



Mental Health Day

SAT 10TH OCT 2015

Tablets and Talking Treatments

Dr Rob Waller - @robwaller

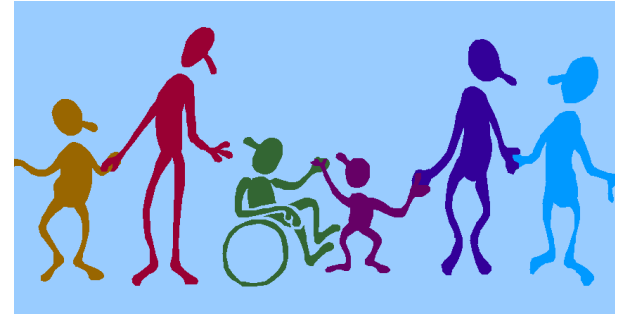
Director, Mind and Soul - @mindandsouluk

Consultant Psychiatrist, NHS Scotland

Root Cause



Best Answer





£15bn

Diversity → University

Quintessence [kwɪn'tɛs(ə)nʃs/]

1. the most perfect or typical example of a quality or class.;
2. a refined essence or extract of a substance;
3. (in classical and medieval philosophy) a fifth substance in addition to the four elements, thought to compose the heavenly bodies and to be latent in all things.







University → Diversity

- Arts
 - BA and BD
 - Arts and Divinity
- Sciences
 - BSc and MBBS
 - Sciences and 'Physic'

University → Diversity

- Arts

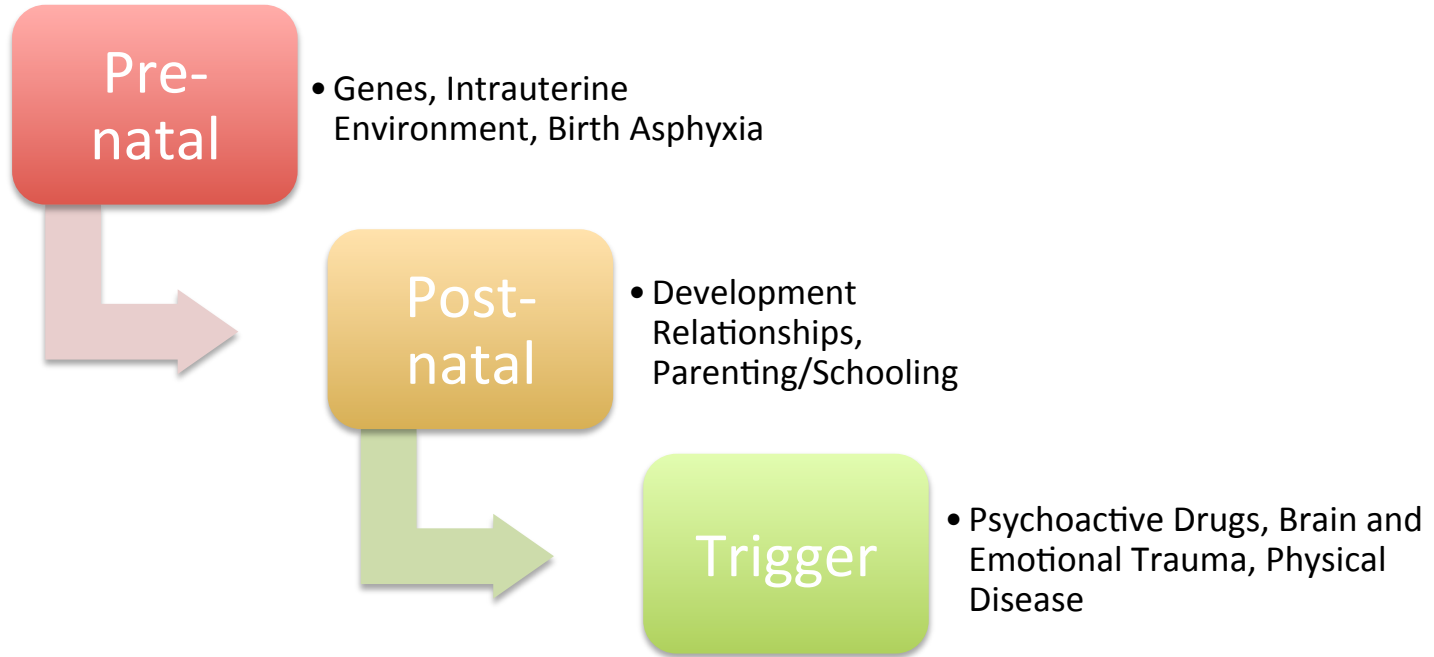
- BA and BD
- Arts and Divinity
- Theology
 - Cure of Souls
- Narrative
- Counselling Psychology

