



Mental Health Parent Pro-D

JESUS HEALS THE WHOLE PERSON

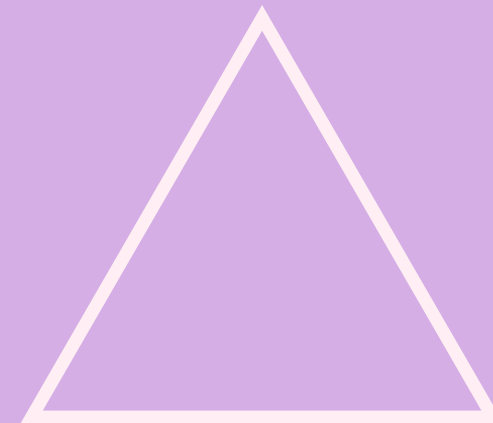
KIRI JANE ERB, 2024

Theological Anthropology- We are made in the image of God.



GOD

Father



Son

Holy Spirit

HUMANS

Flesh



Soul

Spirit

Mental Health

Spiritual Health

Exteriority-

Interiority -

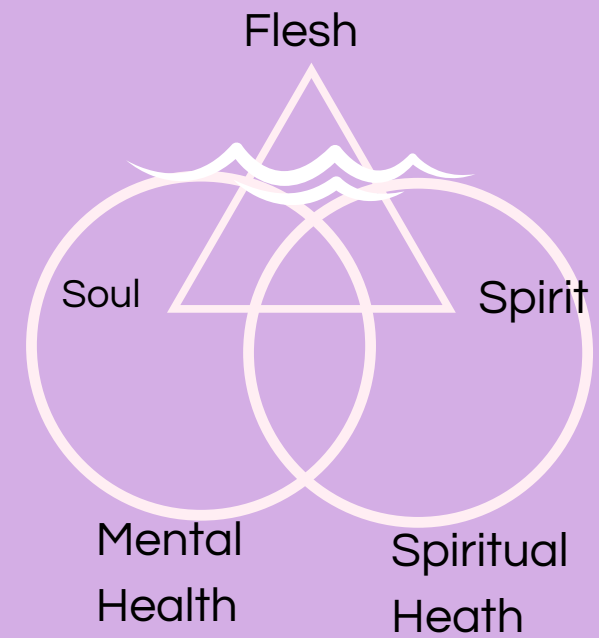
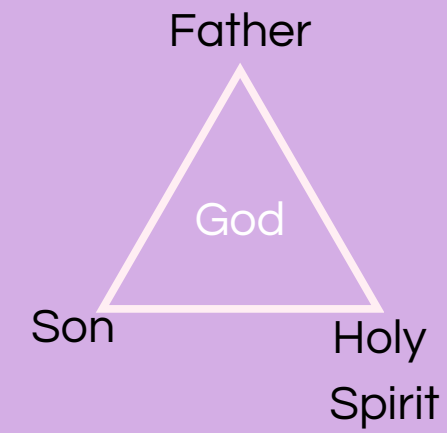
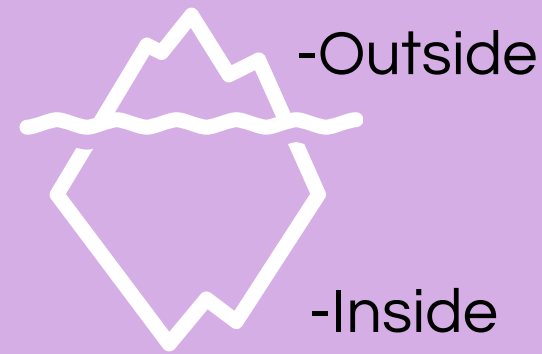


Theological Anthropology



1

Mental Health



2

John 9:1-7

Jesus heals a man born blind.

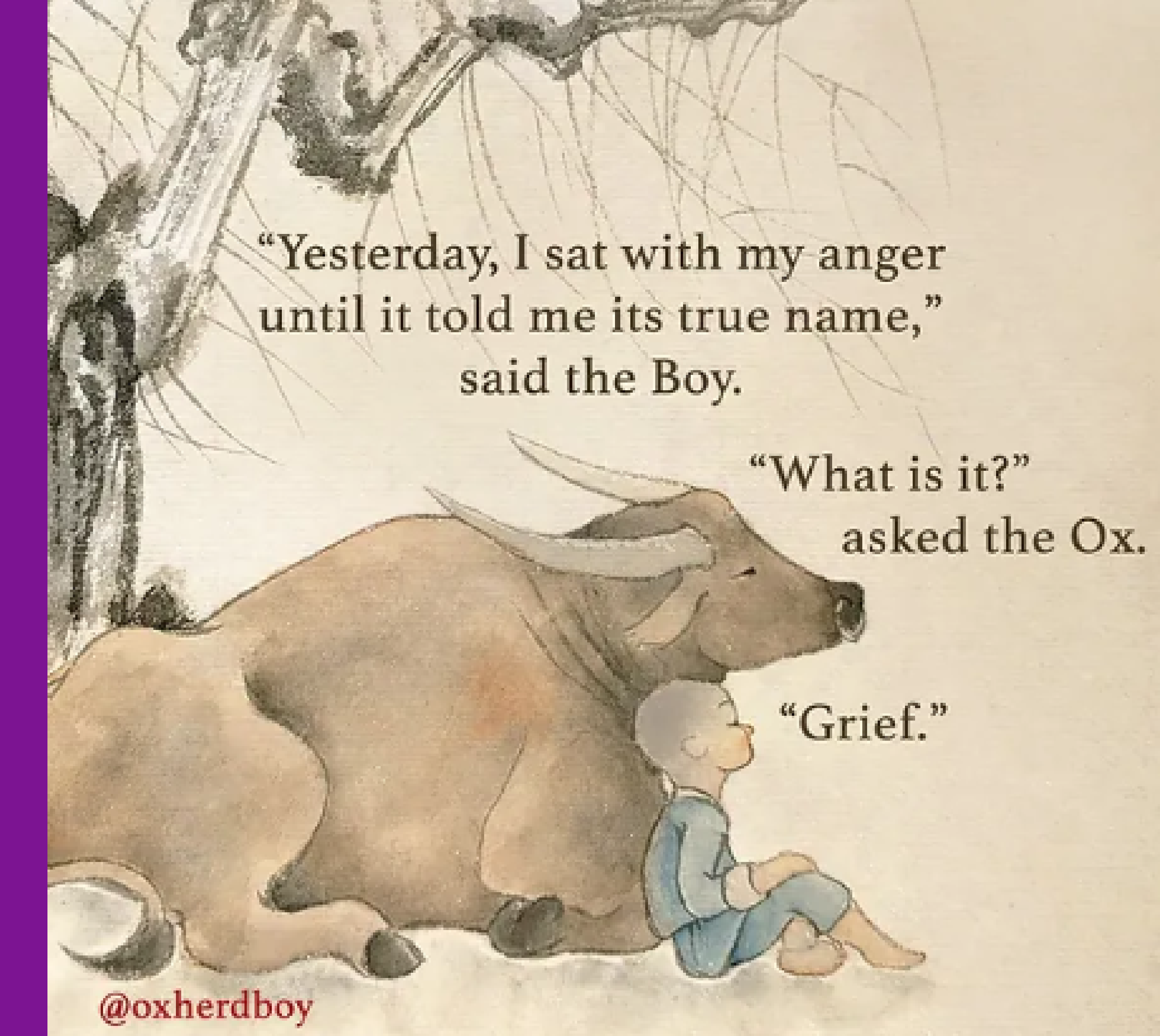
The Woman with an Issue of Blood, Mark 5:25-34



Trauma, from the greek word *Traumikos* took on a meaning beyond just a physical wound, as a **wound to the soul** in 19th Century France.

