

CHRISTIANITY AND MENTAL HEALTH

CALVIN KLINT, MD



I THINK IT'S HUMAN....







²⁷ So God created mankind in his own image, in the Image of God he created them; male and female he created them.

Genesis 1:27

Reason

Will power

Creativity

Selfless Love

Relationship
with God

Spiritual
relationships

Free Will

Divine
Purpose

Responsibility
for the Earth

Ability to rule

Higher
intellect

Sustained
Memory

Historical
Perspective

Appreciation
of beauty

Morality

Self-reflection

Eternal
mindset

Insatiable
desire

THE MIND

Reason

Will power

Creativity

Selfless Love

Relationship
with God

Spiritual
relationships

Free Will

Divine
Purpose

Responsibility
for the Earth

Ability to rule

Higher
intellect

Sustained
Memory

Historical
Perspective

Appreciation
of beauty

Morality

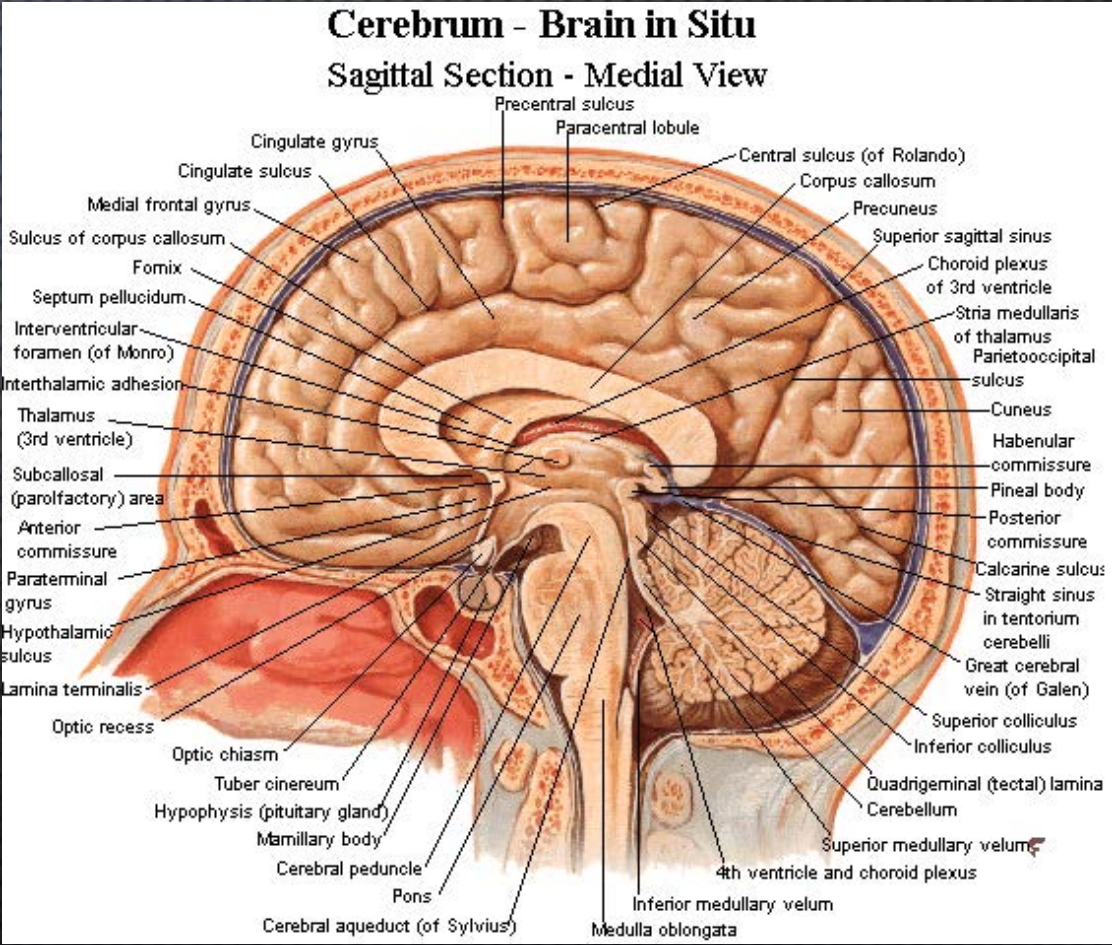
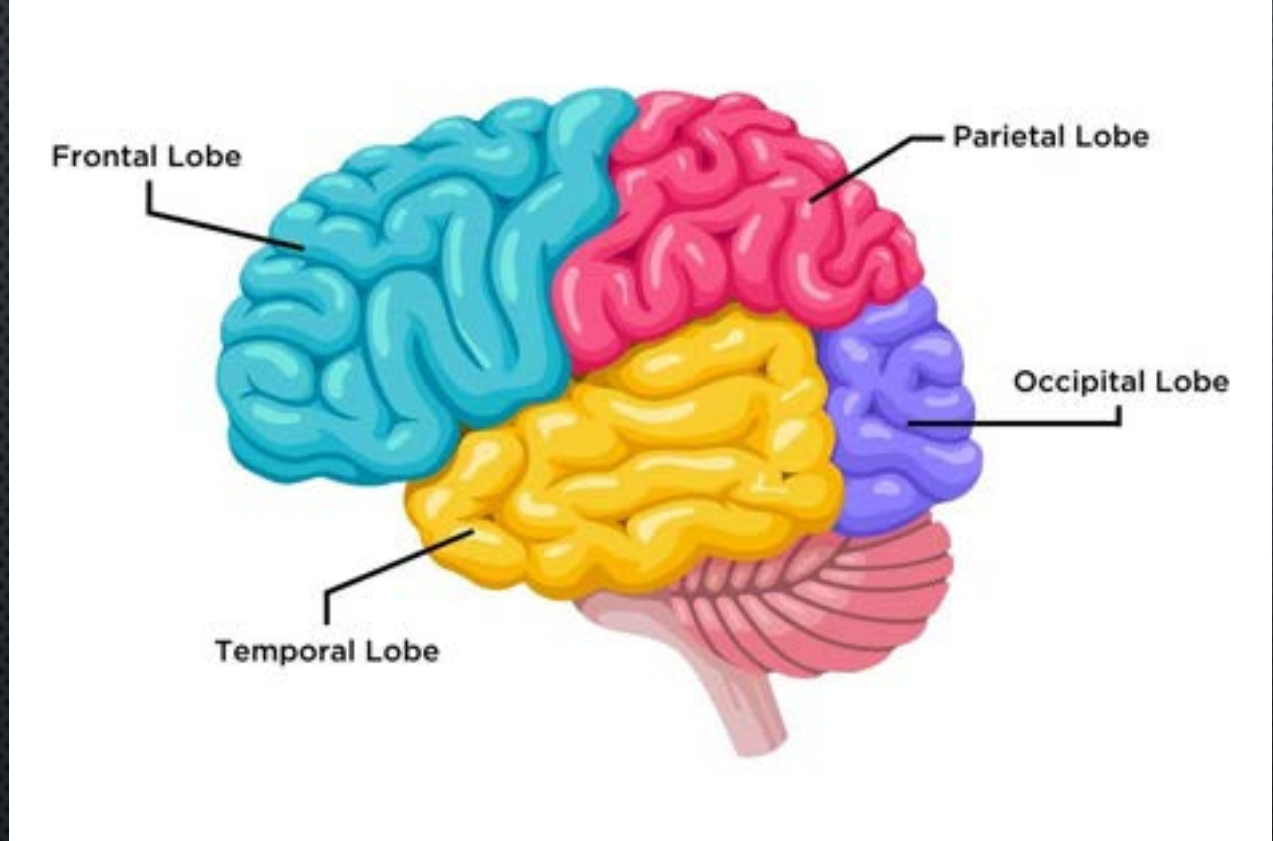
Self-reflection