- Sciences

- BSc and MBBS
- Sciences and 'Physic'
- Medicine
 - Cure of Bodies
- Psychiatry
- Experimental Psychology

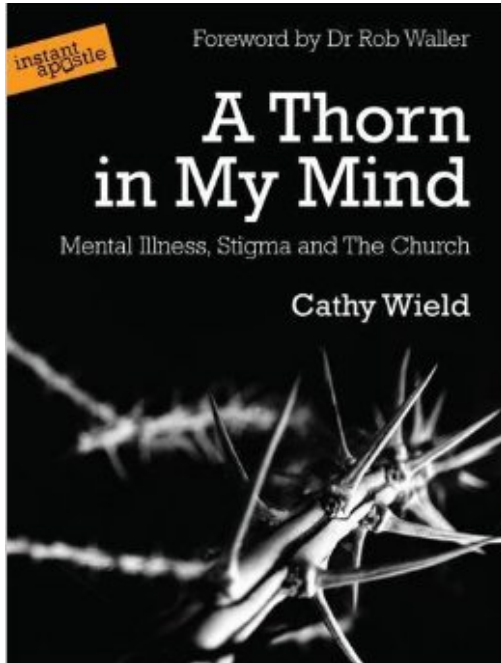
Talking or Tablets?

Gene Environment Interactions





A Thorn in my Mind



I was flown up to Scotland to their brand new unit. They went through the details of the neuro-surgery operation... everyone would require nine months of further therapy... one third improved.

The operation was nothing like the notorious lobotomies which were performed on mentally ill patients in the past. It would be done under MRI... The operation went well, but I was pretty fed up after surgery, even though I had been warned that nothing would happen immediately.

Some days after the operation, I rose to go to my room and a thought came into my mind, 'What about the self harm?' I talked to it as though it were a voice and said, 'I don't want to self harm anymore.'

I believe this was the vital decision that the prophecy [over me] had referred to; I was to repeat that response to the self-harm thoughts as they entered my mind. [p42-43]