(Pslam 147:3)- He heals the brokenhearted and binds up their wounds.

THE RUBBER HITS THE ROAD WITH OUR LIVED EMOTIONS



“Yesterday, I sat with my anger
until it told me its true name,”
said the Boy.

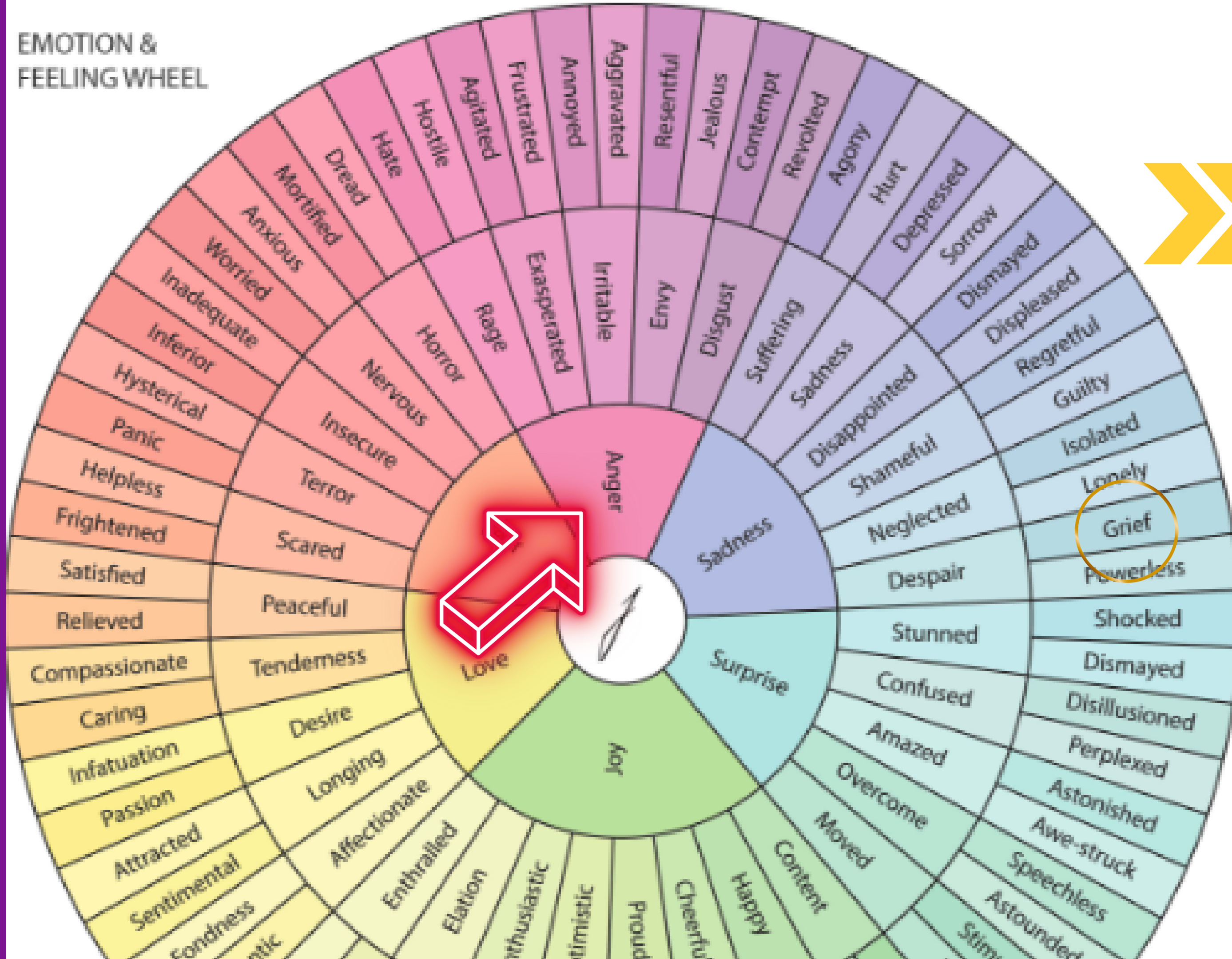
“What is it?”
asked the Ox.

“Grief.”

“I SAT WITH MY ANGER
LONG ENOUGH UNTIL SHE
TOLD ME HER REAL NAME
WAS GRIEF.”

— C.S. LEWIS

EMOTION & FEELING WHEEL



BUT THEN WHAT DO YOU DO WITH GRIEF?

THAT DEPENDS ON WORLDVIEW. GRIEF IS PARTICULARLY DEEP, REGARDING LOSS AND DEATH.



WORLDVIEW IS LIKE THIS... BUT ON THE INSIDE
AN INTERNAL SUPPORT - IN THE CASE OF THE CHRISTIAN
WORLDVIEW, BUILT ON TRUTH (WHICH MEANS IT HAS
PURCHASE ON REAL LIFE).

NOTE: A WORLDVIEW IS NOT THE SAME AS A PERSPECTIVE.
WITHIN THE CHRISTIAN WORLDVIEW THERE IS ROOM, INDEED,
DESIRE FOR DIVERSITY - FOR EVERY EVERY TRIBE, NATION
AND TONGUE.

THE CORE IS THAT: THE CHRISTIAN WORLDVIEW SEES THE
WORLD AS JESUS SEES IT. WITH LOVE AND HEALING. JESUS IS
AT THE CORE.