Eternal
mindset

Insatiable
desire



MIND VS BRAIN



WHAT THE DIFFERENT PARTS OF THE BRAIN DO

FRONTAL LOBE

- 1 Eye and head movements
- 2 Behaviour and emotion
- 3 Speech

TEMPORAL LOBE

- 4 Hearing

PARIETAL LOBE

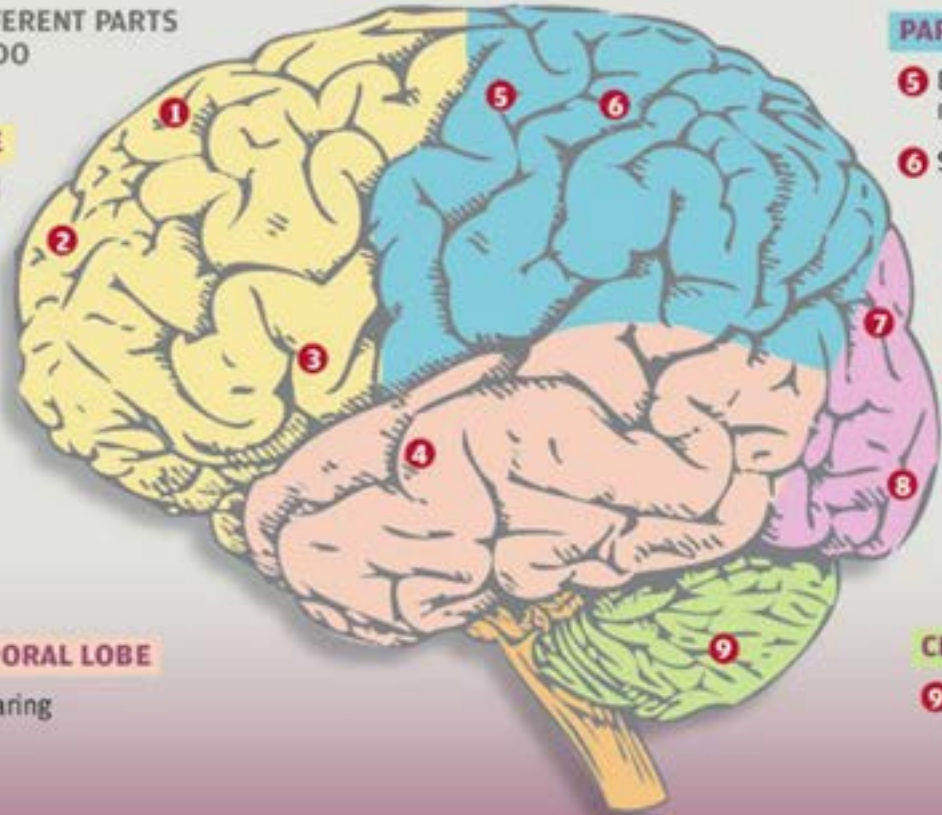
- 5 Basic movements
- 6 Sensation

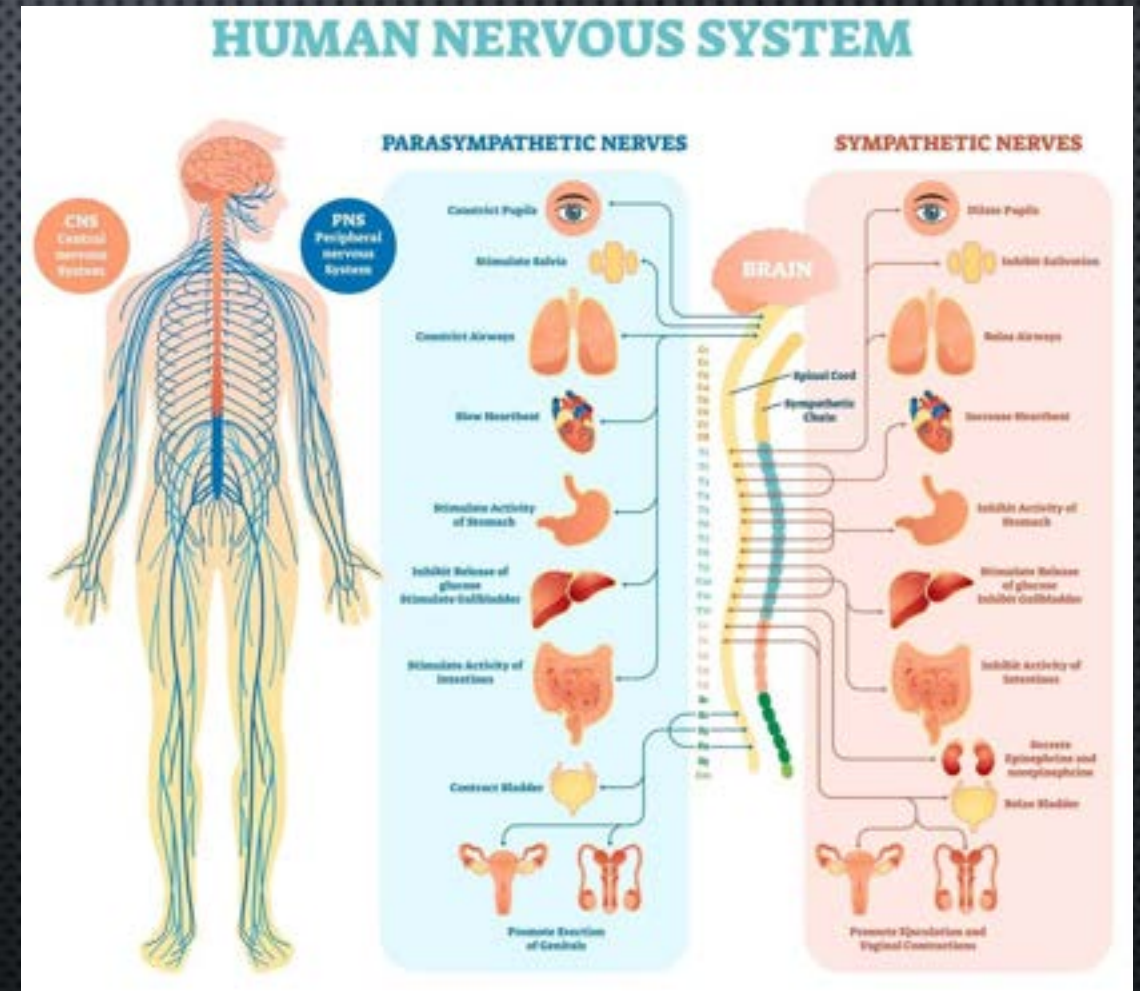
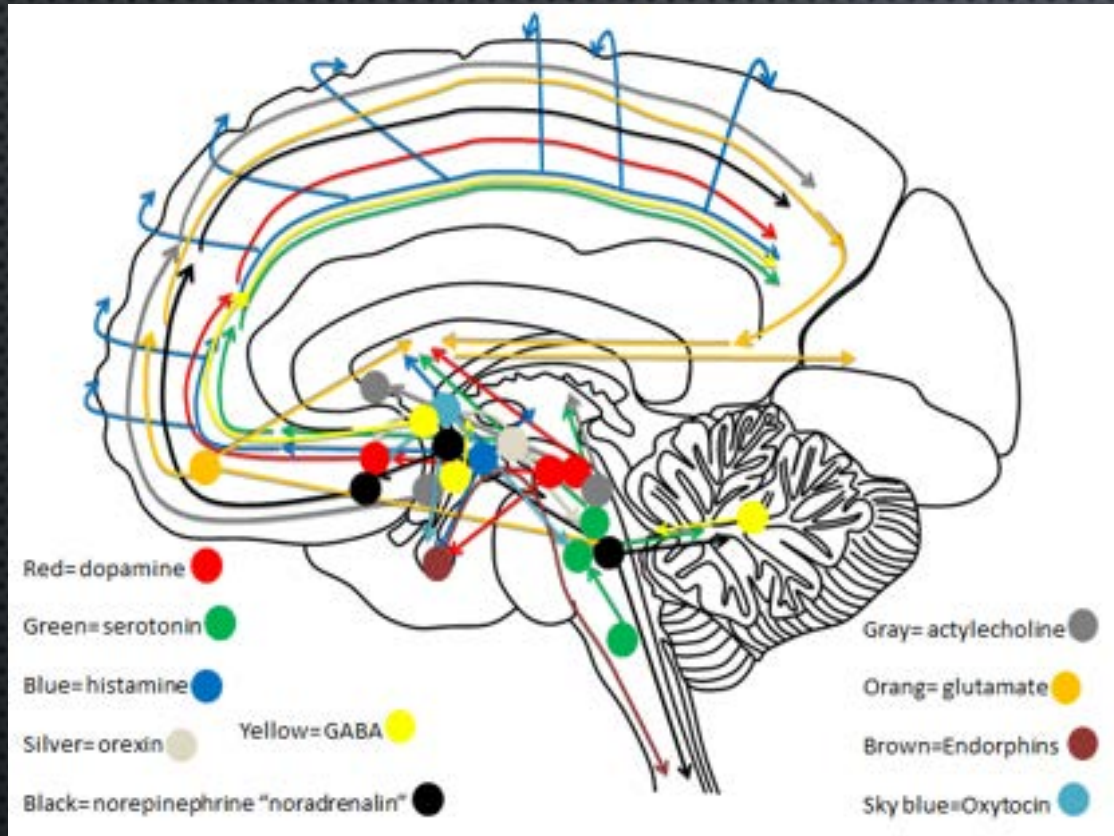
OCCIPITAL LOBE

