

focus2012

Making Changes

Rob Waller @robwaller

Jonathan Dean @jonathanadean



Premier

Mind & Soul

EXPLORING CHRISTIANITY AND MENTAL HEALTH

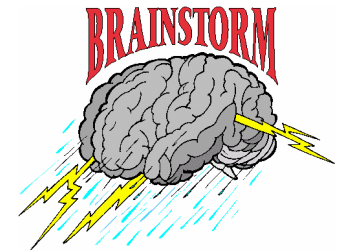
Tackling the Unspoken Issues

- Sunday: Making Changes
- Monday: Stayin' Alive
- Tuesday: Healing Together
- Wednesday: Food, Thursday: Addiction
- www.mindandsoul.info/focus

making changes

“to live is to change”

- ...or so goes many an inspirational quote. But we are notoriously bad at this. You will learn how humans can change and how they dig their heels in. We will cover the role of friends, faith and ferapists [sorry].
- What do you think of when you hear the word ‘change’



new
adapt
Every
better
ego's
love
welcome
world
embrace
person
believe
see
willing
life
new
always
willingly
know
open
every
trying
challenge
easily
things
around
day
comfort
power
zone
change
changing
make
learning
positive
transforming
stretch
ways
changes

You can tell a subject...



- How many Anglican's does it take to change a light-bulb..?
- How many Charismatics does it take to change a light-bulb..?

To live is to change



- There is nothing permanent except change...
 - Heraclitus 535-475 BC
- *RT: Plato, Darwin, Checkov*

Change is serious!

- Not:
 - Prosperity, feeling better, an ‘illusion’, a game
 - For others: **who is here for someone else?**
- But:
 - There is no such thing as standing still...
 - This is about getting the army ready for battle...

Self assessment



- Why are you here? What change are you facing?
- How confident are you about the change you are facing?

Trapped



**Able to
change**

I cannot change others...



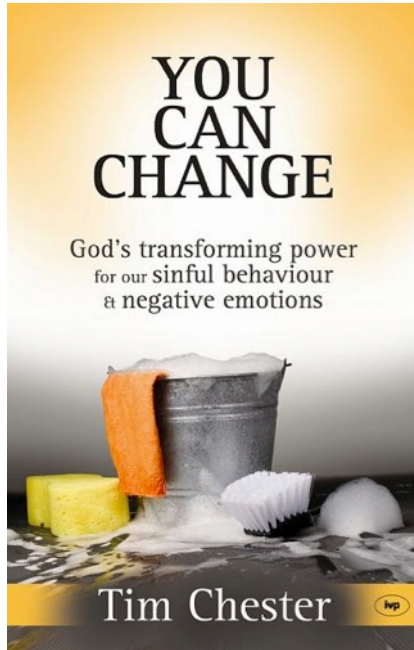
- Do you really want to see a Revival?
- Then go back home, and draw a three foot wide circle on the floor. Then kneel down inside that circle and ask God to covert everybody inside that circle. When you do that, you are experiencing the start of a Revival...
- Gypsy Smith, British Evangelist, 1860-1947

Foundations

- What does the Bible say?
- How is change to happen?
 - Spiritual Disciplines [Mt 19v21]
 - Prayer [Phil 4:13]
 - It's complex... [2 Tim 2v25-6]



Biblical Counselling



- What: our image [into imago dei]
- Why: for God [not ourselves]
- How: repenting [as the first step]
- “You can change”
 - Tim Chester
 - ISBN: 1844743039

The Black Box



- Diagnosis vs Prescription
- Destination vs Path
- Deciding vs Delivering
- “If you don’t know how you did it, how can you do it again?”