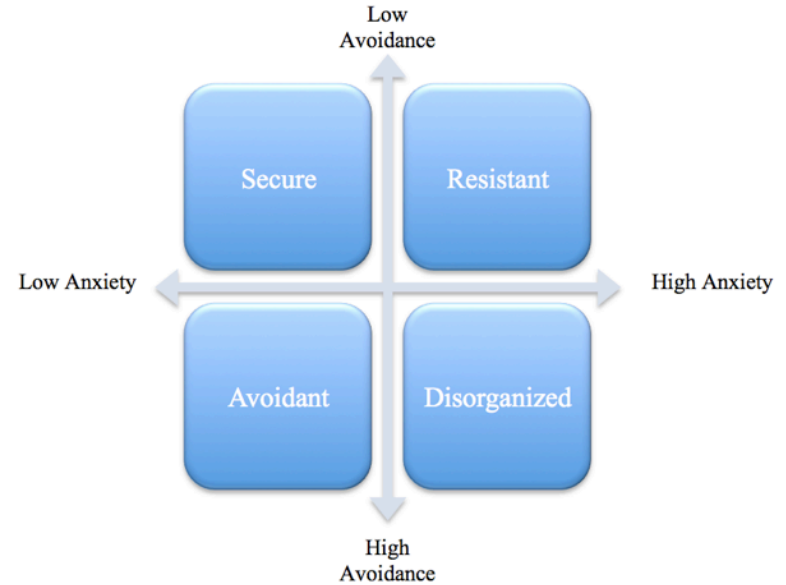
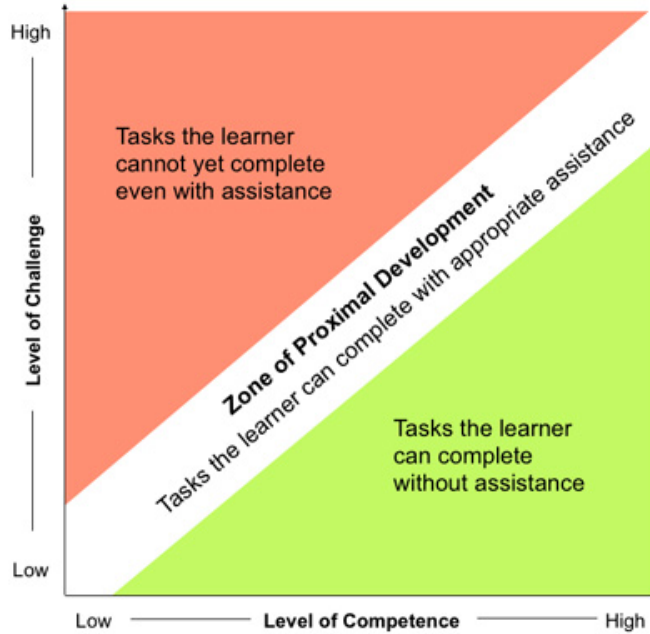
Talking

It's hard to talk...

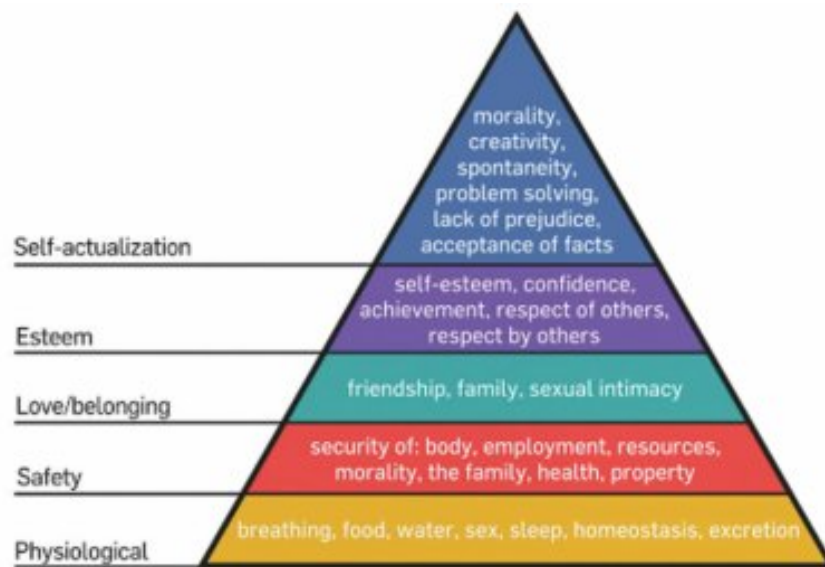
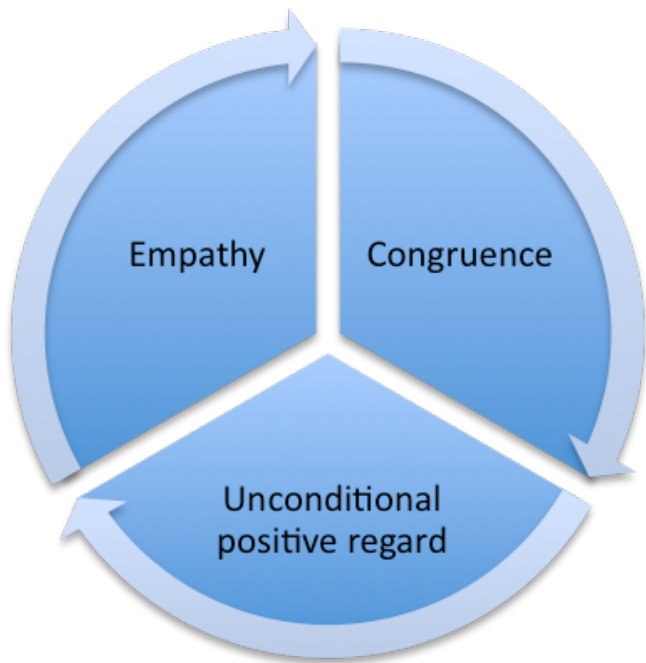