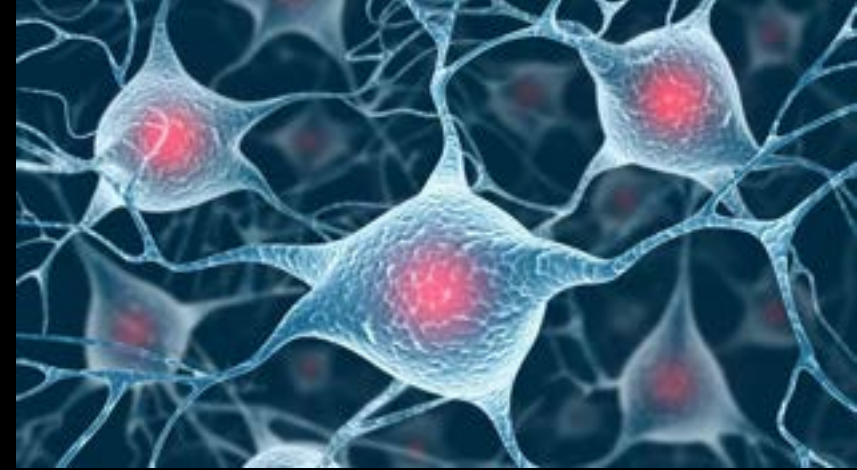
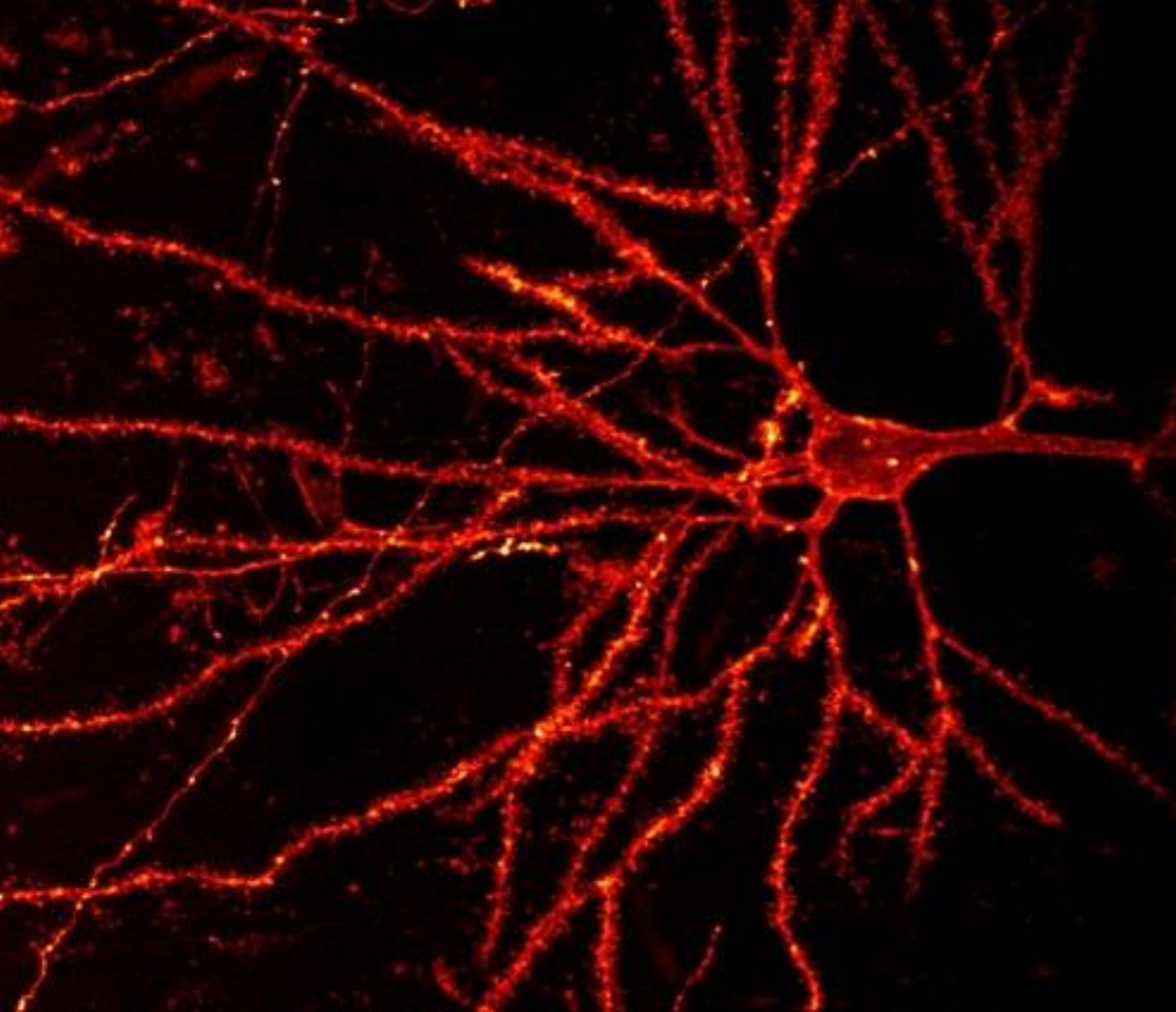
- 7 Visual recognition
- 8 Vision