The Psychology of Change



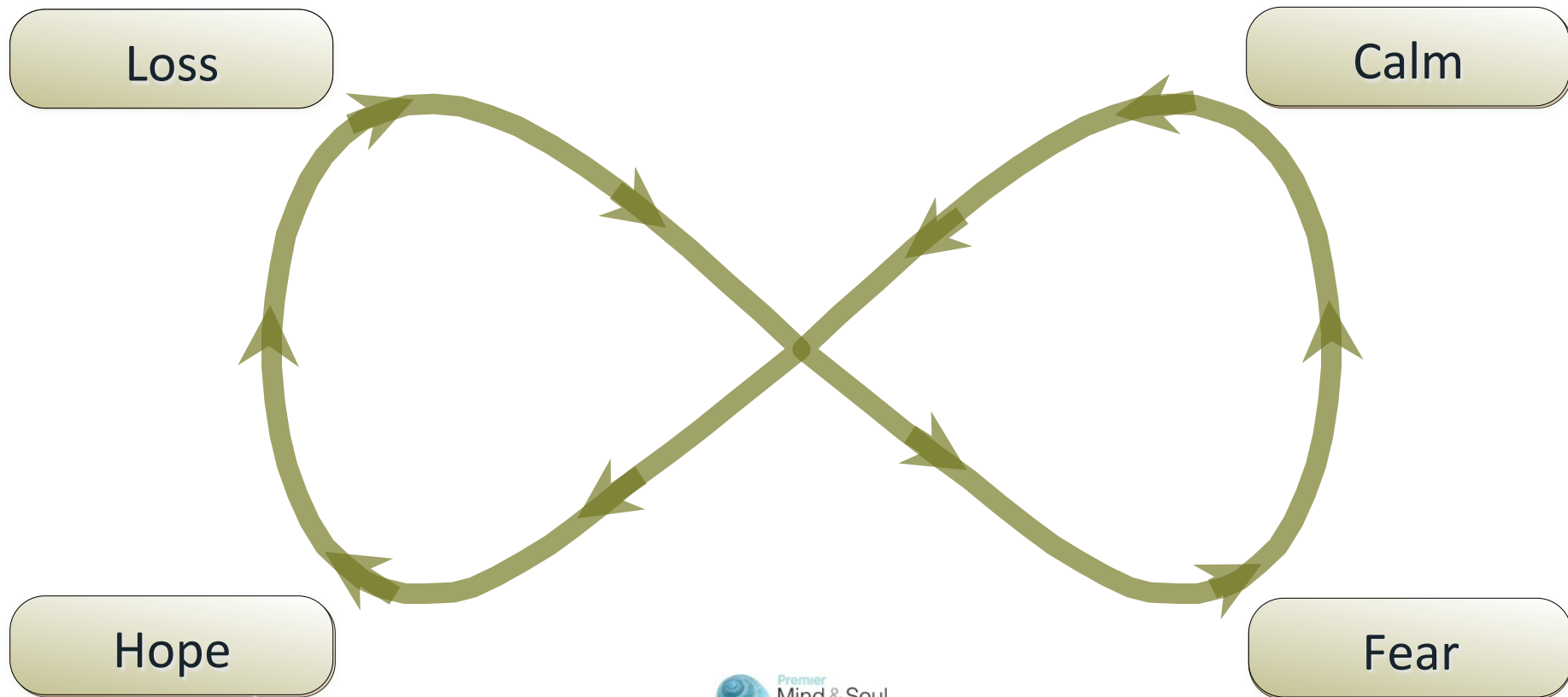
- Change is predictable if you know the patterns
 - A compass is helpful
- Change can be made to happen
 - An engine is helpful
- **Two models**

Autopoiesis



- Life has certain patterns and is self-organising
 - Change is predictable
- Autopoiesis: self-producing
 - Maturana and Varela [1972, Chile]
 - This distinguishes life from death

Living With Change

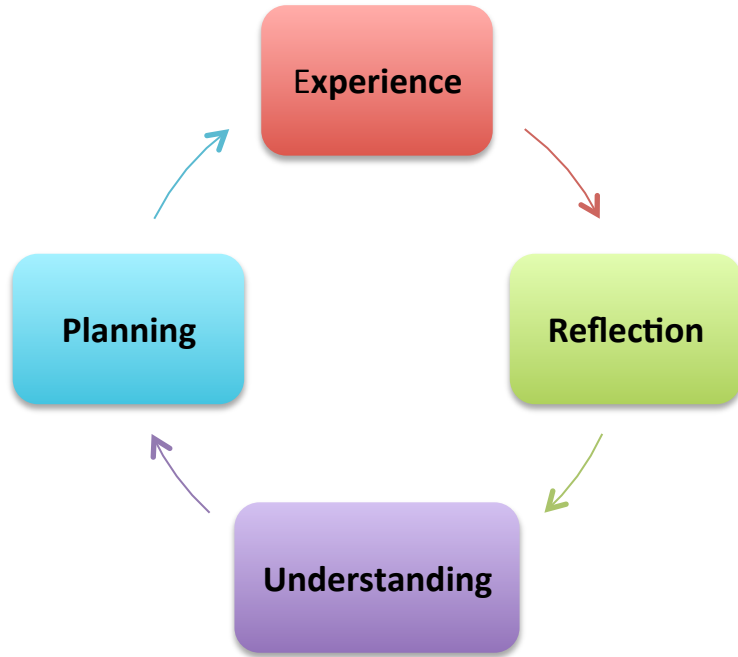


Change and You

- Think of a recent change that you are going through.
 - Which stage are you in?
 - How does perspective help?
- Can you see this cycle in your faith?



Adult Education



- The Kolb Cycle ¹
 - Relationships:
 - God's gift to women
 - Different but equal
 - Evangelism
 - Brow beating
 - Relationship!