EXODUS 14:14 - STAND STILL AND I WILL FIGHT FOR YOU

WORLDVIEW MATTERS

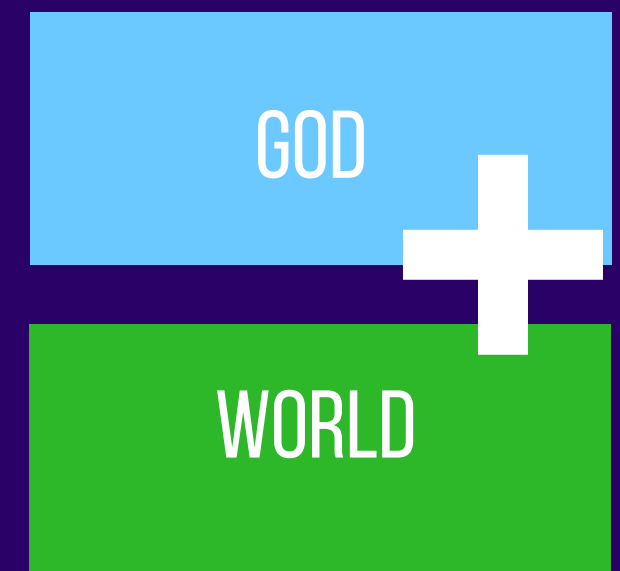
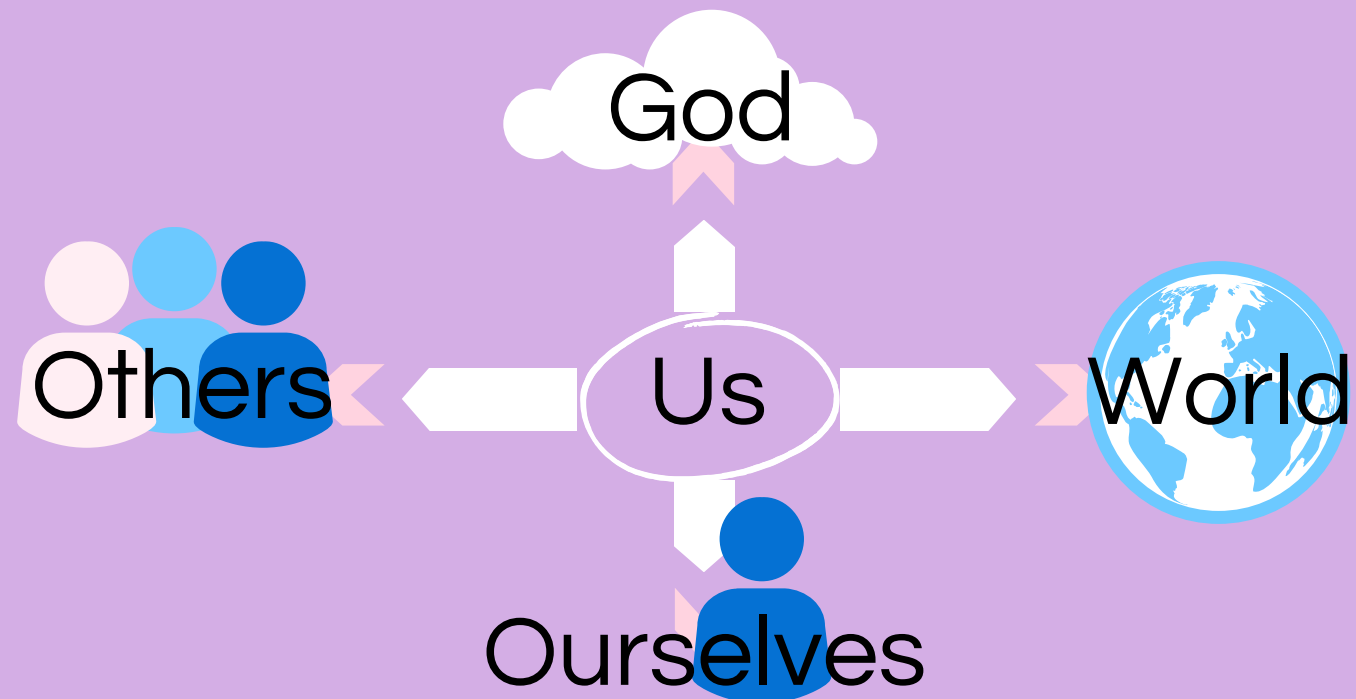


EACH MAJOR TYPE OF WORLDVIEW ATTEMPTS TO ANSWER THESE QUESTIONS.

- ORIGIN - WHERE DO I COME FROM?
- MEANING - DOES MY LIFE HAVE MEANING AND VALUE?
- MORALITY - HOW SHOULD HUMANS BE TREATED AND VALUED?
- DESTINY - WHERE AM I GOING?



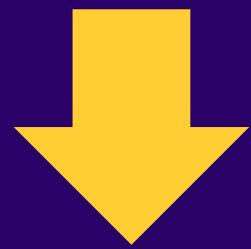
THE CHRISTIAN WORLDVIEW REVEALS A MORE PRIMARY STARTING PLACE.. 4 DIMENSIONS OF RELATIONSHIPS



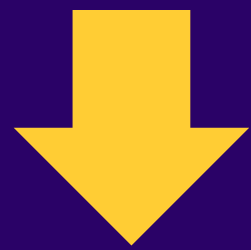
WHAT IMPACTS HOW WE ENGAGE WITH BIG EMOTIONS?



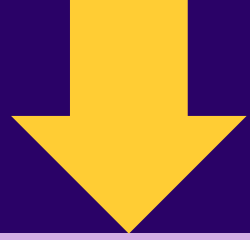
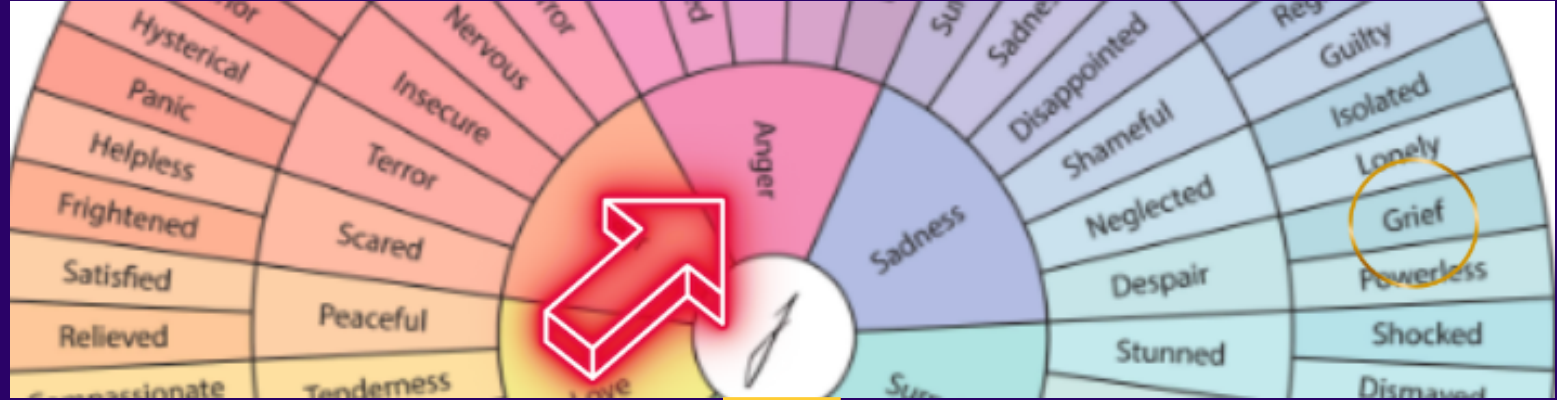
IDENTIFY EMOTIONS