CEREBELLUM

- 9 Balance and muscle coordination







¹³ For you formed my inward parts; you knitted me together in my mother's womb. ¹⁴ I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. ¹⁵ My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. ¹⁶ Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

Psalm 139:13-16



THE MIND

THE MIND



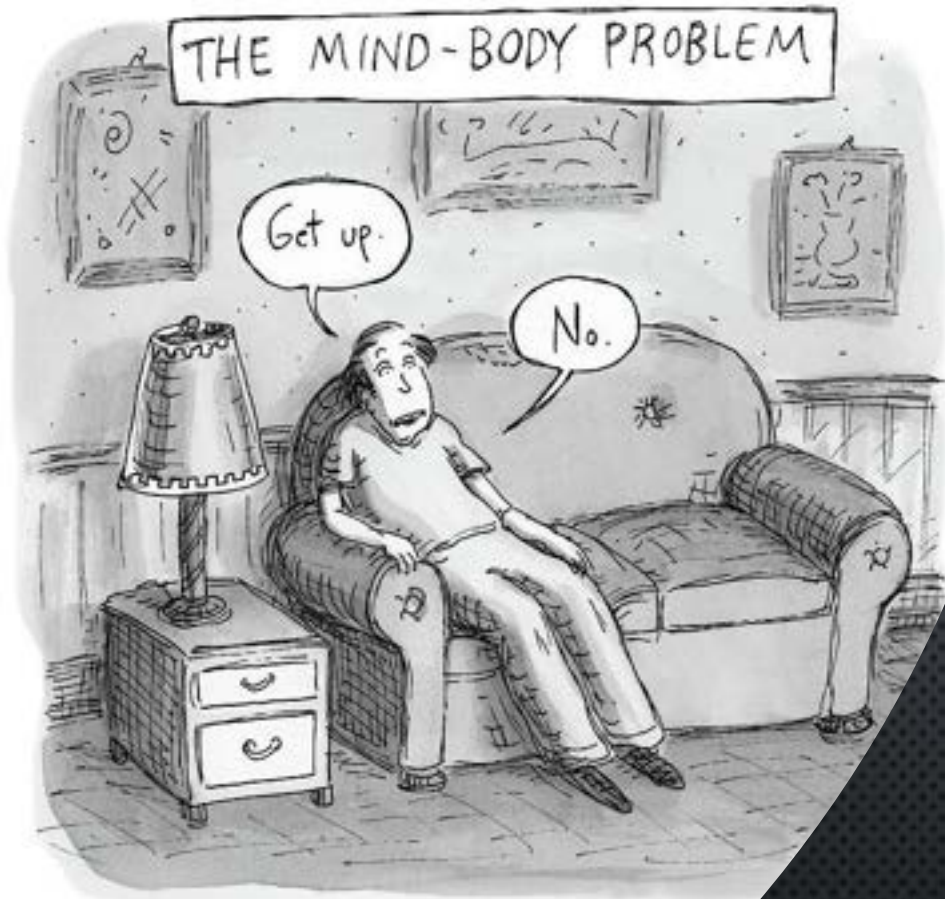
WHAT ENABLES US TO BE AWARE
OF THE WORLD AND OUR