¹ Kolb DA (1984) Experiential Learning: experience as a source of learning and development. New Jersey, Prentice Hall

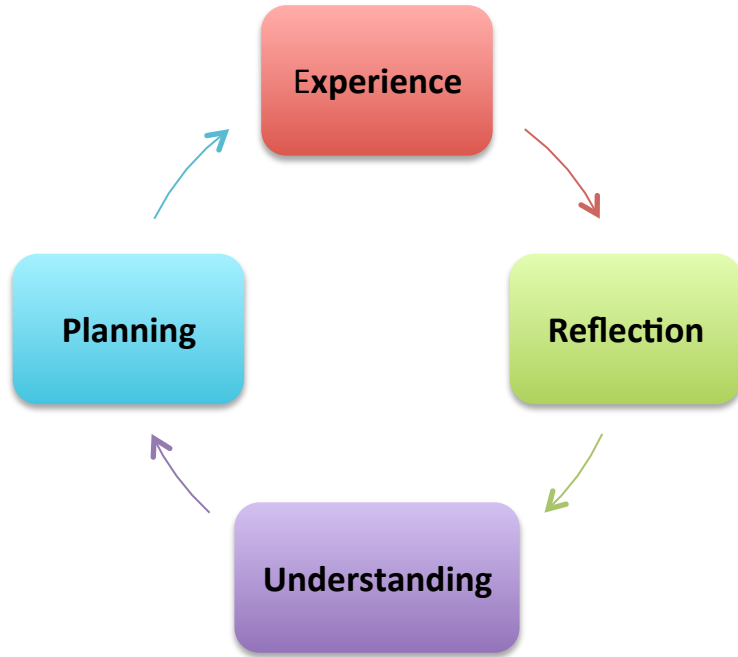
Learning on Alpha



Alpha

- Understanding
 - Life is worth exploring, There must be more than this
- Planning
 - An opportunity, Finding a course, Freeing up time
- Experience
 - The food was good, Christians are not so weird
- Reflection
 - On the tube on the way home, The Holy Spirit
- Understanding
 - Life has meaning...