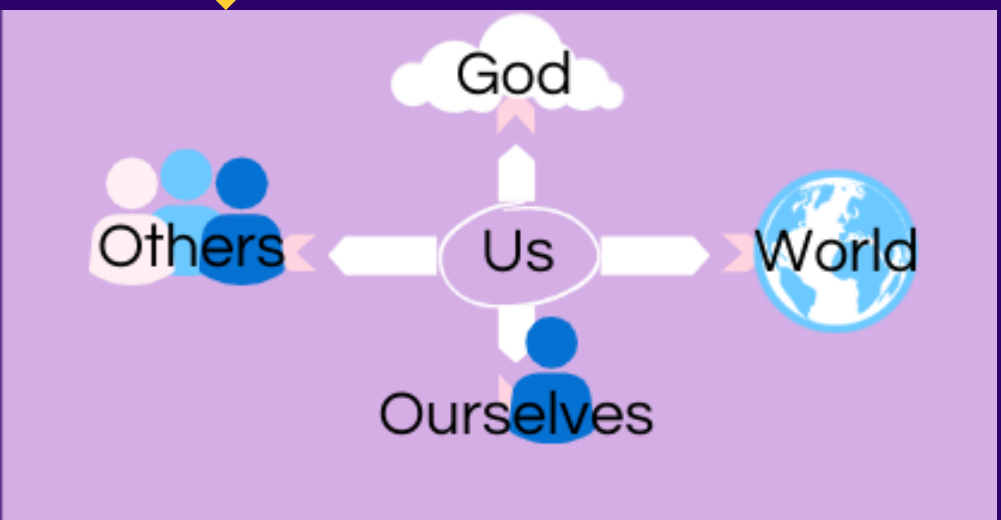
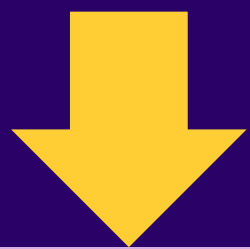
WORLDVIEW
(UNDERSTAND/ATTEMPT TO)



RELATIONSHIPS
(THE FOUNDATION)



- ORIGIN - WHERE DO I COME FROM?
- MEANING - DOES MY LIFE HAVE MEANING AND VALUE?
- MORALITY - HOW SHOULD HUMANS BE TREATED AND VALUED?
- DESTINY - WHERE AM I GOING?



KEYSTONES FOR ENGAGING LIFE'S BIG QUESTIONS FROM THE CHRISTIAN WORLDVIEW



ORIGIN - MADE IN GODS IMAGE. YOU ARE DESIGNED WELL- PERFECTLY.

MEANING - YOU HAVE MEANING AND PURPOSE. LIFE IS NOT RANDOM AND MEANINGLESS.

MORALITY- THE VALUE AND MEANING OF EACH HUMAN LIFE DEMANDS THAT WE TREAT ALL OTHERS WITH THE SAME LEVEL OF RESPECT AND LOVE.

DESTINY- YOU HAVE A HOPE AND A FUTURE. THERE IS A RESTORATION OF ALL THINGS.

DISCONNECTION AND DISORIENTATION - WORLDVIEW MATTERS



Worldview helps us sort through our emotions. This is why trauma is so disruptive. Trauma (a total rupture of our understanding), can shatter or strain our understanding of the world (which is under construction). **THIS IS DISORIENTATING, ripping us from these foundations (like feet off the ground).**



BUILDING RESILIENCE



**THE WORLDVIEW THAT WE STAND ON
IMPACTS OUR RESILIENCE**

**A STRONG FOUNDATION HELPS US WITH
RE-CALIBRATION**

HOW RESILIENT IS THE DOMINANT MODERN “ENLIGHTENMENT” WORLDVIEW?

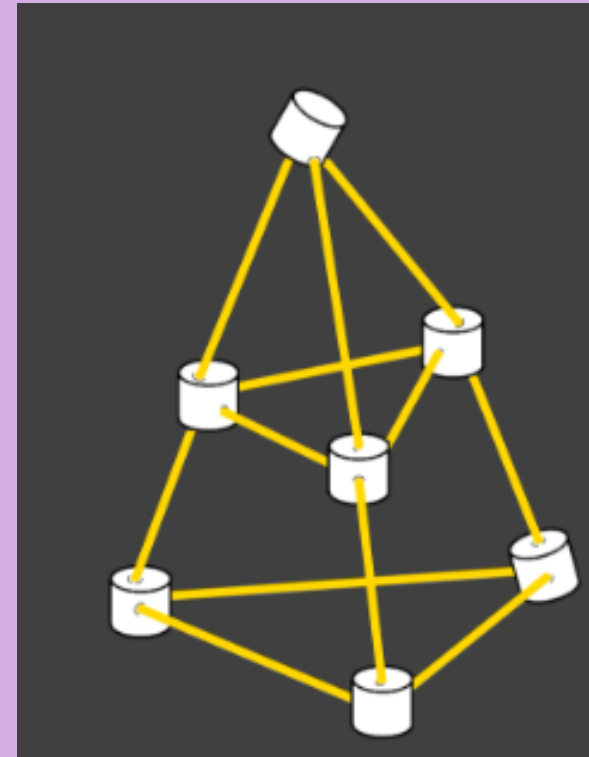


THE WORLDVIEW THAT WE STAND ON
IMPACTS OUR RESILIENCE

1

The modern world that make us today more susceptible to the totality of such ruptures (trauma) of understanding and disorientation.

The dominant, modernist worldview is severely emaciated. It is thin, reductionistic and fragile understanding of the world- It's got a really small base! (It's lopped off spiritual, anything it does not fully understand as if that means it doesn't exist). You can see how that logic may be flawed!



2

Take Away:

1) The importance of taking seriously the spiritual world and this dimension of our anthropology.

2) That **healthy spiritual engagement can help build resiliency/ and aid rebuilding** - especially a sense of place and safety.



SPIRITUALITY & MENTAL HEALTH

A mental health crisis is understood by many as a spiritual crisis. The task is to discern the psychospiritual experience from the psychopathological. The interplay of religion/spirituality and psychopathology is complex. Vieten & Scammell, 2015

SPIRITUAL HEALTH	SHARED QUALITIES	MENTAL HEALTH
<ul style="list-style-type: none"> intrinsic self-worth inner peace living from deepest values a sense of flourishing 	<ul style="list-style-type: none"> sense of purpose mindfulness, presence connection to self, others gratitude and appreciation empathy 	<ul style="list-style-type: none"> emotional resilience healthy relationships work/life balance clarity and focus
Spiritual Health Association, 2021		World Health Organisation, 2023

GROWTH
When spiritual needs are met

Spiritual needs can be fulfilled by:

- exploring one's inner world
- having beliefs and values that offer meaning and hope
- connecting with self, others, nature and something bigger
- expressing love, compassion and forgiveness
- experiencing transcendence
- exploring ritual, symbol, metaphor

Spiritual beliefs and practices have a positive impact on mental health and wellbeing because they help us:

- cope with adversity
- feel positive, optimistic and happy
- have a sense of hope, meaning and purpose
- increase self esteem
- have a sense of control
- increase social connection and support