EXPERIENCES



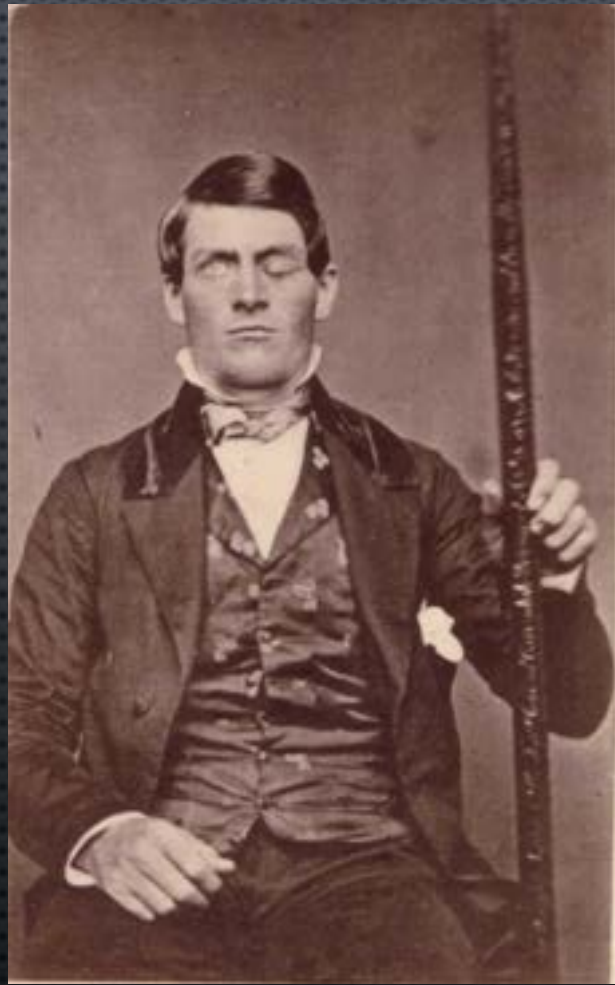
CONSCIOUSNESS, THOUGHT,
MEMORY, WILL

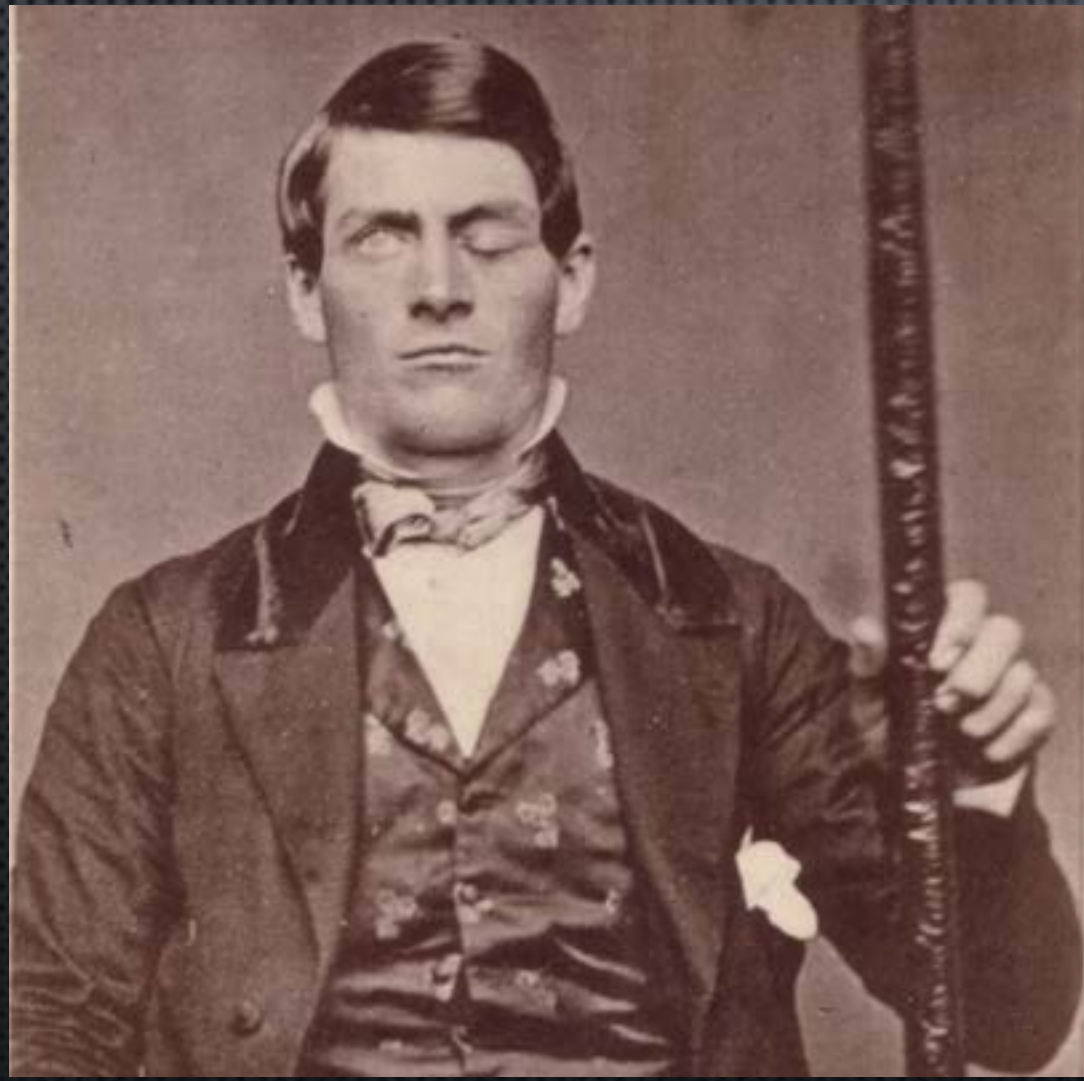


PERCEPTION, BELIEF, DESIRE,
INTENTION, AND EMOTION



MIND-BODY PROBLEM







¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:10

¹⁹ And I will give them one heart, and a new spirit I will put within them. I will remove the heart of stone from their flesh and give them a heart of flesh Ezekiel 11:19

