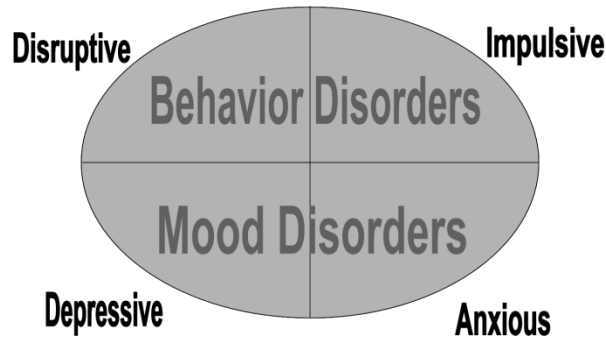


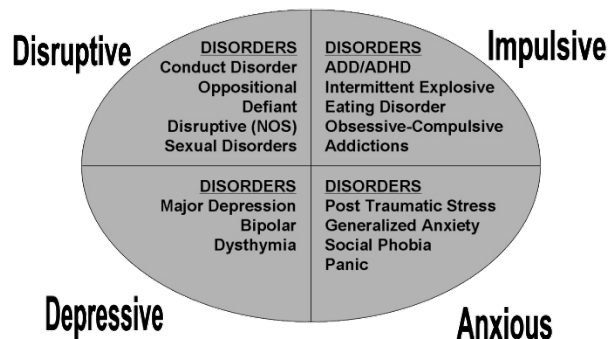
# Psychiatric Labels and Their Biblical Equivalents

- I. Psychology
  - a. Stats
  - b. Goals
    - i. Reduce symptoms
    - ii. Relieve suffering
    - iii. Normalize behavior
    - iv. Increase self-esteem
  - c. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM5)

DSM-V Axis I Categories\*



DSM-V Axis I Categories—Clinical Disorders\*

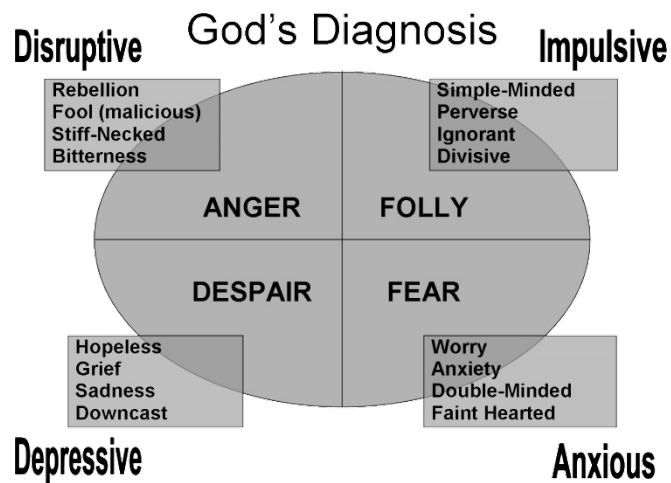


- d. The Problem with Labels
  - i. They seem plausible
  - ii. They allow for excuses
  - iii. They seem permanent
  - iv. They may become one's identity

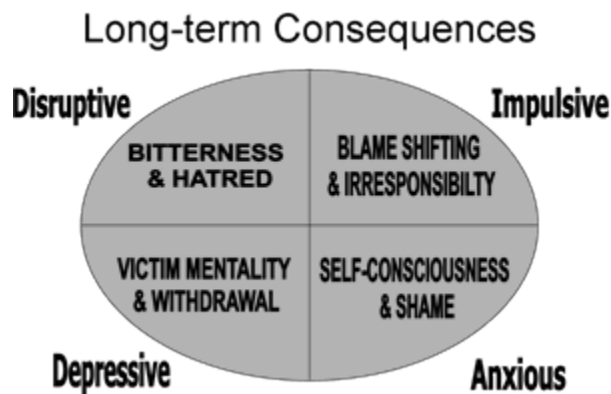
\*(Garrett Higbee, <https://www.soulcareconsulting.com/>)

Adapted from Garrett Higbee's session, "Understanding Psychiatric Labels & Their Biblical Equivalents," Advanced Counseling Issues, Faith Bible Seminary, June 2016.

- II. Biblical Counseling
  - a. Goals of biblical counseling
    - i. Draw out the heart
    - ii. Conviction and hope from God's Word
    - iii. Reorient and reframe for a Gospel reality
    - iv. Lasting heart change
    - v. Restoration to God and others
    - vi. Pure devotion and worship of God
  - b. Fruit to Root
  - c. Biblical Diagnosis\*



- d. Biblical Consequences\*



\*(Garrett Higbee, <https://www.soulcareconsulting.com/>)

Adapted from Garrett Higbee's session, "Understanding Psychiatric Labels & Their Biblical Equivalents," Advanced Counseling Issues, Faith Bible Seminary, June 2016.

- e. Heart Issues
  - i. Anger [Disruptive]: “I will....” (Fights with God; demands control)
  - ii. Foolishness [Impulsive]: “I want it now!” (Forsakes God; desires immediate-gratification)
  - iii. Fear [Anxious]: “What if?” (Flees from God; seeks security)
  - iv. Despair [Depressive]: “It’s too late....” (Forgets God; longs for comfort)
  
- f. Sanctification (the goal)
  - i. Alive in Christ (regeneration)
  - ii. Renewed mind (right thinking)—truth
  - iii. Informed emotions (right feeling)— peace
  - iv. Obedience (right choice)—practice
  - v. Outcome (right behavior)—glorifies God
  
- g. Heart Solutions (Repentance means to go the opposite direction)
  - i. Anger= surrender to Christ →Victor (1 Corinthians 15:57)
    - 1. Proverbs 29:22, Ephesians 4:31, James 1:19
  - ii. Foolishness=pursue Christ, exercise self-control→ Conqueror (Romans 8:37)
    - 1. Proverbs 5:23, Proverbs 13:16, Proverbs 18:13, Proverbs 26:11
  - iii. Fear= trust Christ→Overcomer (1 John 8:4)
    - 1. Psalm 34:4, Proverbs 29:25, Matthew 6:25-27, Philippians 4:4-9
  - iv. Despair= hope in Christ→ Abider (John 15:4-5)
    - 1. Proverbs 13:12, Job 13:15, Isaiah 61:3, Romans 15:13, 2 Cor. 4:8

God created each of us individually for the purpose of representing and acknowledging Him. We can only do this as we repent and are reborn through faith in Jesus Christ. “The problem is worse than we think, but the solution is better than we could ever imagine!”\* We are either a slave to sin or a slave to Christ. Medication, behavior modification, and relief do not bring about the righteousness of God.

Only a life dependent on Jesus Christ is free of anger, fear, despair, and foolishness.

*But now having been freed from sin and enslaved to God, you derive your benefit, resulting in sanctification, and the outcome, eternal life. (Romans 6:2)*

\*(Garrett Higbee, <https://www.soulcareconsulting.com/>)

Adapted from Garrett Higbee’s session, “Understanding Psychiatric Labels & Their Biblical Equivalents,” Advanced Counseling Issues, Faith Bible Seminary, June 2016.