When spiritual needs are not met
STRUGGLE

SPIRITUAL STRUGGLE	SHARED SYMPTOMS	MENTAL ILLNESS
<p><i>Psychospiritual</i></p> <p>A natural part of life that arises in times of challenge. Also referred to as existential crisis.</p>	<ul style="list-style-type: none"> confused thinking, inability to focus grief, depression, anxiety mood changes, sleep difficulties shame, guilt, excessive worry anger towards God, others, self loss of hope, identity, meaning loneliness, isolation, terror 	<p><i>Psychopathological</i></p> <p>A general term for a group of illnesses that affect the mind or brain.</p>
Pargament & Exline, 2022		Mental Health Australia, 2023

SPIRITUAL & MENTAL HEALTH CARE

Spirituality is both a strength and a resource that can be harnessed to support a person to move through mental health challenges. Raffy et al, 2016

HOLISTIC CARE INCLUDES THE SPIRITUAL DOMAIN

World Health Organization defines the four dimensions of wellbeing as:

- physical
- social
- mental
- spiritual.**

WHO Geneva Charter, 2021

THE BIOPSYCHOSOCIAL-SPIRITUAL MODEL

The biological, the psychological, the social, and the **spiritual** are distinct dimensions of the person, and no one aspect can be disaggregated from the whole.

Sulmasy, 2002

MENTAL ILLNESS OR SPIRITUAL STRUGGLE?

Compassionate care is the responsibility of all healthcare workers.
Balboni et al, 2014

The multi-disciplinary care team can ask these questions:

Exploring a person's spirituality:

- What gives your life meaning?
- What is important to your sense of self and what you value?
- What sources of support do you turn to?
- Are there any spiritual practices, rituals, communities or places you find helpful?

MISTIC Toolkit, 2021

Assessing spirituality in mental health care:

- What ways does spirituality contribute to the problem?
- What ways could it be part of the solution?

Pearce & Pargament, 2018

FURTHER SUPPORT?

REFER TO A SPECIALIST SPIRITUAL CARE PRACTITIONER

Professional spiritual care can help discern between spiritual struggle and mental illness and the complex interplay between the two.

Spiritual care is the provision of

assessment counselling support ritual

in matters of a person's beliefs, traditions, values and practices enabling the person to access their own spiritual resources. Spiritual Health Association, 2020

Explore the availability of spiritual care within your service to ensure holistic health care provision.

There is a growing understanding of the significance of our spiritual lives.

Only the Christian Worldview has Jesus as the center.

All worldviews/or spiritual beliefs are not the same...

This is hugely significant in relation to mental health, including anxiety and trauma.

3 WAYS THE CHRISTIAN WORLDVIEW UNIQUELY ADDRESSES TRAUMA AND SUFFERING



1

The Christian worldview is unique in engaging suffering-

i) Reason (fall- rupture- tapestry fraying) without Justification.

ii) Presence - brother in suffering, with Jesus at the cross going to the crux, the heart of it all.

iii) **Future hope.**

2

Trauma is understood as **“death” interrupting life**, while Jesus brings (or interposes) **life in the midst of death.**

3

While trauma traps us, frozen (“under siege”) in the past...

The Gospel Liberates us - frees the captives. In this case, from the isolation and torture of the past and into hope for the future. (EUANGELION). Jesus can anchor us into this future.

BUILDING RESILIENCY



NOTHING is a magic bullet, and in this broken world we do sometimes experience overwhelming force and grief...

But with a wider base that appreciates all aspects of our humanity including our spiritual health, we have much greater resilience.

ONE OF THE MOST IMPORTANT GIFTS, OR TOOLS WE COULD EVER GIVE OUT CHILDREN!

THE WORLDVIEW THAT WE STAND ON
IMPACTS OUR RESILIENCE.
EVEN IF WE ARE PUSHED AND LOOSE OUR
FOOTING, IT PROVIDES A FIRM FOOTING
TO HELP STEADY ONESELF UPON.

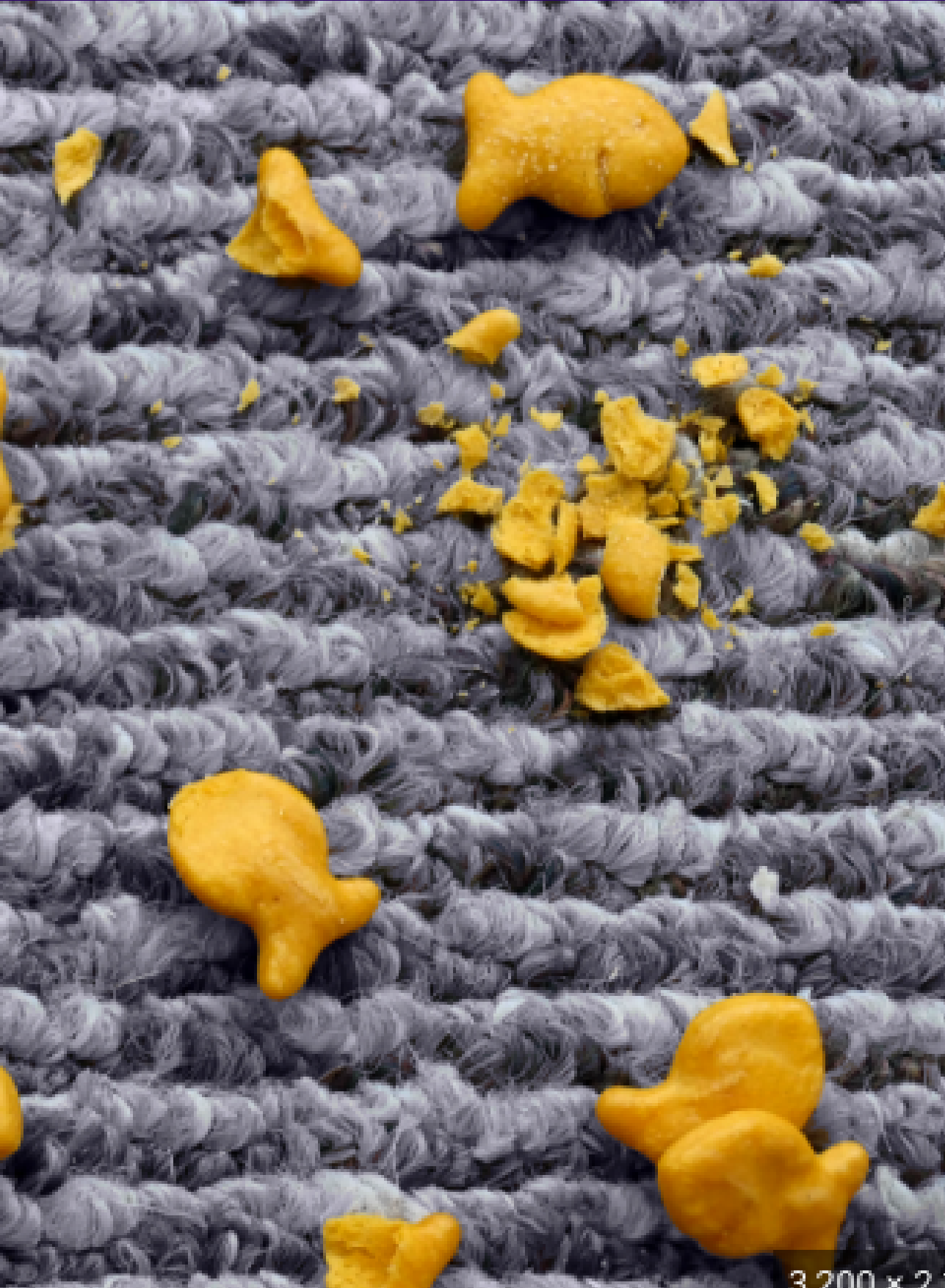
A CHRISTIAN WORLDVIEW WITH JESUS AT THE
CENTER CAN HELP RE-ORIENTATE US.
IT CAN HELP US GET OUR FEET UNDER US AGAIN.