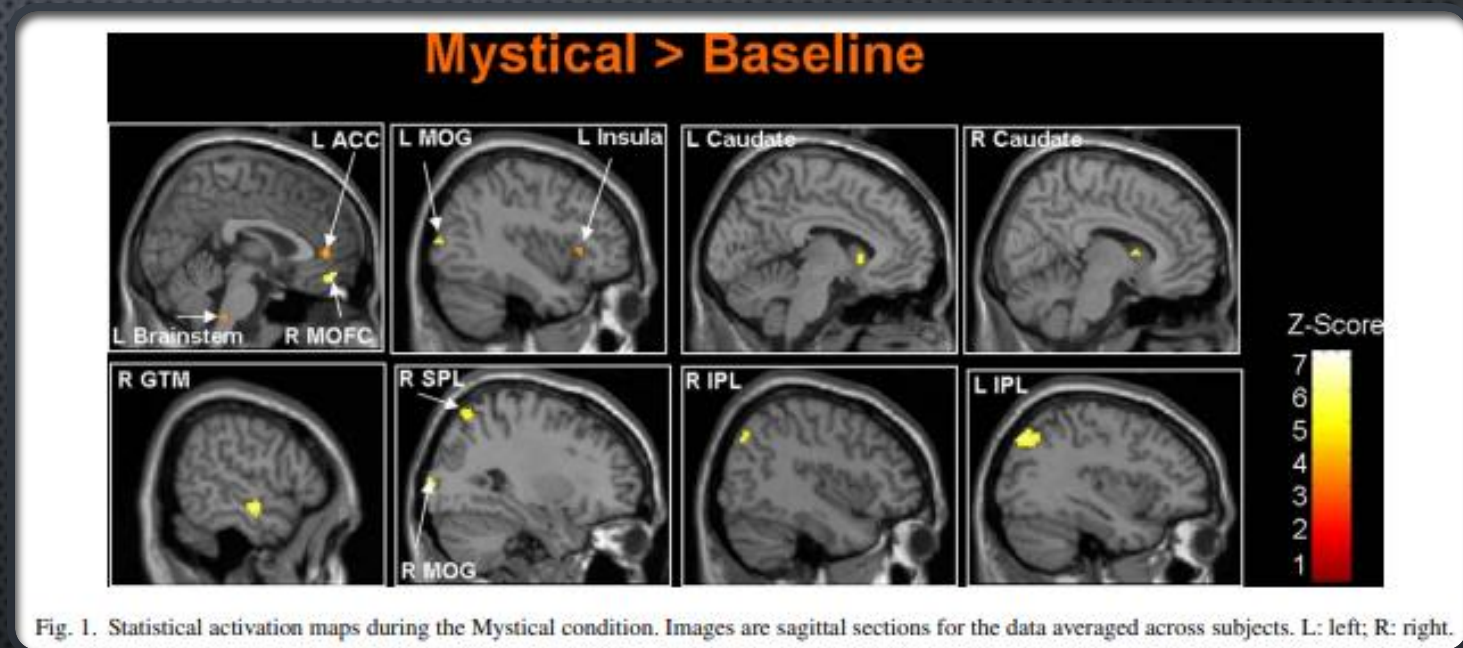
And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. ²⁷ And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules. Ezekiel 36:26

³³ For this is the covenant that I will make with the house of Israel after those days, declares the Lord: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people. Jeremiah 31:33

⁴ "I tell you, my friends, do not fear those who kill the body, and after that have nothing more that they can do. ⁵ But I will warn you whom to fear: fear him who, after he has killed, has authority to cast into hell. Yes, I tell you, fear him! ⁶ Are not five sparrows sold for two pennies? And not one of them is forgotten before God. ⁷ Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.

Luke 12:4-7

“INTERESTINGLY, WHEN THE CONTROL AND MYSTICAL CONDITIONS WERE CONTRASTED AGAINST BASELINE, THE RECALL AND REEXPERIENCING OF TWO DISTINCT TYPES OF SOCIOEMOTIONAL MEMORIES WERE ASSOCIATED WITH RELATIVELY DIFFERENT REGIONAL PATTERNS OF BRAIN ACTIVATION. **THIS FINDING IS VERY INTRIGUING SINCE ONE COULD HAVE EXPECTED THAT THE NEURAL SYSTEMS SUPPORTING THE RECALL AND REEXPERIENCING OF A STATE OF UNION WITH A “DIVINE” OTHER WOULD BE LARGELY THE SAME AS THE NEURAL SYSTEMS SUPPORTING THE RECALL AND REEXPERIENCING OF A STATE OF UNION WITH ANOTHER HUMAN”**



WHEN I SIN, IS IT AN ISSUE OF
THE BRAIN OR THE MIND?

