

## **Q&A for Psychiatric Disorders**

### **Q: How is this different from the [2011 Psychiatric Disorders Conference Audio](#)?**

A: This is a [brand new curriculum](#) that was written over the past year. It utilizes video filmed at the 2011 conference. It also includes two supplemental videos, exercises/activities, and reflections questions. This resource can be used individually or in a group setting. The Audio resource does not include handouts, outlines, or the workbook. It is the audio of all sessions from the 2011 conference.

### **Q: I have the 2011 Audio from the Psychiatric Disorders National Conference, do I need to buy the DVD or can I just buy the workbook.**

A: You could buy only the workbook and use it with the audio you have, yes. But please know that it was written and organized to be used in conjunction with the DVD set. So for a group setting we strongly recommend utilizing the DVDs.

### **Q: What topics are addressed in this resource?**

A: This resource takes a broad view of psychiatric disorders and seeks to present a biblical alternative. Topics include the use of medication in psychiatric treatments, understanding diagnosis and labels, and learning how you can help someone who struggles deeply with a complex problem.

### **Q: What is the intended audience for this resource?**

A: The workbook was written with two audiences in mind. The first would be counselors, mental healthcare workers, pastors, and other leaders who walk alongside people who are struggling. In this scenario each participant should have a workbook to use.

The second would be for a church who is not as familiar with the model of biblical counseling taught at CCEF but wants to better equip their members to interact wisely from a biblical worldview with secular psychological claims and approaches to helping people who struggle. In this scenario participants can still use the workbook for each person, but it is not necessary. There are handouts that can be copied at the back of the workbook (handouts only) that can be given to participants and then the leaders would use the workbook as their aid in selecting the appropriate group activities and questions to answer.

### **Q: This topic doesn't seem introductory, can it be used in Sunday School or in a group setting at church?**

Yes this was designed to be used in a Sunday School setting and for introductory audiences. The reflection activities and introductory discussion questions for each lesson are designed with a wider audience in mind. In some ways this is a helpful introduction to understanding a Christian worldview and how to interact with secular theories.

In our culture we are surrounded by promises from pharmaceutical companies that claim a biological root cause for many psychological problems. Most people are touched personally or with someone they love who has a label or diagnosis. Often we feel overwhelmed, at a loss, or without hope that we or someone can really change once we have a label. But labels are only descriptions not explanations for struggles. This resource will provide a good biblical framework for people of all backgrounds.