 – Wed 23 March 2022



## WORKSHOP 1

Conversations with  
those who have  
psychiatric labels

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# Why Us?

We are both:

Consultant Psychiatrists

Biblical Counselling Co-ordinators – City Church Manchester



Biblical Counselling UK

# What have we been asked to do?

Title

Interactive

Practical

Aimed at those with some experience and/or training in biblical counselling



# What is a psychiatric label?

A “clinically recognizable set of symptoms or behaviours associated in most cases with distress and interference with personal functions.” – ICD-10

USA uses DSM-IV

The purpose of diagnosis is to treat, research and communicate with health professionals and patients. Prognosis and course of mental illness



# Secular problems with labels

## ICD-10 vs DSM-IV

DSM criteria 2x more depression,

DSM - anxiety disorders and PTSD more easily diagnosed

Psychosis is much closer.

DSM used in USA and much research

ICD used in rest of world and normal practice.

Criteria can change over time. New ICD-11 and DSM-V coming soon.

If know why they exist helps to know how to use them

People self-diagnose



# Words & meaning – e.g. what does ‘depression’ mean?

Depression – I am unhappy?

ICD -10 – 2+ weeks of depressed mood, loss of interest/enjoyment, reduced energy (2 of these 3) plus some of the ‘biological symptoms of depression’, 4+ symptoms for mild, 6+ for moderate, 8+ for severe

DSM-IV – 2-4 symptoms of 9 options:

1. Depressed Mood
2. Markedly diminished interest or pleasure in most or all activities
3. Significant weight loss (or poor appetite) or weight gain
4. Insomnia or hypersomnia
5. Psychomotor retardation
6. Fatigue or loss of energy
7. Feelings of worthlessness or excessive or inappropriate guilt
8. Diminished ability to think or concentrate, or indecisiveness
9. Recurrent thoughts of death (not just fear of dying), or suicidal ideation, plan, or attempt

So DSM –IV feel low and poor sleep = Depression

ICD -10 these 2 symptoms would not fulfil the diagnostic category for depression



How do we know your understanding of these labels is the same as ours?

We don't

Ask:

What do you mean by.....?

How does that affect you day to day?

Can you give me an example?



# Explanation of psychiatric labels

Psychosis

Schizophrenia

Schizoaffective disorder

Bipolar disorder

Mania

Depression

Generalised Anxiety Disorder

OCD

PTSD

ADHD

Eating disorders

Personality disorders



# Further problems with labels

I am a diabetic.

I am an asthmatic.

Does your diagnosis define you?

But we use other labels to define ourselves.

Identity needs to be in Christ



# Whole Group Discussion – your thoughts on

- Biblical methodology
- Biblical principles
- Any passages of scripture to consider



# Biblical Methodology

Public, private and interpersonal word ministry

Move towards

Look for the 'we' or 'us'

Listen, ask questions, ask more questions

Don't make assumptions

Heart

Identity in Christ

How are they viewing God?

Good Father might be a harder metaphor



## Role Plays in small groups

Decide who will be the:

-struggler

-helper

-observer(s)

Information for helper and observers.

Different information for struggler.



## Structure for Role Plays:

- 2 minutes to read information and think
- 5 minutes role play
- 5-10 minutes feedback in small groups
- Feedback to the whole group of specific useful things to share



## Role Play:

- Feedback



## Role Play:

- Listen
- Ask
- Don't be simplistic
- Look for the heart
  
- Do not be distracted by labels.



# Suicide & Self-Harm

Talking/ asking - does not increase risk it reduces it.

Risk assessment tools are worse than nothing.

**DO NOT** use them.

The narrative is what matters.

Your primary focus is to point them back to Jesus  
and help them examine their hearts



# Suicide & Self-Harm

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the person can phone  
someone caring for the person can phone.

What to expect

94-95% go home  
appointment in 1-2 weeks  
telephone helpline



# Suicide & Self-Harm

Keep focused on your task – considering the heart of this person and praying for him or her

You are not their saviour, you are finite, you need to sleep, you need to keep pointing them back to their Saviour, who is infinite and doesn't sleep

From your experience what are some possible underlying heart issues going on for those struggling with suicide and self-harm?



# Questions/Discussion