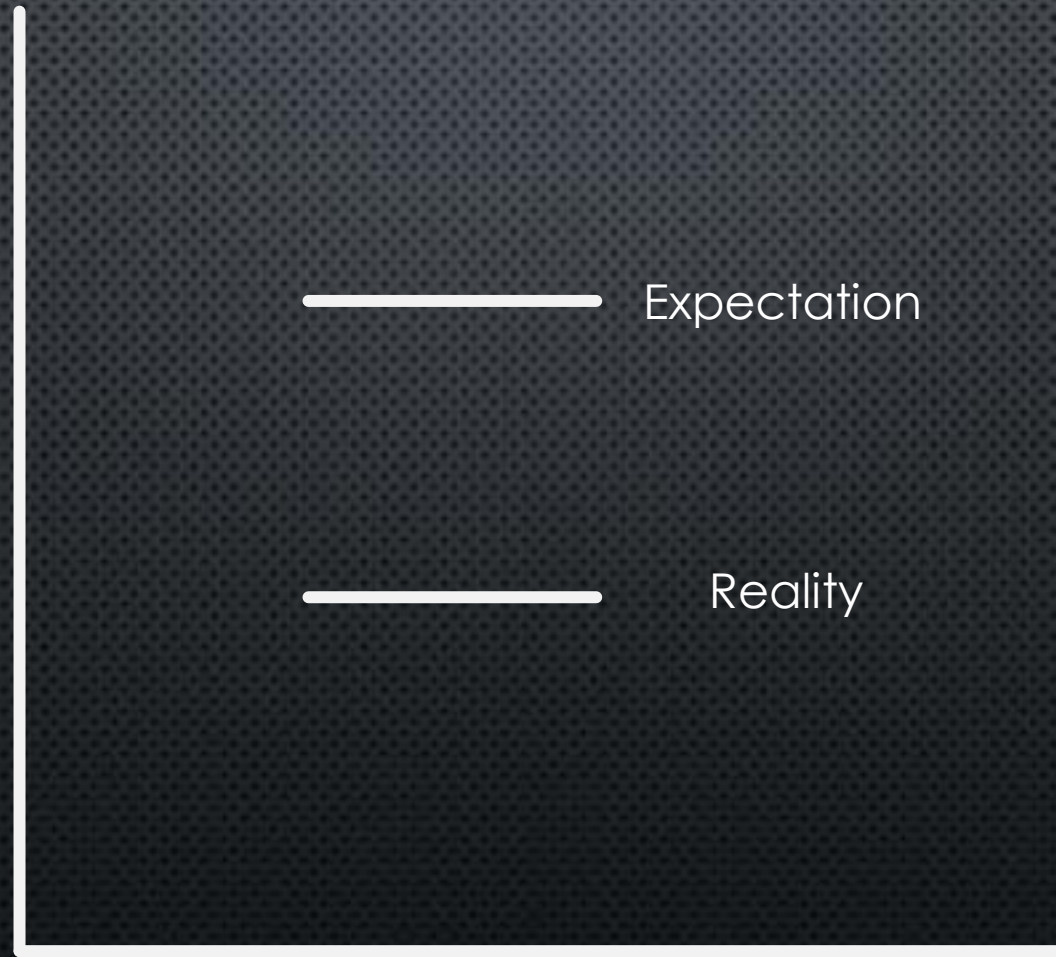
WHAT IS MENTAL HEALTH?



¹ Again he entered the synagogue, and a man was there with a withered hand. ² And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. ³ And he said to the man with the withered hand, "Come here." ⁴ And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent. ⁵ And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored.

Mark 3:1-5

The Gap Model



The Ripple Model



Jumping Frenchmen
of Maine

Koro

Mal de Pelea

Susto

Amok

Piblokto

Jumping Frenchmen of Maine

Lumberjacks in Quebec and Maine. It is characterized by an extreme startle response involving yelling, imitative speech and behavior, involuntary jumping, flinging of the arms, and command obedience

Koro

Males in China and SE Asia. It is an acute anxiety reaction where males suddenly fear that his penis is shrinking and will disappear into his abdomen, bringing death. It is associated with immoral sexual behavior

Mal de Pelea

Puerto Rico. Individuals experience a period of brooding and then suddenly become violent and attack others around them

Susto

Latinos in Central America. A fear that their soul has left their body. Symptoms include weight loss, fatigue, muscle pains, headache, diarrhea, unhappiness, troubled sleep, lack of motivation, and low self-esteem

Amok

Males in SE Asia. A period of social withdrawal and apathy, before making a violent, unprovoked attack on nearby individuals. The aggressor eventually collapses from exhaustion and afterward has no memory of the event

Piblokto

Female Inuits. People experience a sudden dissociative period of extreme excitement in which they often tear off clothes, run naked through the snow, scream, throw things, and perform other wild behaviors. This typically ends with convulsive seizures, followed by an acute coma and amnesia for the event

ARE MENTAL HEALTH PROBLEMS A
PHYSICAL, MENTAL, OR SPIRITUAL
PROBLEM?

EGODYSTONIC
VS
EGOSYNTONIC

¹⁰ And David rose and fled that day from Saul and went to Achish the king of Gath. ¹¹ And the servants of Achish said to him, “Is not this David the king of the land? Did they not sing to one another of him in dances,

‘Saul has struck down his thousands,
and David his ten thousands’?”

¹² And David took these words to heart and was much afraid of Achish the king of Gath. ¹³ So he changed his behavior before them and pretended to be insane in their hands and made marks on the doors of the gate and let his spittle run down his beard. ¹⁴ Then Achish said to his servants, “Behold, you see the man is mad. Why then have you brought him to me? ¹⁵ Do I lack madmen, that you have brought this fellow to behave as a madman in my presence? Shall this fellow come into my house?”

1 Samuel 21:10-15

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-8

HOW DO I RESPOND TO A
MENTAL HEALTH PROBLEM?

1. DON'T SEEK COMFORT; SEEK TO UNDERSTAND
2. PURSUE THE NARRATIVE
3. LOOK FOR THE GAP
4. ASK ABOUT THE RIPPLES
5. IS THIS SPIRITUAL, EMOTIONAL, OR PHYSICAL?
6. PLAY THE PART GOD CALLS YOU TO PLAY