LET'S LOOK AT AN EXAMPLE.

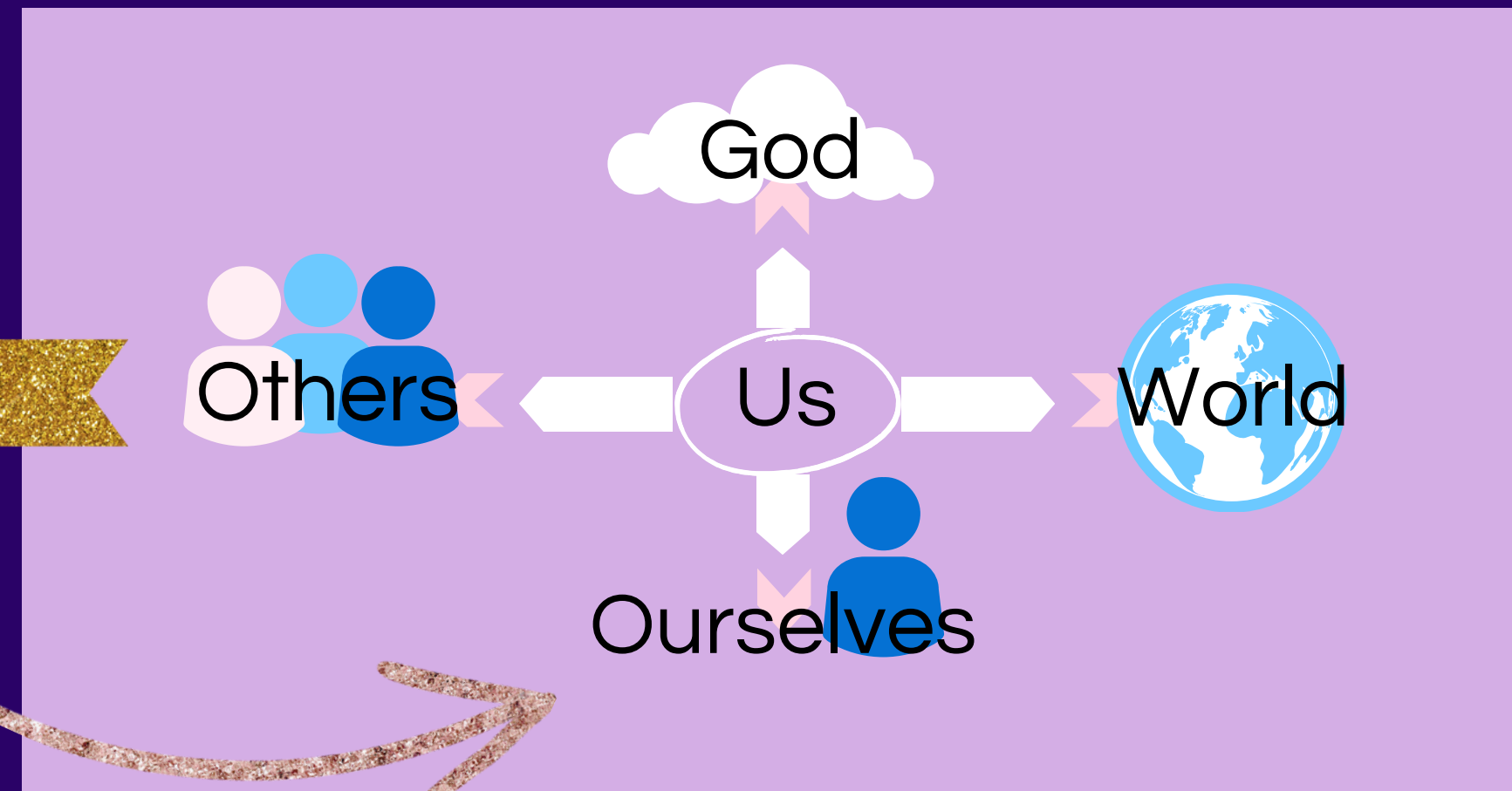


GETTING BACK IS SO MUCH EASIER WITH SOLID FOUNDATIONS- AND SUPPORT

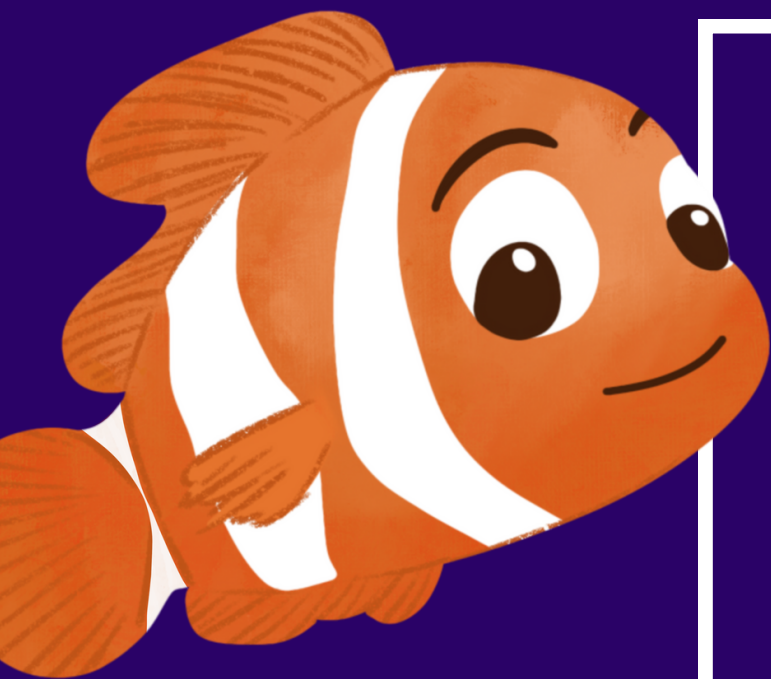
ENCOURAGEMENT: RE-CONNECTION AND RE-ORIENTATION



I AM KNOWN AND APPRECIATED BY PEOPLE WHO ARE NOT PART OF MY BIOLOGICAL FAMILY. THESE ARE PEOPLE THAT DON'T "HAVE" TO LOVE ME AND YET THEY DO! I CAN EVEN MAKE A MESS! I NOW HAVE A FAMILY ALL OVER THE WORLD. I BELONG. I AM NOT ALONE.



