World Health Advisories 2016
Spirituality & Emotional Health

Carlos Fayard, Ph.D.
Department of Psychiatry
Loma Linda University School of Medicine
Agenda

• The mental in health ministries
• An Adventist perspective to frame mental health interventions
  – Worldviews and emotional health interventions
  – A whole-person approach should include a Christian spirituality that both frames and informs specific components of the intervention
  – The evidence (Koenig’s summary)
• Practical Applications
  – Local Church
  – Clinical Settings
• The biblical mandate for emotional healing
The Mental in Health Ministries

• ‘We believe in a "ministry of healing" by which we can be restored to wholeness. Our concept of "whole" involves "the whole person": spiritual, physical, mental and social — as we do not exist in isolation.

• We also believe firmly in the same Power that healed the paralytic in Luke 5:

• "The paralytic found in Christ healing for both the soul and the body. He needed health of soul before he could appreciate health of body. Before the physical malady could be healed, Christ must bring relief to the mind, and cleanse the soul from sin. This lesson should not be overlooked. . . The peace which He alone can impart would restore vigor to the mind and health to the body." Ministry of Healing 77’

(retrieved from the health ministries website on 12-30-2015)
Emotional Health is Essential to Health

• “The condition of the mind has a much greater impact than it is generally believed. Many illnesses are the result of depression. Sorrow, anxiety, frustration, remorse, guilt and difficulties with trust undermine vital forces and result in dismay and death... Courage, hope, faith, trust and love promote health and prolong life. A merry and content spirit bring health to the body and strength to the soul” (E.G. White, 1905)

• “Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here”.

The Mental in Health Ministries

• The condition of the mind is essential to health
• Health involves the entire experience of the person: There is no health without mental health
• Health is ultimately found in the redemptive power of Jesus Christ
• Interventions in any context must be guided by:
  – Is it consistent with the Bible and Spirit of Prophecy
  – Is it evidence-based?
  – Does it lead the person to understand the love and grace found in Jesus?
An Adventist Biblical Perspective

• “The true principles of Psychology are found in the Holy Scriptures” (My Life Today, p. 176)
What is a principle?

- a fundamental, primary, or general law or truth from which others are derived: the principles of modern physics (or psychology).
Principles Depend on a Worldview
What is a Worldview?

• “Worldview”, to borrow Ludwig Wittgenstein’s notion, is part of the riverbed that channels one’s thinking
The Importance of Worldviews

• “Once you assume the wrong beginning, you’ll not only give the wrong answer, but ask the wrong question” (Mr. Pond, a detective in a short story by G. K. Chesterton)
Worldviews and Theories of Emotional Health

• Philosophical Assumptions:
  
  – *Epistemology*: Scientific Method (no revelation)
  
  – *Metaphysics*: Naturalism (no God, Holy Spirit, miracles, redemption, eternal life)

  – *Philosophical Anthropology*: Secular Humanism & Evolutionary Psychology (no transcendent spirituality)
A Biblical Worldview and Theories of Emotional Health

• “We are unabashed about bringing theology right into the heart of psychological reflection and research, not as an afterthought, to be ‘integrated’, but as a basic guiding commitment; and not merely as supplying ‘control beliefs’ that set limits to what we can accept from twentieth-century psychology, but as contributing substantively to our conceptualization of the human person” (Roberts, 1997; p.8)
Secular Humanist (Client-Centered)

**Biblical Worldview**
- Scripture as normative; surrender of self to God’s word
- Reliance on the Word and Holy Spirit
- Self-worth comes from grace: unconditional love keeps you humble
- There is a moral universe

**Humanist Worldview**
- “What’s important is how it feels to you”
- Self-autonomy: “You need to discover your own path”
- Self-worth comes from valuing oneself
- “There are no moral absolutes” (Post-modern approaches)
An Example from a Humanist Perspective: Buddhist Psychology

**Attachments**

- The First Noble Truth in Buddhism is that there is suffering (*dukkha*).
- Some suffering is inherent to the human condition (illness, loss, death); however, much of our suffering is created through our *attachments* to ideas, things, and constructs.

