

Workshop 1

Describing depression: why words and names matter

Chris & Zena Schofield



Biblical Counselling UK

Vignette - “Amy”

- 33 year old married Christian woman, 2 children
- 5 month old and a 5 year old. Breast feeding.
- Previously worked as a health visitor.
- Husband -Christian, teacher
- In-laws are Christians, her parents are not.
- She feels not good enough for her parents



Vignette

Mood has deteriorated since baby was 2 weeks old
Numb, no pleasure, tired, guilty, hopeless, helpless
Irritable with her husband

She feels she is a useless mother, can't settle her
baby, baby prefers Dad.

Lies awake at night fearing baby will stop breathing
and it will be her fault.



Vignette -

- Can't concentrate - struggles to read the bible & pray.
- Finds church hard so leaves early.
- Avoiding church toddler group.
- Goes to a baby music class.
- GP referred to the perinatal MH team - started Sertraline, CFT recommended for her 'self-critical thinking'



Depression - what is a diagnosis for?

Etymology of diagnosis - “to discern or distinguish”

Purpose:

- Communicate between clinicians
- Research
- Prognosis
- Treatment options



Depression - a diagnosis?

- Categories
- Not our identity
- Our identity is in Christ



Depression - what is in a word?

- How the word depression is used
- ICD-11 criteria
- Prevalence depends on criteria used



What is depression like?

- How do sufferers describe it?
- APA quote:

“By contrast, depression tends to feel heavy and constant.....People who recover from depression often welcome the ability to feel normal sadness again, to have a “bad day”, as opposed to a leaden weight on their minds and souls every single day”.

