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2023

MENTAL HEALTH IN DISCIPLING COMMUNITIES

Rev. Janet B. Dean, Ph.D.
Professor of Pastoral Counseling
Asbury Theological Seminary

NAZARENE DISCIPLESHIP

1

TODAY'S AGENDA

Grasping
the
Urgency

Under-
standing
Mental
Health

Discipling
for Soul
Care

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GRASPING
THE
URGENCY

MENTAL HEALTH

...involves effective functioning in daily activities resulting in:

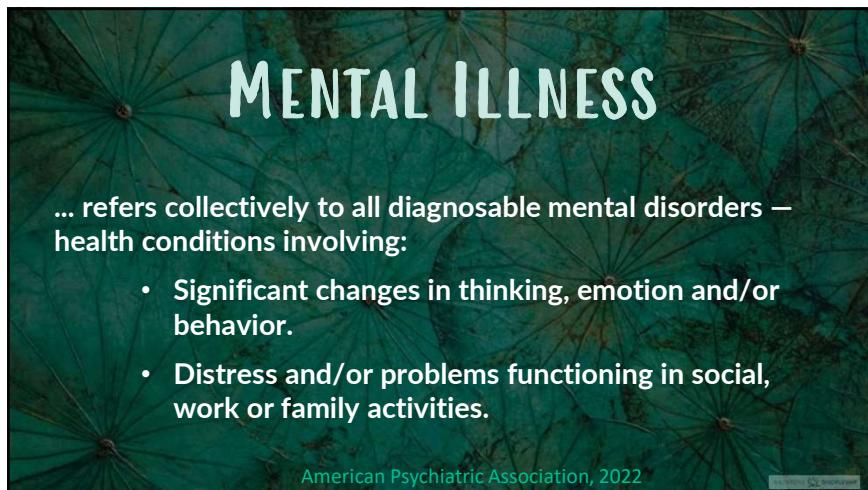
- Productive activities (such as in work, school or caregiving).
- Healthy relationships.
- Ability to adapt to change and cope with adversity.

American Psychiatric Association, 2022

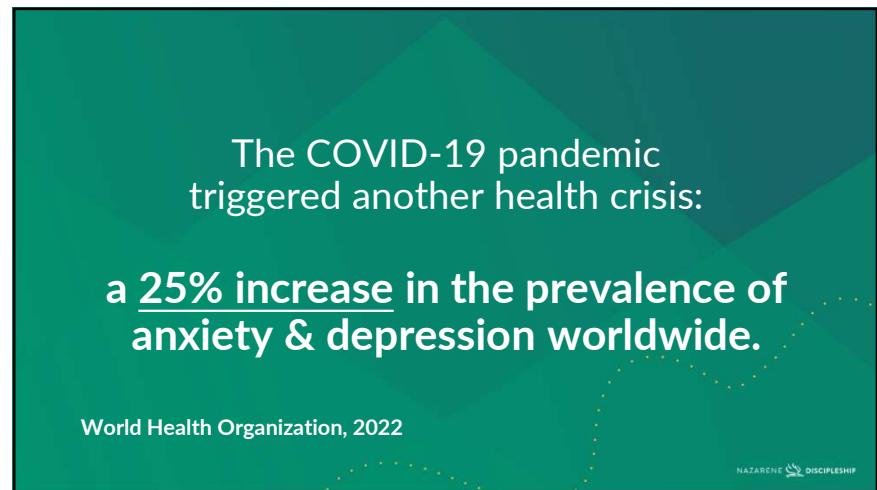
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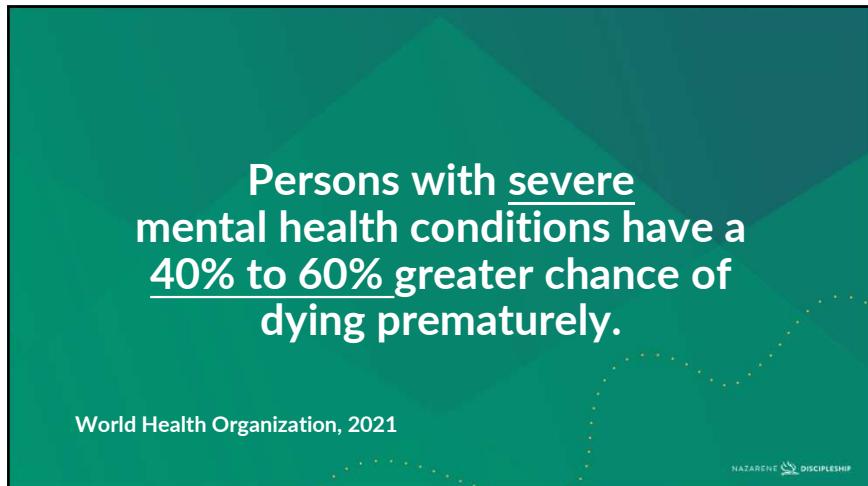
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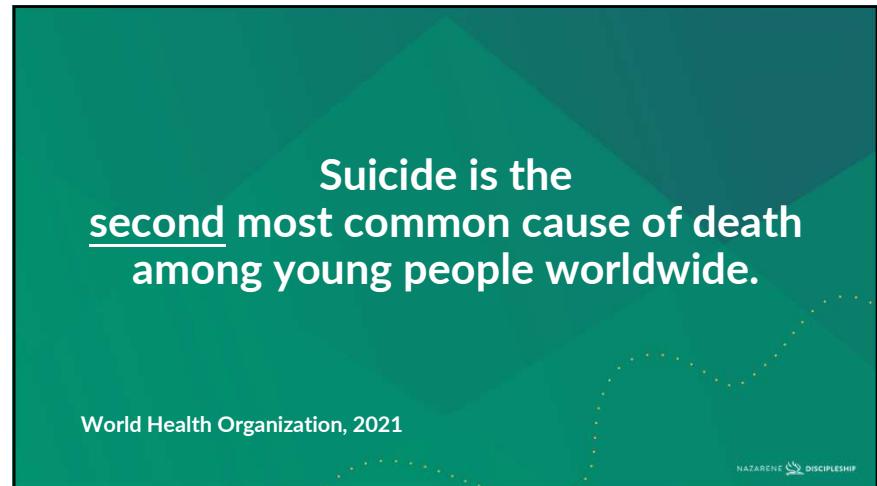
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Mental disorders frequently lead individuals and families into poverty.

