

Luke Introduce Rob



Rob explain what Mind and Soul is

## Directors

Kate Middleton  
Chi-Chi Obuaye  
Arianna Walker  
Rob Waller  
Will van der Hart

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+ soul



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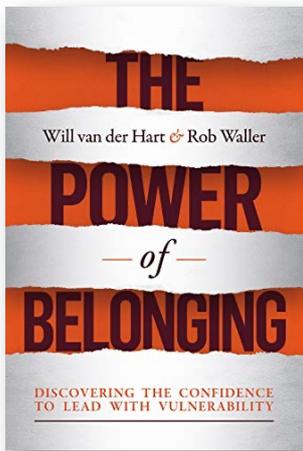
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3

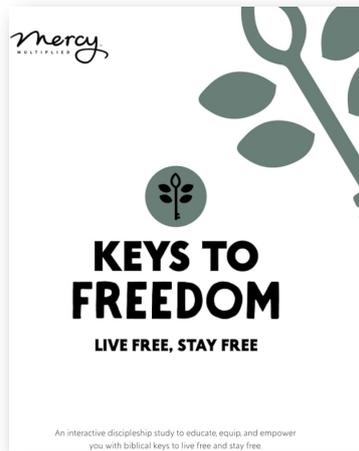
Explain resource of the website

## Further Reading

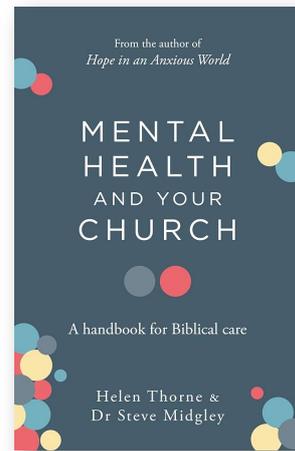
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4

Rob introduce the three books available



## Quiet Room

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- Always available
- For any reason

Luke explain how quiet room works

**Kings Church**  
Edinburgh 2024

Welcome  
**How we got where we are**  
Managing "Distress"  
Lunch  
Reflection  
Pastoral Care  
Q&A  
Ministry



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Luke give overview of the day



# How we got where we are

A mental health tour through history and theology

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Talk by Rob with one easy small group task



Why are we doing this?  
Peter Howson [Glasgow Boys] – 3<sup>rd</sup> step of AA  
Local church is still the hope of the world



King Nebuchadnezzar – 600BC. William Blake Painting [Tate]

Daniel 4v15-16: “Let him be drenched with the dew of heaven, and let him live with the animals among the plants of the earth. Let his mind be changed from that of a man and let him be given the mind of an animal, till seven times pass by for him.”

Emotions are part of the Gospel!

- Shema (Dt 6): “Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength.” **Command** to ‘love’ [not a feeling]
- Multiple Emotions of Jesus: joy, exhaustion, anger, disgust, sorrow, compassion, frustration, agony, empathy, forgiveness [Break my heart for what breaks yours!]
- Suicide [later talk]

## [W]Holistic Gospel

God > Cut Off > Heirs  
Helper > Shame > Love  
Body > Death > Doctor  
Work > Chore > Role  
Nature > Pollute > Green  
Mind > Insane > Peace



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Holistic Gospel – three stages: Eden > Fall > Heaven

1. We understand salvation – and all flows from this!
2. We talk relationships, but don't really address shame
3. We are comfortable with medicine, but where is the tension of doctors vs healing?
4. We aspire to work, but do we say thank God it is Monday!
5. We like nature, but see the 'greenies' as weird
6. We don't really talk about emotions, let alone psychosis!

Yet 1% of those here today will be admitted with a psychotic episode...

Yet 10% of those here today take antidepressants...

Yet 'Stress' is the leading cause of time off work...

Yet 2 in 10 of church youth groups self harm...



So what we have done is have our favourite causative view!

And thus our favourite causative treatments...