The extraordinary is built in the ordinary- ordinary but significant habits.



LET'S LOOK AT CONTEMPORARY THOUGHT REGARDING HEALING FROM TRAUMA, ANXIETY AND OTHER MENTAL HEALTH CHALLENGES.

DOING SO WILL HELP US REVEAL THE VALUE OF THE SPECIFICALLY CHRISTIAN INSIGHT AND MESSAGE.

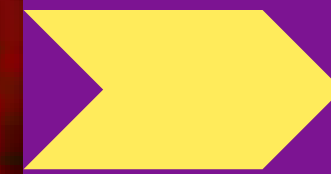
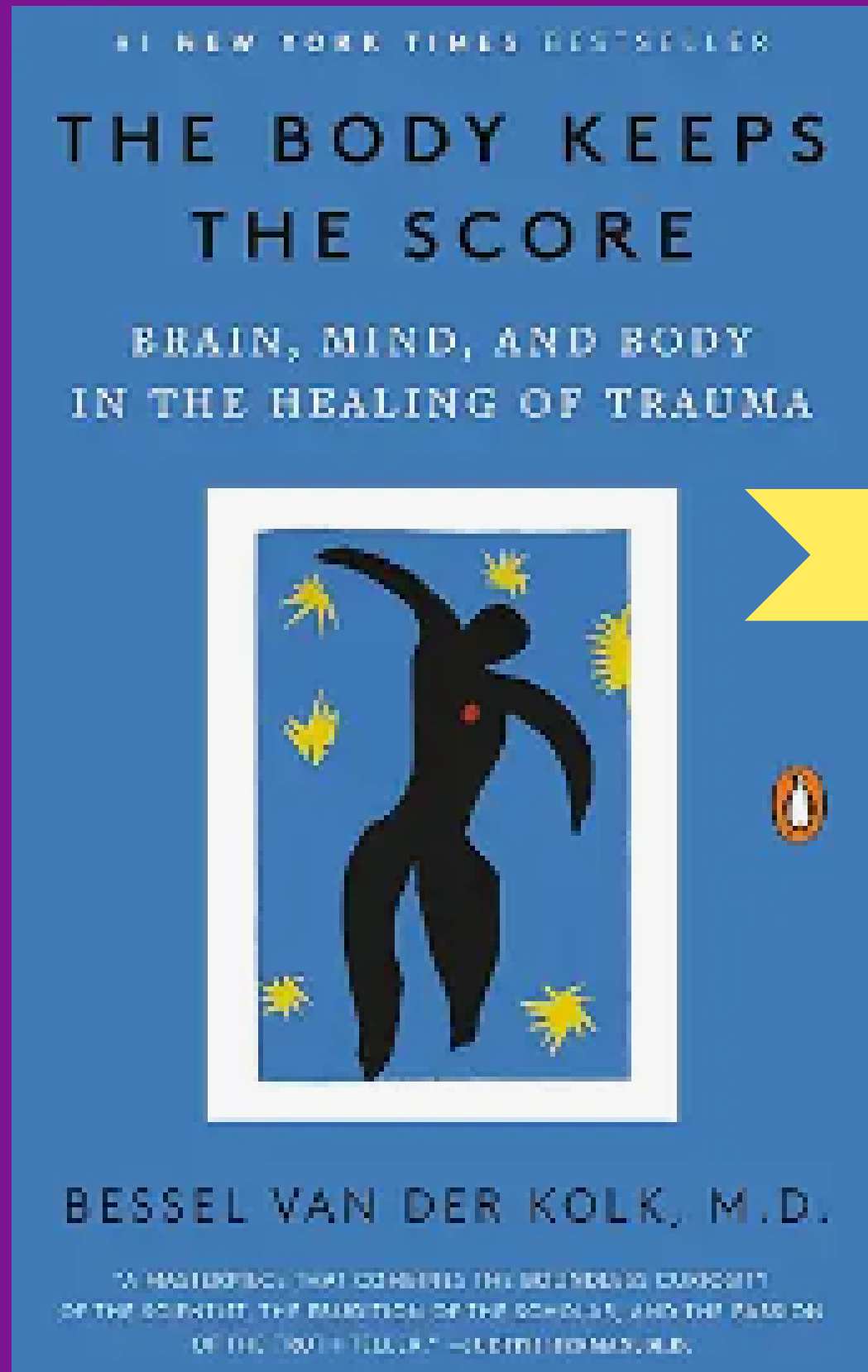
1. CONTEMPORARY SCHOLARSHIP - THE VALUE OF THE BODY

2. CONTEMPORARY SCHOLARSHIP - RHYTHM & RESYNCHRONIZATION

THEN I SHALL CONCLUDE.

1. CONTEMPORARY SCHOLARSHIP - THE VALUE OF THE BODY

2. CONTEMPORARY SCHOLARSHIP - RHYTHM



THIS CORE TEXT WAS A MAJOR COUNTERPOINT TO THE ENLIGHTENMENT WORLDVIEW THAT WE TALKED ABOUT EARLIER.

VAN DER KOLK'S WORK UNLOCKS EVEN MORE UNDERSTANDING FOR WHY (TO HEAL AND RESCUE US), JESUS CAME IN THE FLESH; EMBODIED.

THE SCIENTIFIC/ACADEMIC WORLD IS PLAYING CATCH UP ...AGAIN.

1. PRACTICAL TAKE AWAYS:

JESUS HEALS THE WHOLE PERSON, SO THE WHOLE PERSON IS IMPORTANT WHEN CONSIDERING HOW WE ARE DESIGNED TO HEAL- EVEN WOUNDS TO THE SOUL.

> THE BODY AND CREATION MATTERS.