**Religion**

- “There is no God”
- Meditation leads to “ultimate enlightenment – Buddha or “awake””
The importance of concepts: “Mindful Meditation”

**Buddhist Worldview**
- “Mindfulness Meditation”: self-regulation of attention maintained on immediate experience, adopting a particular orientation towards one’s experience: curiosity, openness, and acceptance
- Non-judgmental self-acceptance
- Non-relational: goal is to become part of universal consciousness
- Grounded on the experience of the moment

**Biblical Worldview**
- Christian Meditation:
- Self-examination, watchfulness, contemplation
- Fundamentally relational: prayerful dependent on the Word and guidance of the Holy Spirit
- Grounded on the Word: openness to experience, both the goodness of dwelling in the heart of God, and one’s sinful tendencies
An Example from Evolutionary Psychology: Sigmund Freud

• On Human Nature:
  – Psychobiology (instinctual) forces at war with culture
  – Personal morality is the result of such war: “ethical living because reason tells them it is in their best interest to do so”
  – Religion is an illusion with no future: Religious faith is “an attempt to procure a certainty of happiness and a protection against suffering through a delusional remolding of reality”

Implications for Psychotherapy
  – Decrease conflict – increase pleasure (notion of health)
  – Religion is a cultural construct – a delusion (notion of illness)
Cognitive Therapy

Biblical Worldview

• “As man thinks in his heart, so is he” (Proverbs 23:7)
• “If the thoughts are wrong, the feelings will be wrong; and the thoughts and feelings combined make up character... (In Heavenly Places, p. 164)

Rationalist Worldview

• Cognitive therapy asserts a similar principle: thinking – feeling – behavior
• No concern for character
• Religion can be one of the distortions to be modified (Ellis)
What Difference does it Make?

Consider someone with MDD

- Antidepressants?
- Self-worth?
- Mindfulness meditation?
- Insight about family of origin issues?
- Correct cognitive distortions?

Worldview limitations

- No power from God
- No Jesus
- No Bible/prayer
- No spiritual considerations
- No moral considerations
Which spirituality? Does it make a difference?

• 1- Cultural narrative: Eliade’s concept of whatever is designated by a community as sacred (e.g. a mountain)
• 2- Subjective experience: whatever brings about a sense of transcendence (e.g. from a baseball game to contemplating Yosemite’s Glacier Point)
• 3- Biblical anthropology: experiencing, connecting and believing in God
Christian Spirituality

• ‘If anyone is thirsty (longing), let him come to me (relating) and drink. Whoever believes in me (believing), as the Scripture has said, streams of living water will flow from within him." (John 7:37-38).
### Neuro-Psycho-Spiritual Systems

<table>
<thead>
<tr>
<th>Seeking</th>
<th>Dopamine System</th>
<th>“Restless” “Addictive” “Joyless”</th>
<th>Longing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attach-ment</td>
<td>Social Emotional System</td>
<td>Internal Self-Other System: “Who is Safe?”</td>
<td>Relating</td>
</tr>
<tr>
<td>Theory of Mind</td>
<td>Social Cognition System</td>
<td>Belief System: “Others are worthy of salvation?”</td>
<td>Believing</td>
</tr>
</tbody>
</table>
Two-Way or "Circular" Causation

Tertiary-Process Cognitions
Largely Neocortical

Secondary-Process Learning
Largely Upper Limbic

Primary-Process Emotions
Affects Deeply Subcortical

Nested BrainMind Hierarchies
What difference does it make?

Secular worldview
- Medications?
- Self-worth?
- Meditation?
- Family of origin conflict?
- Cognitive distortions?

Christian worldview
- Yes, but not alone
- Self-worth found in God’s loving gaze
- Meditate in the Word
- Yes, but created for relationships
- Yes, but grounded in a grace-filled, moral perspective
Belief in, attachment to God, psychological traits / virtues, physical health and longevity.

Theoretical Model of Causal Pathways

Source: Belief in, attachment to God

- Religious experiences
  - R coping
  - R commitment

Private and public practice, ritual

Positive Emotions

Social Connections

Negative Emotions

Mental Disorders

Genetics, developmental experiences, personality

Physical Health and Longevity

Immune, endocrine, cardiovascular functions

*Model for Western monotheistic religions (Christianity, Judaism, and Islam)
Practical Applications

The Right Arm needs A Brain
Need to know how we can be better organized: Mental health services organized rationally.
Distribution of the population affected with mental disorders

Population with MD 15-20%

Psychosocial problems or mild disorders 70%

Moderate Disorders without complications

Moderated Disorders with risk / Severe

Need hospitalization
Integrated Care

• What is integrated care?