World Health Organization, 2021

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Treatment is often unavailable, inaccessible, unaffordable, stigmatizing.

World Health Organization, 2021

12

In high-income countries, 35% - 50% of people with severe mental disorders receive no treatment.

In low-income and middle-income countries, 76% - 85% of those people receive no treatment.

World Health Organization, 2021

11

THE MENTAL HEALTH CRISIS

1 of 7 people worldwide live with mental disorder yearly

1 of 4 US adults have mental disorder yearly

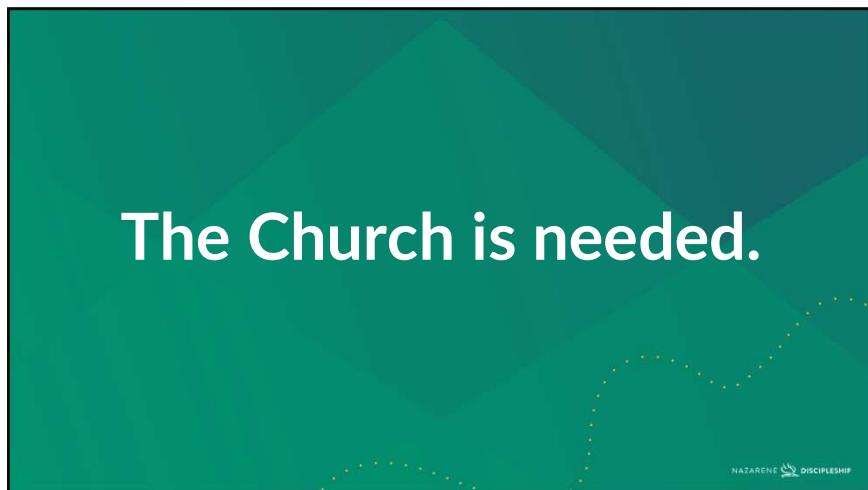
1 of 3 US young adults have mental disorder yearly

1 of 3 adults worldwide will have mental disorder in their lifetime

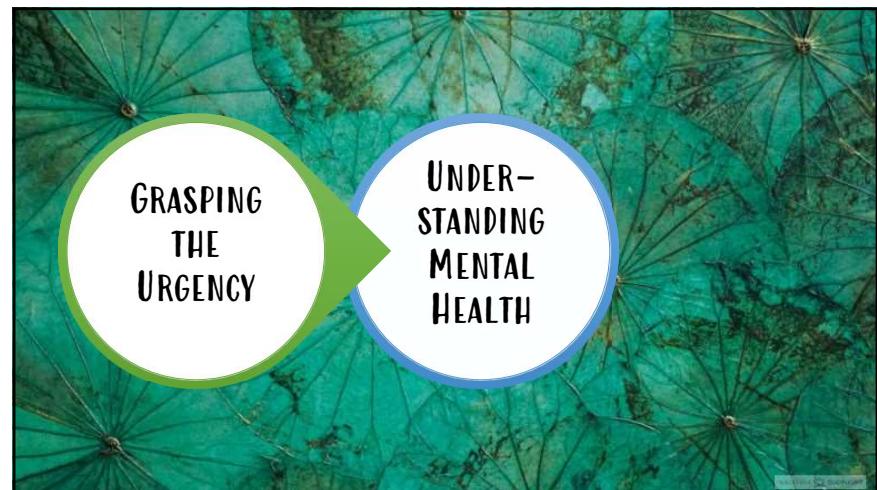
These numbers are the same for pastors and all Christians.