- Biological [picture of brain cells] – we know lots about the genetics and chemical imbalances of mental illness and this applies both to those that look more like illnesses [such as dementia] to those that are more hidden [such as anxiety].
- Social [picture of person all alone] – being isolated and stigmatised can [by itself] cause distress, and can also make other mental illnesses worse
- Spiritual [picture of bible] – whilst ‘everything’ can be seen as spiritual and all distress a result of the fall, sometimes there can be specific spiritual causes. Remember that specific demonic oppression/deliverance is a rare cause.
- Psychological causes [picture of Carl Rogers – a key figure in psychology] like our upbringing or habits/patterns that have become embedded since can both cause and maintain distress

**Put your  
money where  
your mouth is  
(5 mins)**

In your tables

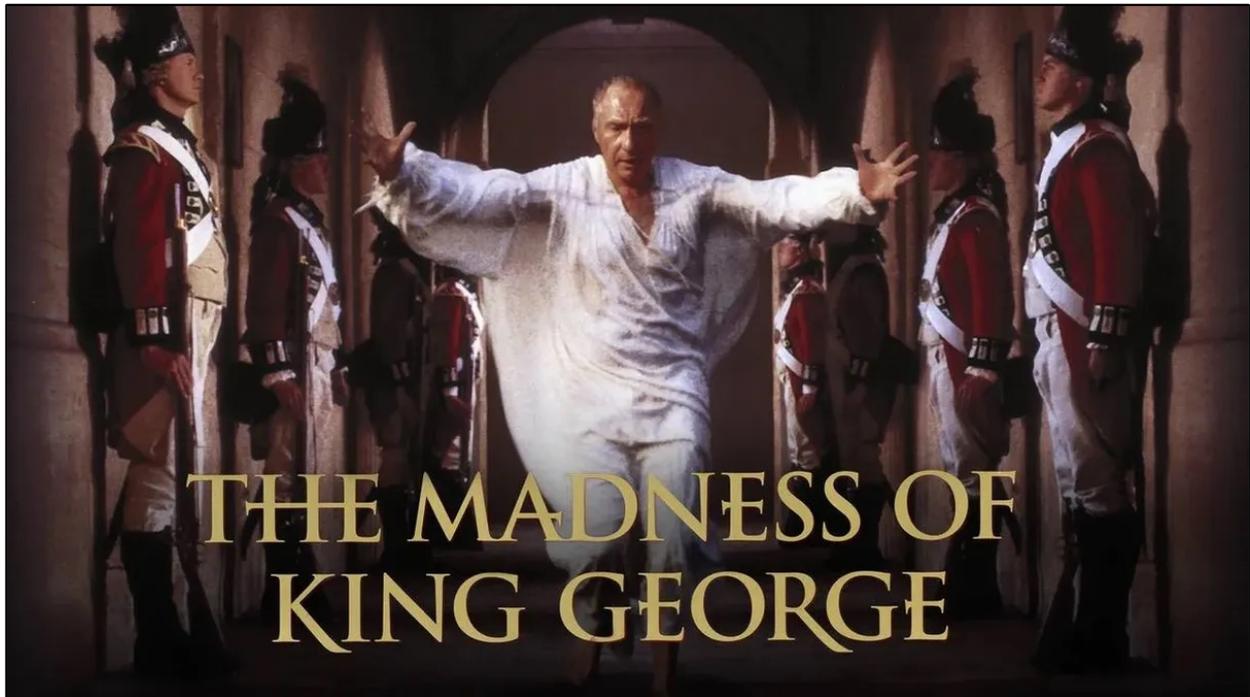
£1000 Cash

Discuss and allocate

- **Biological**
- **Psychological**
- **Social**
- **Spiritual**



This activity is designed to make people talk.  
Ask one person to distribute the cash first  
Then start the debate!



How we got where we are - Time for a history lesson...