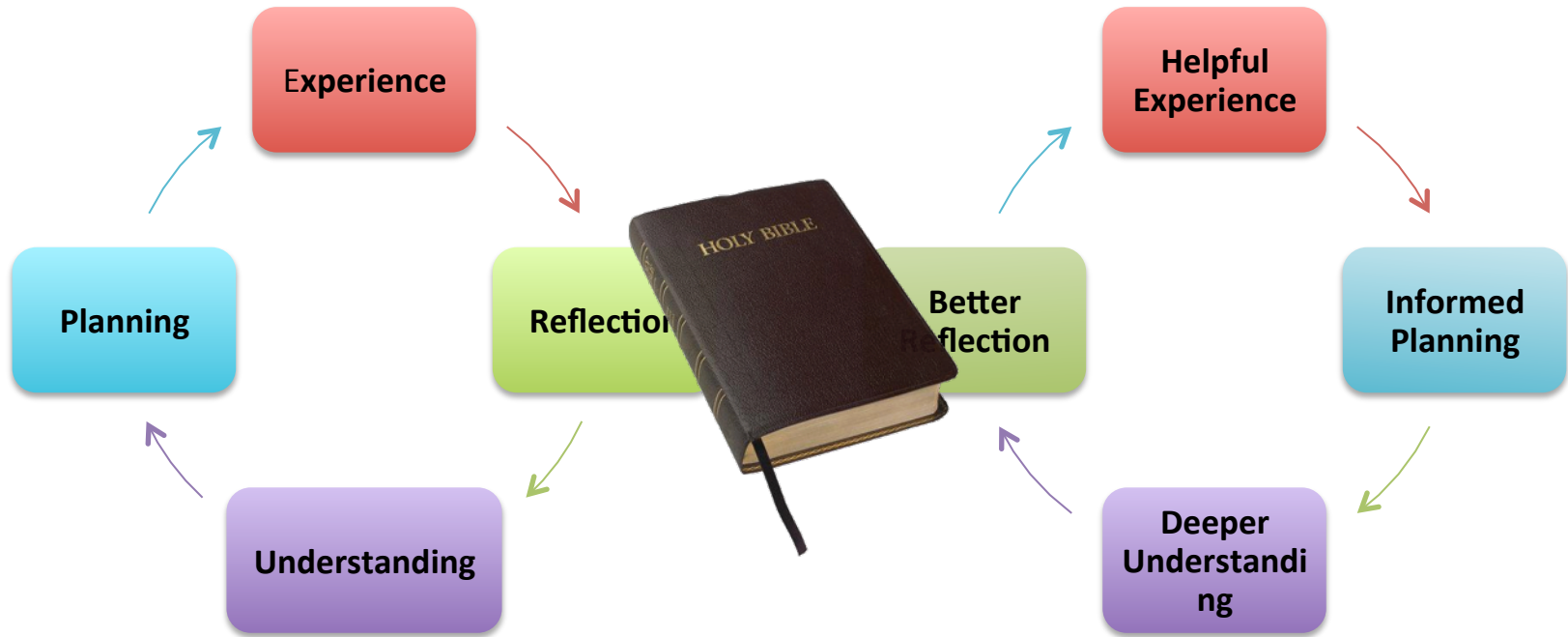
Cognitive Therapy



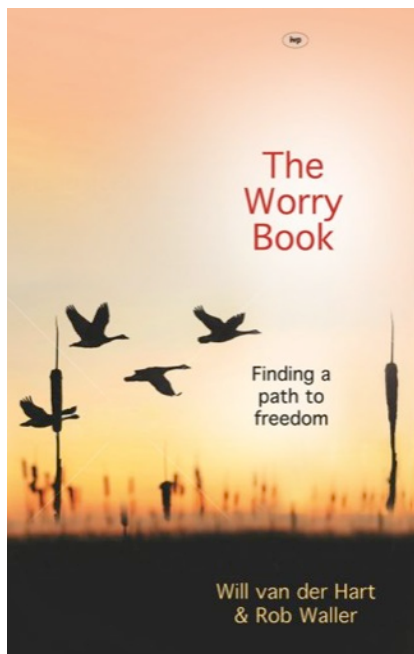
- Aaron Beck²
 - I have no friends
 - Avoidance
 - Low mood
 - The downward spiral...
 - I have few friends
 - Text someone
 - Have a coffee
 - The upward spiral...

² Beck AT (1967) The diagnosis and management of depression. University of Pennsylvania Press

Christian Cognitive Therapy

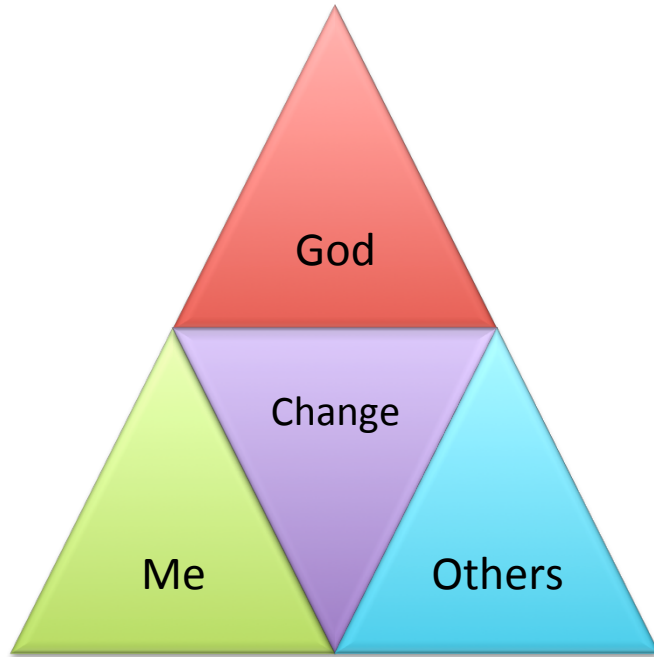


Integrating Faith and Therapy



- **Philippians 4v8-9**
 - “Whatever is good, think about such things. Whatever you have learned or received from me, or seen in me - put it into practice. And the God of peace will be with you.”
- **“The Worry Book”**
 - **Will Van Der Hart and Rob Waller**
 - **ISBN: 1844743039**

Able to change – together



- Friends
 - Important for the journey – its ups and its downs
- Faith
 - Too wise to make a mistake
 - Too good to do us harm
- Ferapists
 - to bring structure to our reflection and planning

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Psychological Models of Spirituality

- **Making the therapist feel comfortable!**
- Challenging for both therapist and client
- The advantage of an agnostic position?
 - Yes ¹ vs No ²
- Is there a 4th level?!
- Behavioural
 - ‘Religion’
 - Church, Mosque, Temple, Ritual
 - We can all encourage this
- Cognitive
 - ‘Belief’ and ‘Faith’
 - Identity perspectives
 - Negative emotions
- Existential
 - ‘Spirituality’
 - What my faith adds to my life

¹ Enoch D (2006) *I want a Christian Psychiatrist*. Monarch Books

² Gormley, T (2000) *Intrinsic Christianity, Psychological Distress and Help-seeking*. Unpublished DClinPsych Thesis, University of Leeds

Types and Levels of Counselling



Humanist/Athiest
Sensitive/Person-
Centred/Evidence-Based

INTEGRATION

Christian Psychology

Biblical/Nouthetic
Counselling

- Informal
 - Friends, Family, Church
- Person-centred
 - Listening,
 - Counselling
 - Coaching
- Structured
 - CBT / IPT – here and now
 - Dynamic – past / deep