- One person 'imagine' they have a fear of heights
- One person try to persuade them to climb up a ladder
 - To a view, to safety
- One person observes and then feeds back

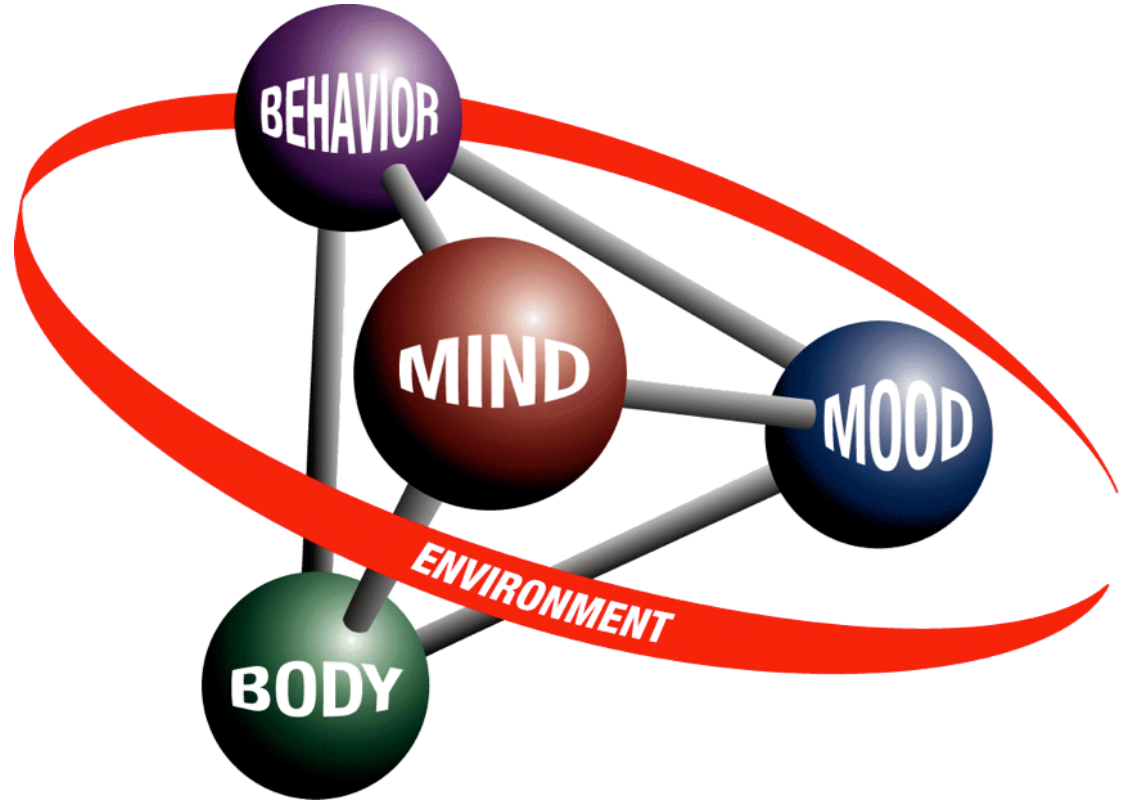
How humans change



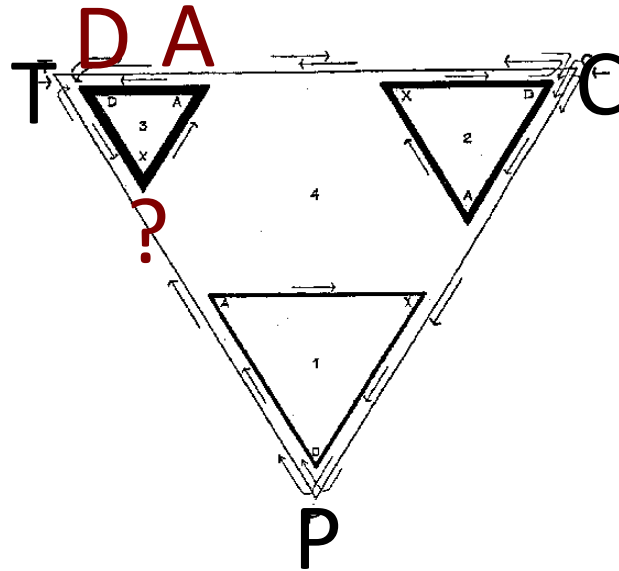
Person-Centered Counselling



Cognitive Behavioural Therapy

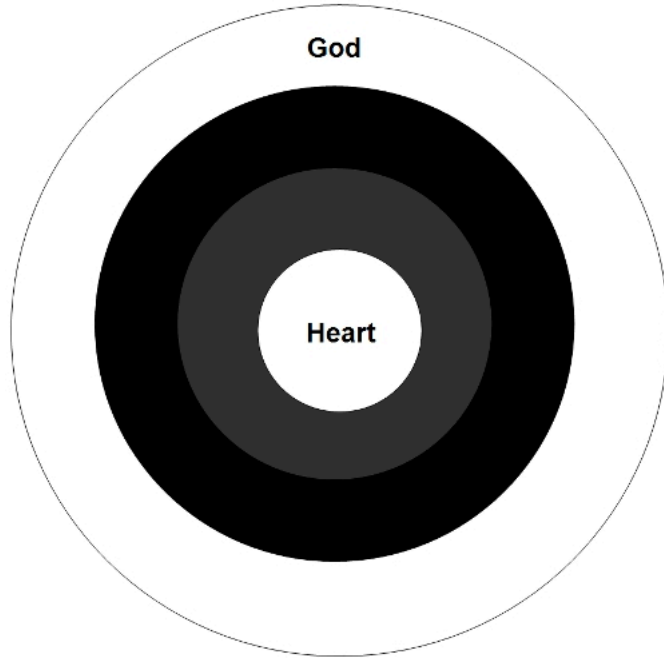


Psychodynamic Psychotherapy



Malan's Triangles of Conflict and Person :: James Johnstone, Drawings From Life, www.rcpsych.ac.uk

Biblical Counselling




Biblical Counselling UK

 CCCEF



WAVERLEY ABBEY
COLLEGE

www.mentalhealthaccesspack.org

Mental Health **ACCESS** Pack 

Helping the church support those struggling with mental health issues



- Tip sheet
- Accessing help
- Working with CAMHS (Children and Adolescent Mental Health Services)
- Mental health and learning disability
- Forms of counselling**
- Being sectioned
- Signposting index

Forms of counselling

Caring conversations happen best within a good group of friends or family. It's been said that good community is 'when good friends and wise people turn their chairs inwards and talk well'. This sort of 'therapeutic' community is embedded in where we live, does not cost anything and will not easily go away. However, and there's no shame in this, there are certain times when seeing a counsellor or therapist is both necessary and helpful. Clear boundaries, and seeing someone who you don't also need to meet socially, can be very helpful.