- 0 Platonic Dualism and Gnosticism
- 1247 Bethlem Hospital [beaten by Baghdad 9th C]
- 1536 The Dissolution of the Monasteries
- 1641 Rene Descartes – Mind Body Distinction [Myth]
- 1788 The Madness of King George [Play by Alan Bennet, film with Nigel Hawthorne]
- 1845 The Lunacy Act [William Shaftesbury, Picadilly Circus]
- 1860 BSc first awarded [so where does psychology sit?]
- 1955 O Herbert Mowrer [APA] – sick vs sinful [ostracised to suicide]

For several decades we psychologists have looked upon the whole matter of sin and moral accountability as a great incubus, and acclaimed our liberation from it as epoch making.

But at length we have discovered that to be 'free' in this sense, that is to have the excuse of being 'sick' rather than sinful, is to court the danger of also being lost.



Look at a list of the top TED talks of all time

- Brene Brown – The Power of Vulnerability
- Ruby Wax – What’s so funny about Mental Illness
- Sir Ken Davidson – Do schools kill creativity? [and in doing so damage mental health]

Why – back to those stats I read out earlier!

## Medication...

It acts on my "brain"

It's "strong"

They have side-effects

This is a "spiritual"  
problem



## Medication...

It acts on my "brain"

- Paracetamol

It's "strong"

- Morphine

They have side-effects

- Chemotherapy

This is a "spiritual"  
problem

- Anti-epileptics



## Suicide in the Bible



- Abimelech (Judges 9:52-54)
- Samson (Judges 16:25-30)
- Saul (1 Samuel 31:4)
- Saul's armor-bearer (1 Samuel 31:5)
- Ahithophel (2 Samuel 17:23)
- Zimri (1 Kings 16:15-20)
- Judas (Matthew 27:3-5)

## Suicide in the Bible



- Abimelech (Judges 9:52-54)
  - Abimelech would rather kill himself than be killed by a woman
- Samson (Judges 16:25-30)
  - Samson died for a cause he believed in, but also for revenge
- Saul (1 Samuel 31:4)
  - In a corner; unable to live up to own expectations; felt rejected and a failure
- Saul's armor-bearer (1 Samuel 31:5)
  - Impulsive, he wanted to die with his boss
- Ahithophel (2 Samuel 17:23)
  - Bitter because his advice was not followed. "Died and was buried in his fathers tomb"
- Zimri (1 Kings 16:15-20)
  - He was replaced as leader, set fire to his palace around him. "Died, because of the sins which he had committed"
- Judas (Matthew 27:3-5)
  - Depressed, Judas felt trapped by materialism and guilt. Someone had to betray the Messiah...

## Suicide in Christianity

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- A 4<sup>th</sup> Century response to cheap martyrdom
- Illegal in the UK until 1961
- A mortal sin until 1997
- Still a difficult topic, leaves a ‘special scar’

**2282** If suicide is committed with the intention of setting an example, especially to the young, it also takes on the gravity of scandal. Voluntary co-operation in suicide is contrary to the moral law.

Grave psychological disturbances, anguish, or grave fear of hardship, suffering, or torture can diminish the responsibility of the one committing suicide.

## William Tuke

- 1732-1822
- The Retreat at York, founded 1796
- Physical and Mental Health
  - Corridors, Baths
  - Diet, Exercise
- Humane and Moral Treatment
  - Dignified, Self-Esteem
  - Spiritual, Responsibility
- Stopped inpatient care 2018
  - After 222 years