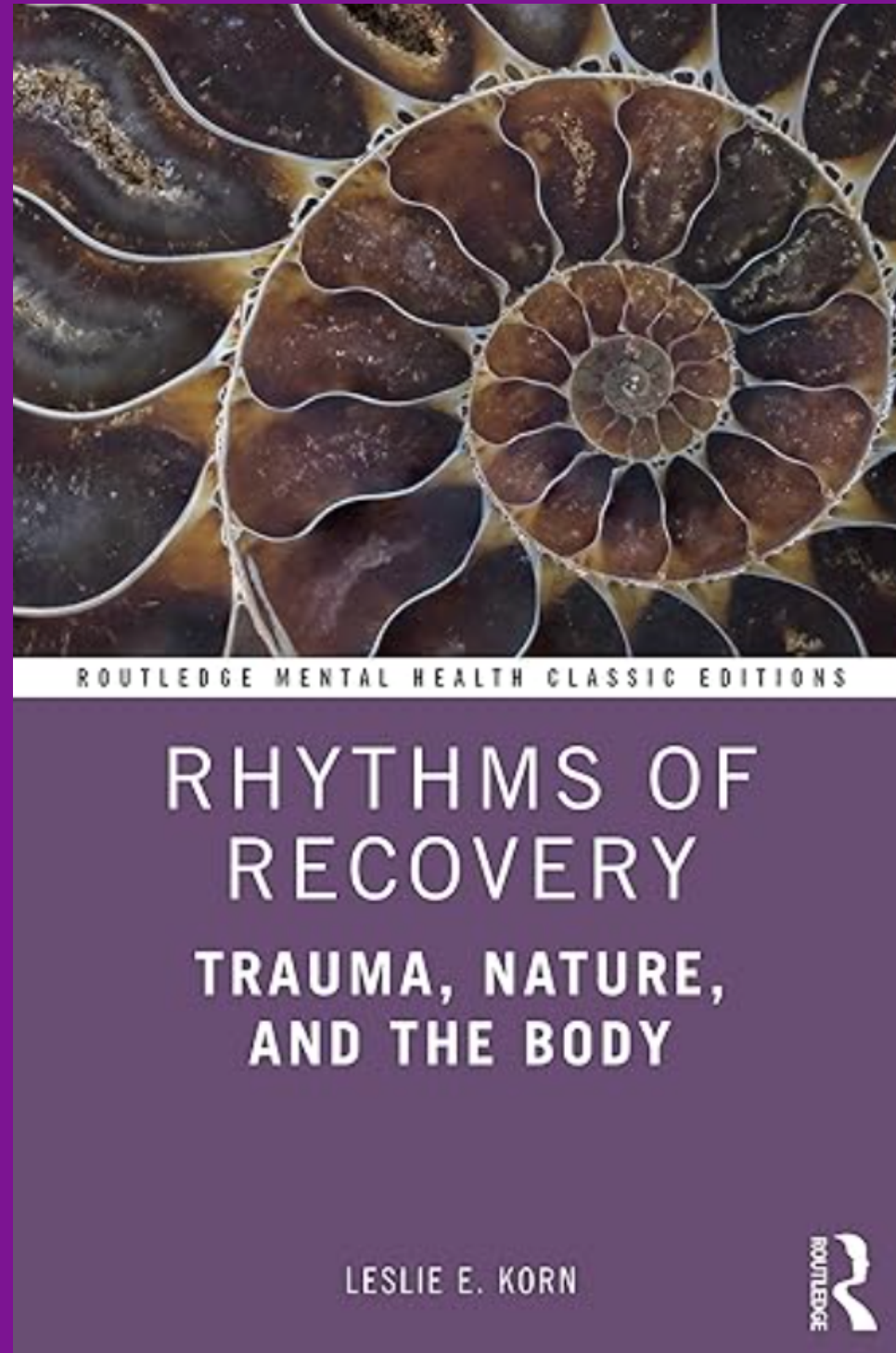
> SPIRITUAL RHYTHMS THAT ALSO ENGAGE THE PHYSICAL - LIKE COMMUNION - CAN BE VERY VALUABLE



This is where AWE and WONDER fit really well.

1. CONTEMPORARY SCHOLARSHIP - THE VALUE OF THE BODY

2. CONTEMPORARY SCHOLARSHIP ABOUT TIME, RHYTHM AND RESYNCHRONIZATION.



German Psychiatrist and Philosopher, Thomas Fuchs, defines trauma in this way: as the desynchronization... the falling out of time/synchronization after traumatic rupture.



Traumatic rupture tears us away from the fabric of relationships (to which we were synchronized) and allows us to fall down a rabbit hole, like Alice in Wonderland, but into a painful echo chamber of the past. Caught, frozen there – suspended/isolated – unable to flourish, unable to truly live.

THIS IS WHAT I WANT US TO SEE:

IF DE-SYNCHRONIZATION IS THE PROBLEM, RE-SYNCHRONIZATION IS THE SOLUTION.



- **JESUS' OUTSTRETCHED ARM, PULLING US OUT OF THE PIT, INVITES US TO TAKE PART IN A FUTURE HOPE THAT ONE CAN RESYNCHRONIZE TO NOW.**
- **EVEN IF EVERYTHING ELSE IS STRIPPED AWAY, GOD CAN STILL BE THERE... CLOSER THAN YOUR HEARTBEAT. ("YOU WERE CLOSER TO ME THAN I AM TO MYSELF." - ST. AUGUSTINE). EVEN FRIENDS OR FAMILY MAY NOT BE ABLE TO REACH THE DEPTHS OF YOUR HEART. BUT HE CAN.**
- **AND THIS RHYTHM CAN BE LIKE A PACE-MAKER - GENTLY SHOCKING OUR HEART BACK INTO HEALTH AND LIFE. FROM FROZEN, TO MOVING FORWARD AGAIN- WITH A HOPE AND A FUTURE, A FUTURE GOD HAS ALREADY MARKED OUT.**

NEMO EXAMPLE



“SURFING” THE EAST AUSTRALIAN CURRENT - FINDING NEMO
FROM FROZEN (FIGHT, FLIGHT OR FREEZE), TO FLOURISHING.



THIS IS ALL GREAT NEWS,
BECAUSE EVEN WHEN, AS A PARENT, I CAN'T GET THROUGH...
WHETHER THEY ARE LITTLE AND HAVE LOCKED THEMSELVES IN A BEDROOM,
OR BIG, AWAY AT UNIVERSITY AND TURNING INWARDS...

JESUS CAN BE.
THE HOLY SPIRIT CAN IMPRESS UPON THEIR SPIRIT.

HE IS CLOSE, AND HE CAN RESURRECT HEARTS.
BRING LOVE, JOY, PEACE, PRESENCE, HOPE.

PRACTICALLY

WE CAN PRAY THAT THEY MIGHT DEEPLY KNOW THE PRESENCE OF GOD.
IN FACT, IT IS A PRIVILEGE TO PRAY BLESSING EACH NIGHT NOW OVER THEIR MIND, BODY
AND SOUL.

TUCKING YOUR LITTLE ONE INTO BED WITH PRAYER, IS A BEAUTIFUL DAILY RHYTHM.
ONE I ARGUE THAT YOU WILL NEVER REGRET. IT ALSO AFFORDS TIME TO HELP PROCESS.



CONCLUSION



FOUNDATIONS

A CHRISTIAN WORLDVIEW IS VERY IMPORTANT FOR REBUILDING AND RESILIENCY

NOT ALL WORLDVIEWS ARE THE SAME.

REGULAR RHYTHMS OF CHURCH HELP BUILD THIS WORLDVIEW EVEN IF EVERY WEEK IS NOT SPECTACULAR!

THE EXTRAORDINARY IS BUILT THROUGH “ORDINARY” BUT SIGNIFICANT HABITS.



JESUS HEALS THE WHOLE PERSON.

(PSALM 107:20) -HE SENT FORTH HIS WORD AND HEALED THEM; HE RESCUED THEM FROM THE PIT.



FINALLY.... PLAY & PRAY!

JESUS HEALS THE WHOLE PERSON, SO TOO, THE WHOLE PERSON IS IMPORTANT WHEN CONSIDERING HOW WE ARE DESIGNED TO HEAL- EVEN WOUNDS TO THE SOUL LIKE TRAUMA, OR WHEN WE ARE STUCK IN FLIGHT, FLIGHT OR FREEZE WITH ANXIETY.