People can choose to see someone at any stage in their lives for any reason, even if they're not 'ill' or in trouble. This might include spiritual direction, life coaching and mentoring – as well as describing some types of counselling. However, **here we will focus on counselling for distress and illness.**

Person-centred (general) counselling

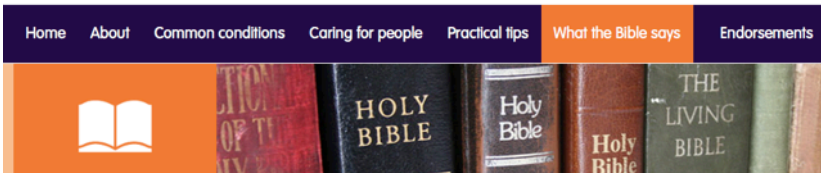
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Mental Health **ACCESS** Pack 

Helping the church support those struggling with mental health issues



- Medication and faith**
- Medication and faith
- Suffering, healing and mental health
- Mental health and spiritual influences


Medication and faith

If you had diabetes, you wouldn't worry about telling people you were on insulin – but why is it that we're afraid to tell people we're taking antidepressants? Is it because we're worried we'll be seen as weak, fragile, even stupid? And in a church, will we be told we don't have enough faith; that we need to pray or study the Bible more?

Some people have indeed received responses like this – as if it had not occurred to them to pray about the distress they were in! Yet the reality is that for these people, medication was what saved their lives. It held their families together; it allowed them to keep their jobs; it kept them sane (sometimes literally).

The pros and cons

Medication does have its problems. There are side effects, some of which are significant. It doesn't help in some areas, nor indeed is it the full answer to any mental health problem. It can 'blunt' the emotions, meaning we perhaps at times could do more wrestling



IMPORTANT
Stopping medication is a common reason for being admitted to hospital and should **never be done without medical supervision.**

Tablets

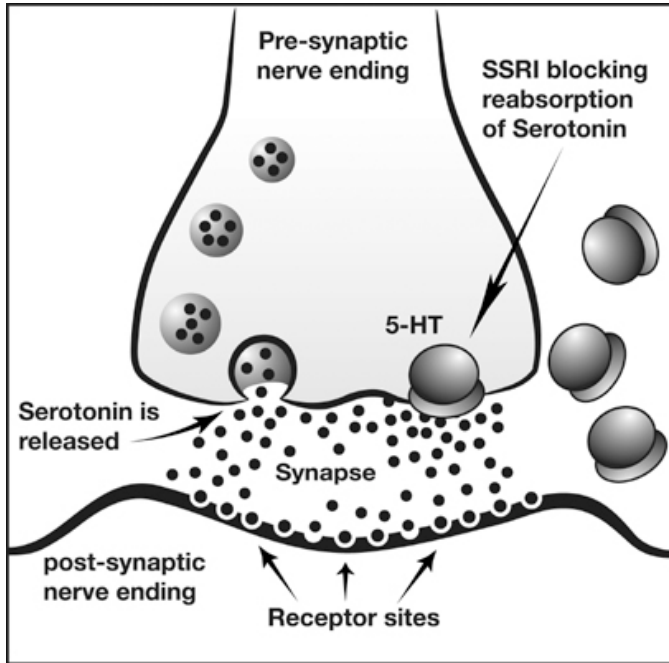
Christians and Medication

- Analgesia
 - Paracetamol
 - Morphine
 - Chemotherapy
 - Anti-epileptic medication
 - The Morning After Pill
 - The Combined Contraceptive Pill
- Which of these medications would you be willing to take as a Christian?
 - And why / why not?

How these medications work...