Quaker, Abolitionist, Patron of the Bible Society

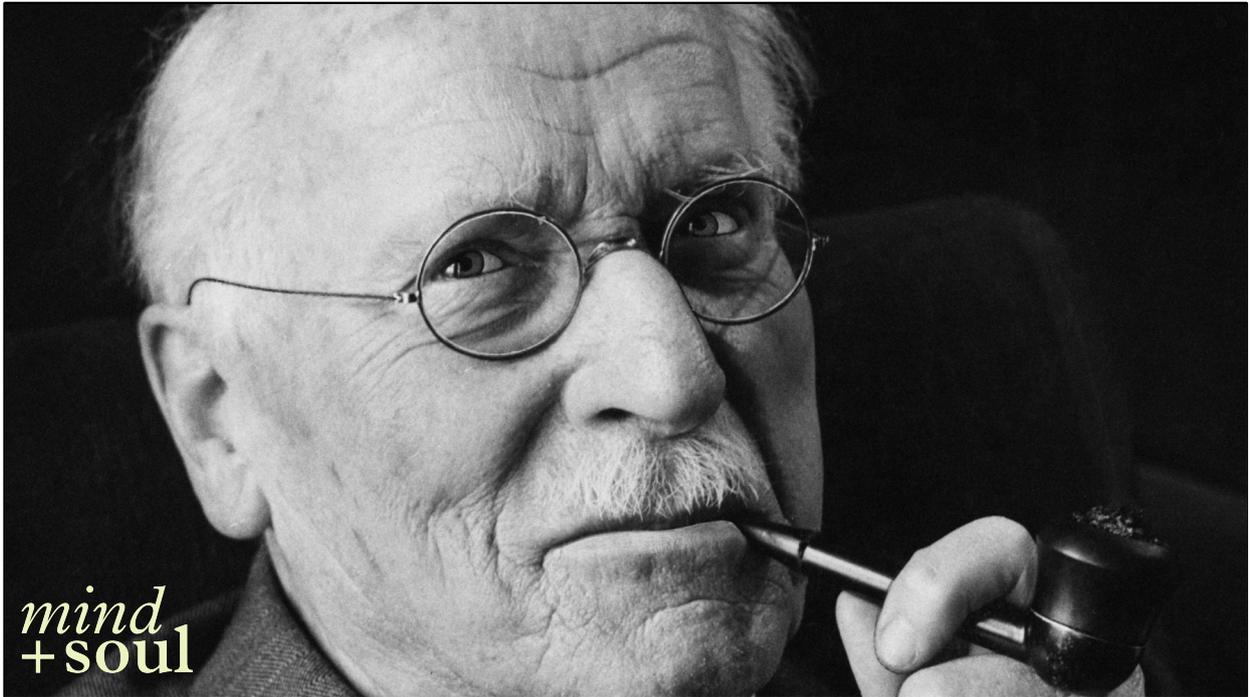
Hannah Mills [friend] died in York asylum – mistreated, prevented from having visitors



The Retreat lives on – Schoen clinic, outpatient specialist input for eating disorders, personality disorders and ADHD

So where does this leave the church?

- Repeat the stigma so often seen in society
- Jump on the popularist bandwagon and become amateur psychologists
- Over-spiritualise and keep up with the mind/body divide?



Each generation had it's divisions – jew/gentile, rich/poor, slave/free, black/white  
Sane / Insane as todays challenge for the church  
Carl Gustav Jung: "Show me a sane man and I will cure him for you!"

## Kings Church Edinburgh 2024

Welcome  
How we got where we are  
**Managing "Distress"**  
Lunch  
Reflection  
Pastoral Care  
Q&A  
Ministry