  – Integrated care is the systematic coordination of general and behavioral health. Integrating mental health, substance abuse and primary care services produces the best outcomes and proves the most effective approach to caring for people with multiple healthcare needs.

Co-Occurrence Between Mental Illness & Chronic Health Conditions

Co-occurrence between mental illness and other chronic health conditions:

- **High Blood Pressure**
  - Mental Illness: 21.9%
  - No Mental Illness: 18.8%

- **Smoking**
  - Mental Illness: 36%
  - No Mental Illness: 21%

- **Heart Disease**
  - Mental Illness: 5.9%
  - No Mental Illness: 4.2%

- **Diabetes**
  - Mental Illness: 7.9%
  - No Mental Illness: 6.6%

- **Obesity**
  - Mental Illness: 42%
  - No Mental Illness: 35%

- **Asthma**
  - Mental Illness: 15.7%
  - No Mental Illness: 10.6%
Estimated Economic Tolls of BH/PH Co-Morbidities

<table>
<thead>
<tr>
<th>Chronic Disease</th>
<th>% Cost Increase w/Mental Illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>105%</td>
</tr>
<tr>
<td>Asthma</td>
<td>169%</td>
</tr>
<tr>
<td>COPD</td>
<td>186%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>124%</td>
</tr>
</tbody>
</table>

- **Annual Cost of Care [$$]/Patient**
  - Arthritis: $10,710
  - Asthma: $10,030
  - COPD: $10,980
  - Diabetes: $12,280

- **Annual Cost of Care w/Mental Illness [$$]/Patient**
  - Arthritis: $5,220
  - Asthma: $3,730
  - COPD: $3,840
  - Diabetes: $5,480

Adapted from: http://www.wyattmatas.com/mimik/mimik UPLOADS/Pivot_Point_Charts/14/Pivot_Point_Dec_Chronic_Condition_BH_12.10.2012.PDF
Whole-person care at all levels

• **Remember the standard:** interventions must meet criteria – congruence with Scripture, SOP; evidence-based. Does it adequately address the WHOLE person?
• **Local Church:** Preventive action and early identification of emotional distress
• Consider adding emotional health principles to all health ministry initiatives
  – “Strengthening mental health in primary care and the community”: WHO/Department of Psychiatry/IAD
    • Workbook (depression, trauma, addiction, suicide prevention)
    • Church outreach
    • Early identification, referral and ongoing community spiritual support
Whole-person care at all levels

• **Clinical Settings (Clinics and Hospitals):** Identification of emotional distress and intervention in medical settings
  – *primary care and specialty clinics* – behavioral health integration model
  – Screening for most common co-morbid conditions
  – Co-location of mental health staff *trained and committed* to whole person care grounded in a biblical worldview
  – Team-based

• **Specialized mental health/addiction services** in Adventist operated hospitals and clinics clearly aligned with a Christian spiritual foundation and *anchored in a biblical worldview*

• **Create networks of care:** local church, Adventist health facility, community/public health resources
Need to know how to better target and coordinate our efforts

• Blend ministries, please! (true seamless integration)
• Target populations and
• Coordinate with more complex levels of care
• Don’t leave the wounded on the ground
• We can’t do it alone! (many of our members – most of the more vulnerable receive assistance in the public sector). Develop partnerships.
Listen to the Words: Emotional Healing is a Biblical Mandate

- **Isaiah 61:1** The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor.
• He has sent me to bind up the brokenhearted,
• to proclaim freedom for the captives
• and release from darkness for the prisoners
• 2 to proclaim the year of the LORD’s favor and the day of vengeance of our God, to comfort all who mourn,
• 3 and provide for those who grieve in Zion—
• to bestow on them a crown of beauty instead of ashes
• the oil of joy instead of mourning,
• and a garment of praise instead of a spirit of despair.
They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.