- Paracetamol - COX-3 enzyme action in brain and spinal cord
- Morphine - Delta for analgesia/Mu for euphoria and dependence - both in the brain
- Chemotherapy - varied action, but 'necessary to save life'
- Anti-epileptic medication - action in the brain but epilepsy seen as medical illness, unknown mechanism of action
- The Morning After Pill - the objection is ethical not biological
- The Combined Contraceptive Pill - differential objection based on ethics not mode of action

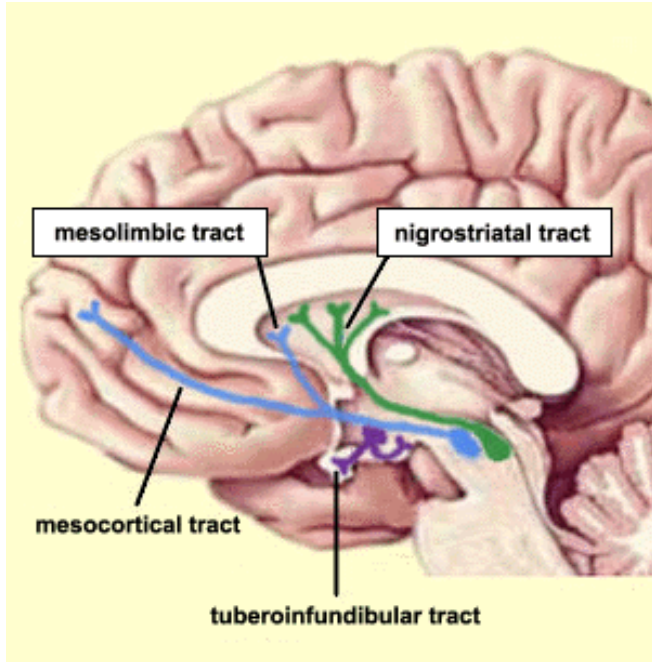
Antidepressants



- Stop the 'reuptake' of serotonin
 - And noradrenalin and dopamine
- Better called 'serotonin level increasers'
 - If your serotonin is low...
- Not addictive
 - But can have withdrawal
 - And can be hard to do without

Antipsychotics

- The aim is to decrease dopamine over-activity in the frontal lobes [DLPFC]
 - Affecting other brain areas is what causes side effects
 - Stiffness [Parkinsonism]
 - Weight Gain [Metabolic Syndrome]
 - Correcting dopamine over-activity is not the whole story
 - Holistic models of treatment



Medication and Stigma



- How many people do you know who take psychiatric medication?
- How confident would you be in sharing if you did?
- How can we help people be more able to talk about mental health treatments?



**Take 5 minutes
on the 5th February
to have a conversation
about mental health.**

it's time to talk. it's

time to change

let's end mental health discrimination

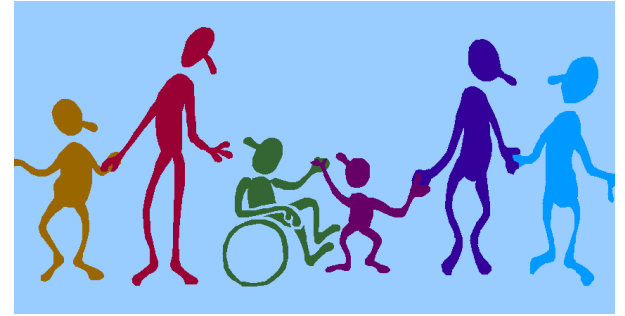
time-to-change.org.uk/timetotalkday

#TimetoTalk

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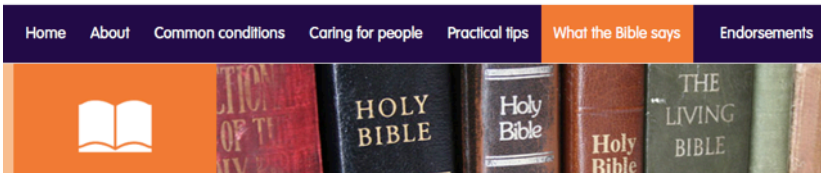
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