# Managing "Distress"

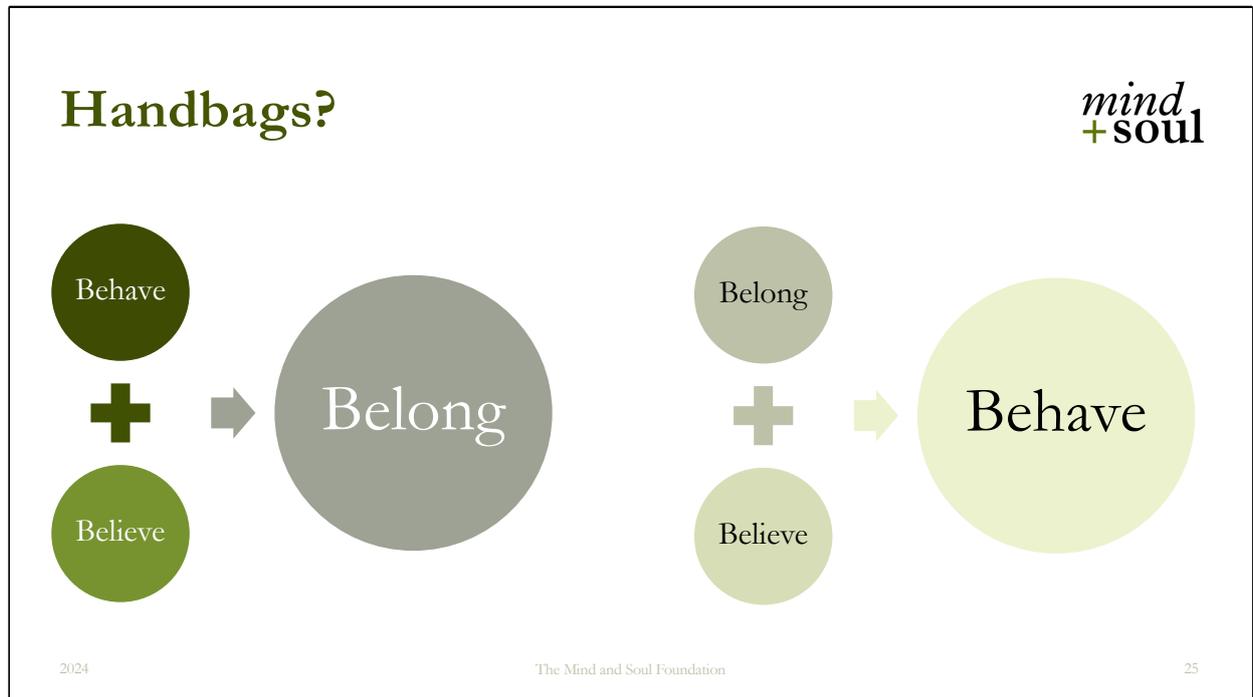
Talking about things we would prefer to avoid!

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Talk by Rob – less talking, more small group work



## No behaviour management until...

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You cannot have a church counsellor until...  
You cannot have a youth worker until...



An alcoholic friend of Philip Yancey once said to him:

- When I'm late to church, people turn around and stare at me with frowns of disapproval. I get the clear message that I'm not as responsible as they are.
- When I'm late to AA, the meeting comes to a halt and everyone jumps up to hug and welcome me. They realize that my lateness may be a sign that I almost didn't make it.
- When I show up, it proves that my desperate need for them won out over my desperate need for alcohol.

## The Gerasene Demoniac (Mark 5:1-20)

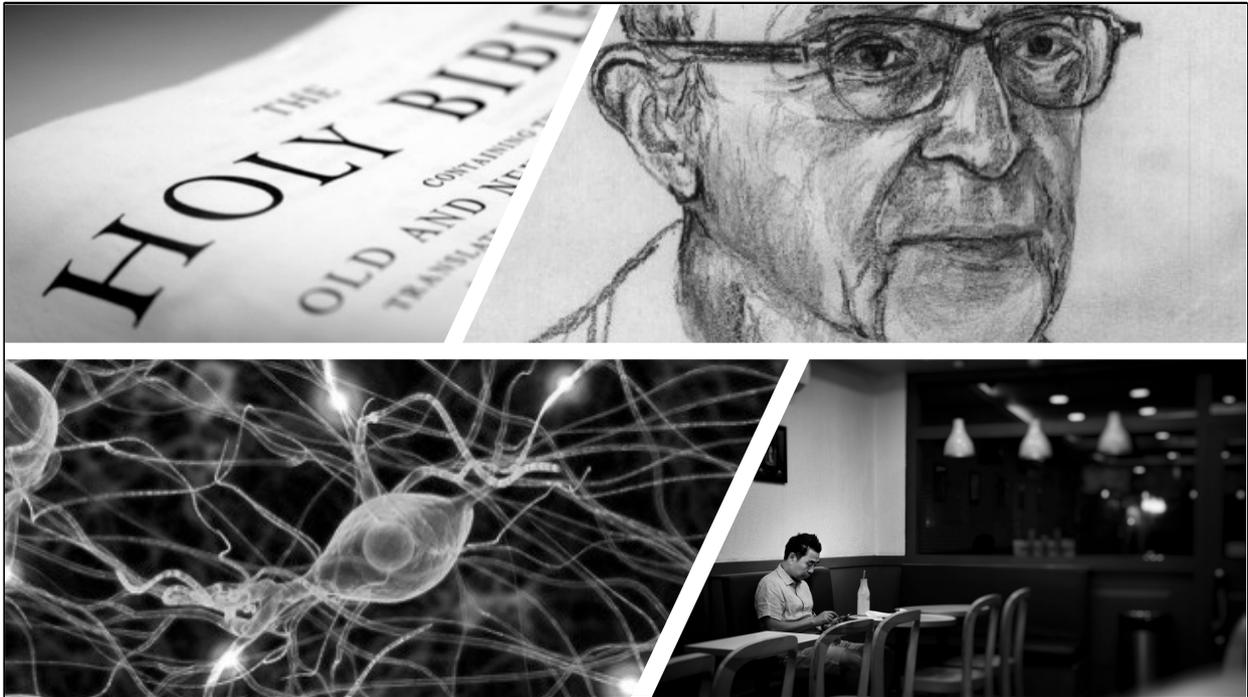
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+*soul*