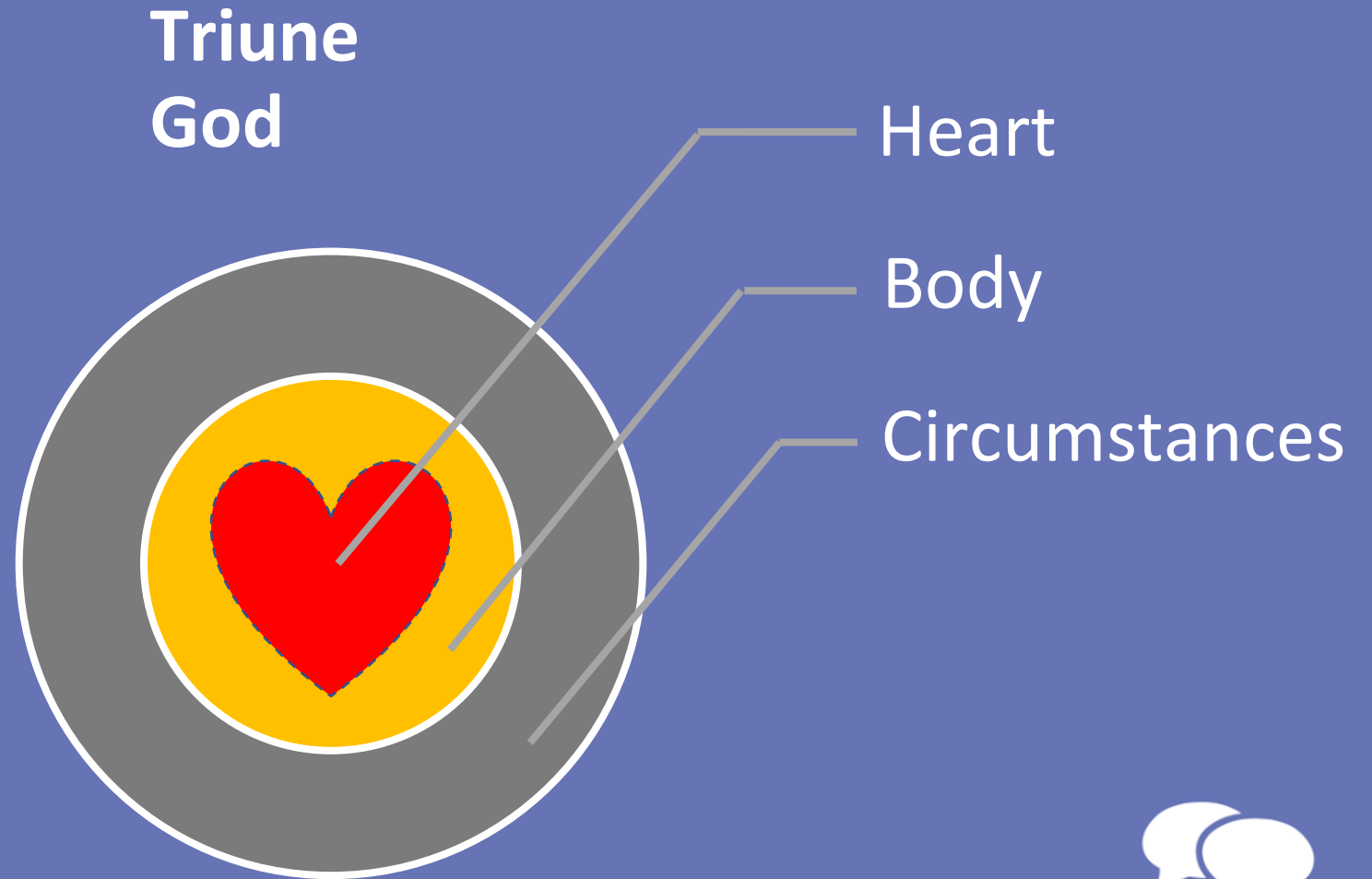


Biblical words to describe aspects of the experience of depression

- Psalm 88
- Broken hearted - Ps 34:18; Ps 147:3; Isa 61:1
- Despair - 2 Cor 1:8; 1 Kings 19:1-5;
- Affliction, test, trial, suffering



What causes depression?



What causes depression?

- Secular view - body and circumstances only
- Body - genetics, physical health conditions, neurotransmitter & receptor changes, brain scan changes, childbirth, starvation
- Circumstances - trauma, life events, abuse, family dynamics, job loss, finances, housing, isolation etc.



Biblical theology of Depression

Creation

Fall

Redemption

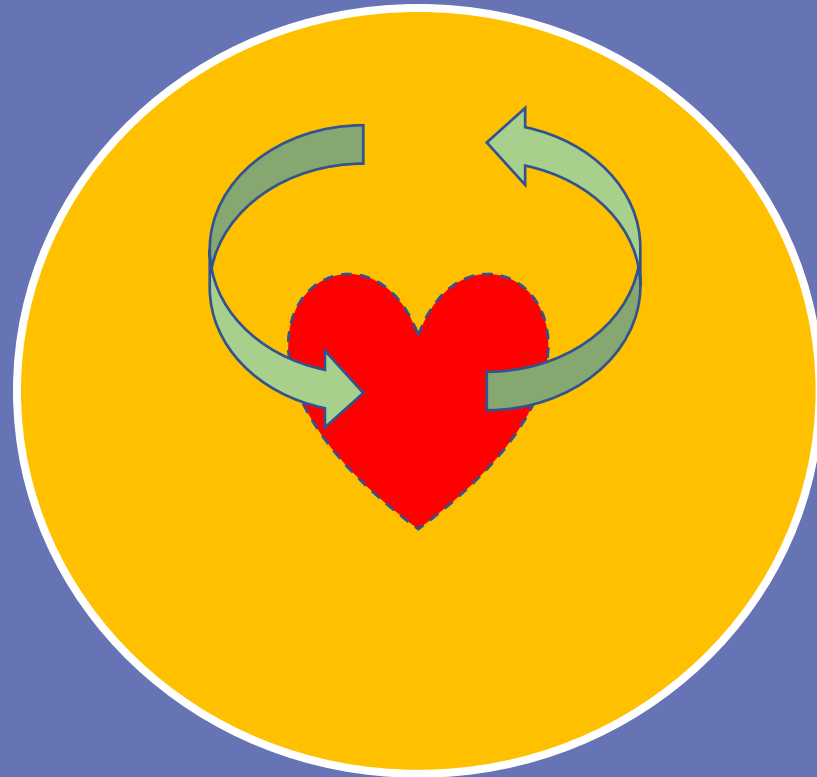
Glorification

Our hearts need to be considered when we are suffering from depression



Biblical theology of Depression

Our hearts need to be considered when we are suffering from depression



Discussion in groups:

- Comments on the biblical theology of depression.
- How does this help us as we meet with people who are suffering with depression or as we suffer with depression?
- Bible passages expressing some of the experiences of depression



History of depression - from a church view point

- Isaiah 42:3; Psalm 72:2; Psalm 88
- Matt 12:18-21; 2 Cor 1:3-7
- Puritans - cure of souls
- Victorians - asylums in each diocese
- Defending the gospel from liberals
- 1950s - TB meds - MAOIs, TCAs - people recovered and left the asylums - common grace



Depression - medication

- Antidepressants change the head not the heart
- Common grace
- biblical counselling and medication



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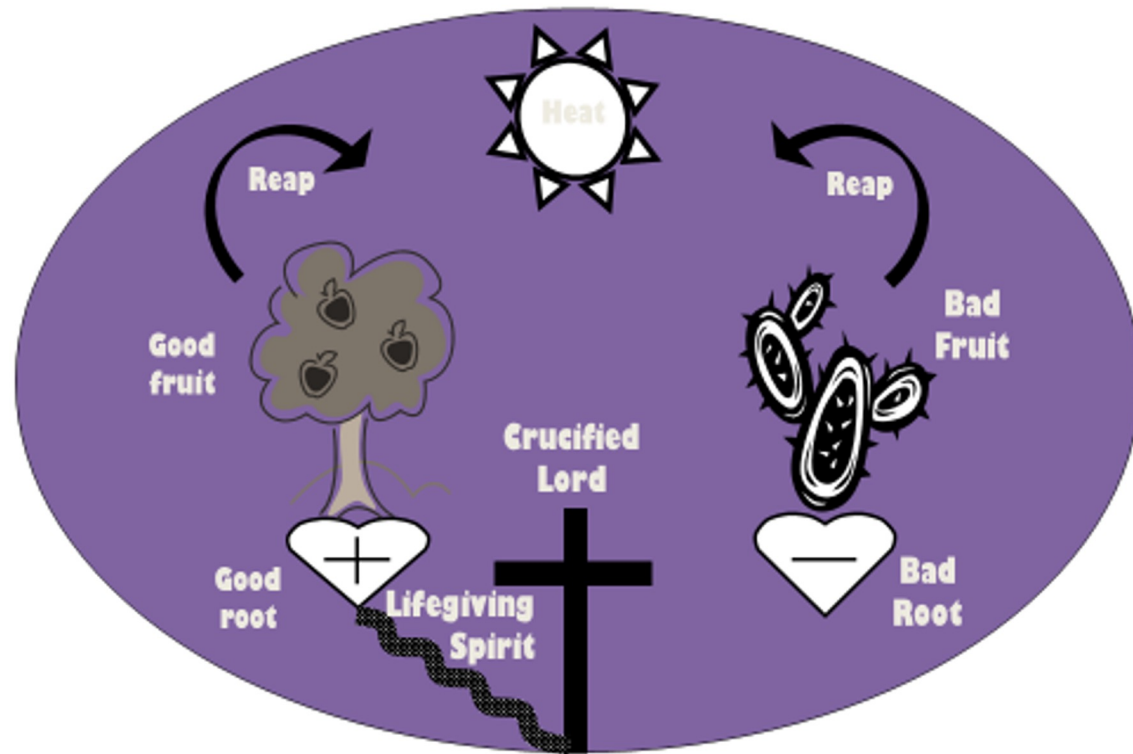


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The Three Trees (from CCEF)



In groups
discuss 'Amy'
using 3 trees
model



Questions



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