In Three Gospels (Mt 8 two people; Lk 9 like here)

Start of Jesus' earthly ministry

- Three miracles of faith and three of power
- Sandwiched between "He's Mad" and "No Honour"



What was the cause of this man's problems?

1. Spiritual – Jesus did cast out a demon or two!
2. Psychological – He spoke to him (more words than he had heard for years)
3. Social – why had the towns people excluded him and had this contributed?
4. Biological – is this an early account of schizophrenia?



Riffing on the pigs...

1. Was this spiritual punishment for keeping so many unclean animals in the holy land?
2. Was this destruction of their social livelihood for their social exclusion?
3. Was Jesus saying they were biologically close to pigs than the man he had healed?
4. Was this a psychological rebuff – he felt he was casting his pearls before swine...



## Jesus “saw” him

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- 1: He landed near the man, not in town
- 6: They “saw” each other from a distance
- 6: He did not run from the shouting
- 8: He addressed him as a man
- 9: He asked him his name
- 15: He clothed him and sat down
- 15: He restored his mind
- 19: He gave him a job, a role, a purpose
- 20: His ministry was successful!

If you like three Ps for your sermons!

- Possessed > Placid > Preacher!
- (P)sychotic > Seated > Sane

## Small Group Task (10 mins)

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- **Pick a church environment:** Large Group (Sunday), Small Group (Home)
- **Pick a behaviour that has made you uncomfortable:** psychosis, intoxication, distress
- **How is it usually dealt with:** over-strict, over-lax?
- **Brainstorm TEN 'middle ways':** that are more balanced, affirming, respectful
- **Write on post-it notes:** and negotiate the order





## Feedback

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- Was it helpful or difficult to talk about difficult things?
  - Did it all unravel?
- Did you disagree on the 'right' approach
  - What Jesus would clearly have done..?
- Did you struggle to come up with ten middle ways?
  - What might help?
- Were there any 'red herrings' of avoidance
  - Or were they actually important?



## Example: Sunday

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- Informal
  - Space at the back, not at the front
  - Tolerate coming and going [be more orthodox!]
  - Informal 'sit with' plan [welcome team]
  - Meet off-site and come in together
  - View live-stream from outside auditorium
- Formal
  - Attend morning services only [alcohol]
  - Cannot come until seen GP / Mental Health
  - Formal 'sit with' plan [pastoral team, contract]
  - Meet with mid-week for spiritual input
  - Meet mid-week for practical support
  - Church ban – time limited, conditional
  - Involve Police – attending, phoning



## Summary

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- Show me a sane man!
  - No counsellor until...
- Belong > Behave > Believe
  - But belonging has many forms
- This is not a public space
  - And there are rules!
- What would Jesus do?
  - Address all four causes
- How would Jesus do it?
  - “See” the person
- Eyes on the prize
  - Restoring Leaders, Releasing Mission

## 1 Thessalonians 5vv11,13-15 [The Message] *mind* +soul

- Speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind...
- Our counsel is that you warn the freeloaders to get a move on, gently encourage the stragglers, and reach out for the exhausted, pulling them to their feet. Be patient with each person, attentive to individual needs.
- And be careful that when you get on each other's nerves, you don't snap at each other. Look for the best in each other and always do your best to bring it out.

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Welcome  
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# Pastoral Care

Planning for Pastoral Pickles Prevents Problems and Persecution

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Chris, Lisa, Rob having a discussion about the Kings pastoral care policy soon to be shared.

May or may not use some of the slides below

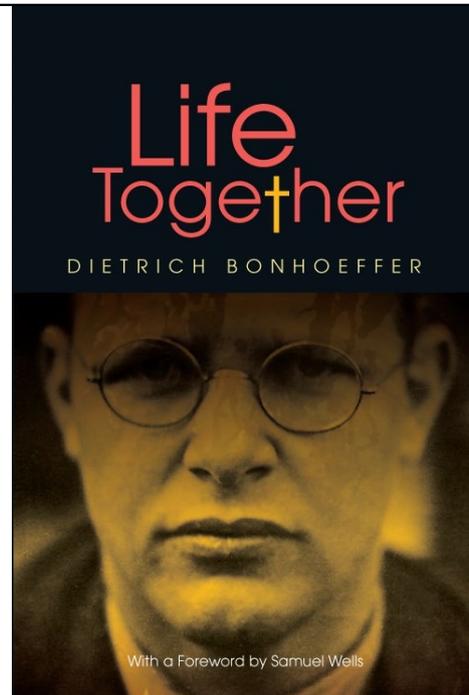
## Life Together

The person who loves their dream of community will destroy community, but the person who loves those around them will create community.

I can no longer condemn or hate a brother for whom I pray, no matter how much trouble he causes me.

In the presence of a psychiatrist, I can only be a sick man; in the presence of a Christian brother, I can dare to be a sinner.

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+ soul



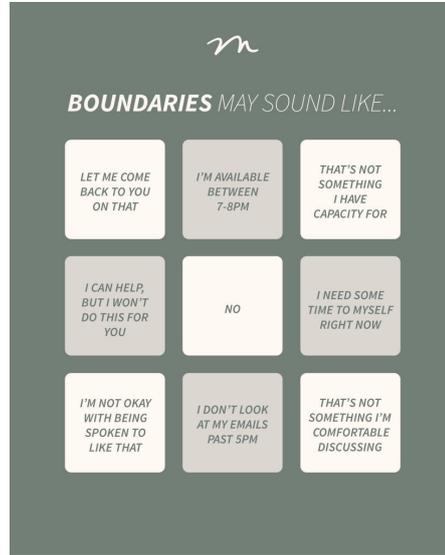
Book by Dietrich Bonhoeffer – most quoted Christian book apart from the Bible

## Boundaries

When we fail to set boundaries and hold people accountable, we feel used and mistreated. This is why we sometimes attack who they are, which is far more hurtful than addressing a behavior or a choice – Brene Brown

Those who get angry when you set a boundary are the ones you need to set boundaries for – JS Wolfe

God wants living sacrifices, not burnt offerings – attributed to Luis Palau



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Book by Dietrich Bonhoeffer – most quoted Christian book apart from the Bible



## Escalation

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- Legal Requirements
  - Adult/Child Protection
- Know who to speak to
  - Have this written down
- Don't knee-jerk (usually)
  - It has taken time to share
- Remember the positive aims
  - Targeted support
- Don't pull back (usually)
  - Pray, Practical help



30 mins – to close the day rather than heavy prayer



Luke to Close