1 of 2 US adults will have mental disorder in their lifetime

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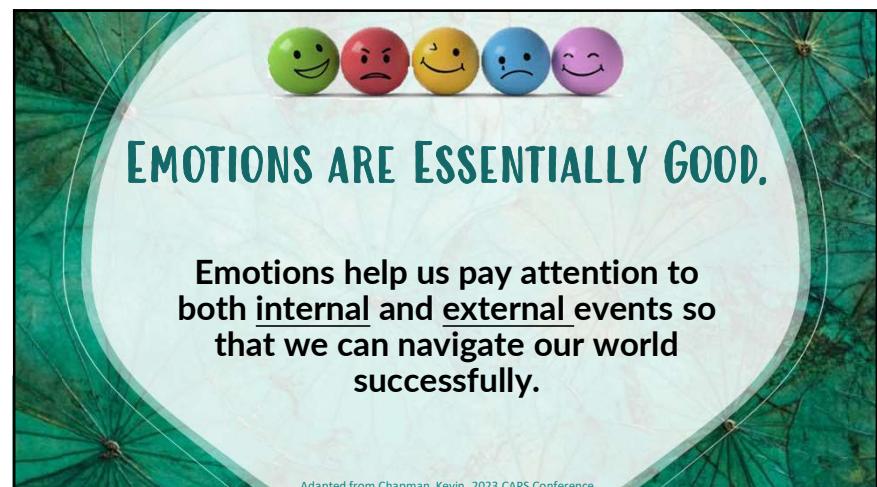
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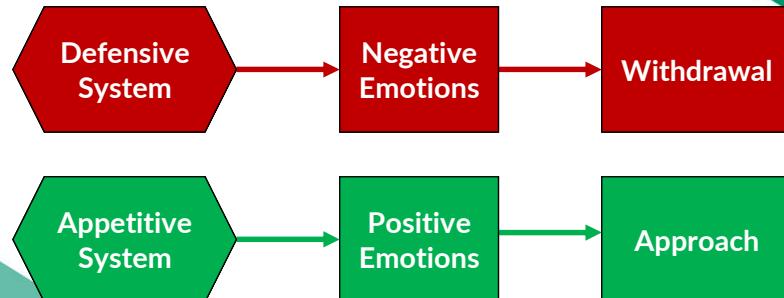


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17

OPPOSING EMOTIONAL SYSTEMS



Adapted from Chapman, Kevin, 2023 CAPS Conference

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18



19

The Fall brought sin, brokenness, and imbalance into the world.



20

THE TREE OF THE KNOWLEDGE OF GOOD AND EVIL.... Genesis 3

6 When the woman saw that the fruit of the tree was good for food & pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it.

She also gave some to her husband, who was with her, and he ate it.

7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

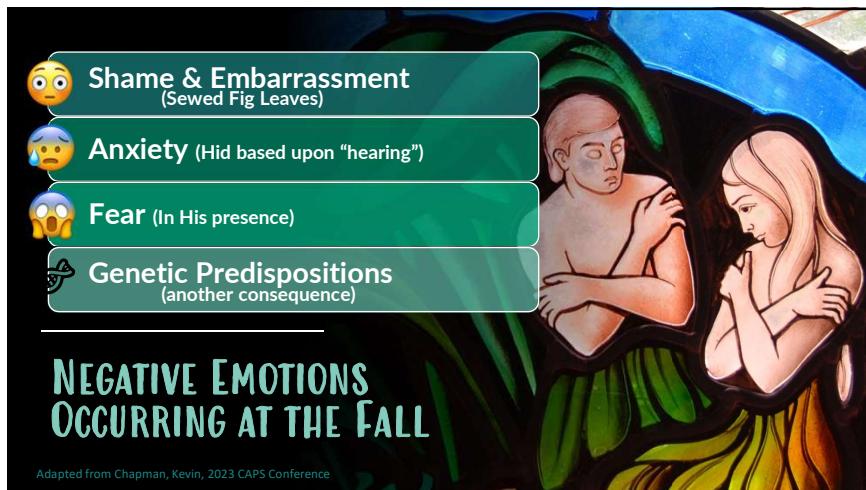
8 Then they heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden.

9 But the Lord God called to the man, "Where are you?"

10 He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

Adapted from Chapman, Kevin, 2023 CAPS Conference

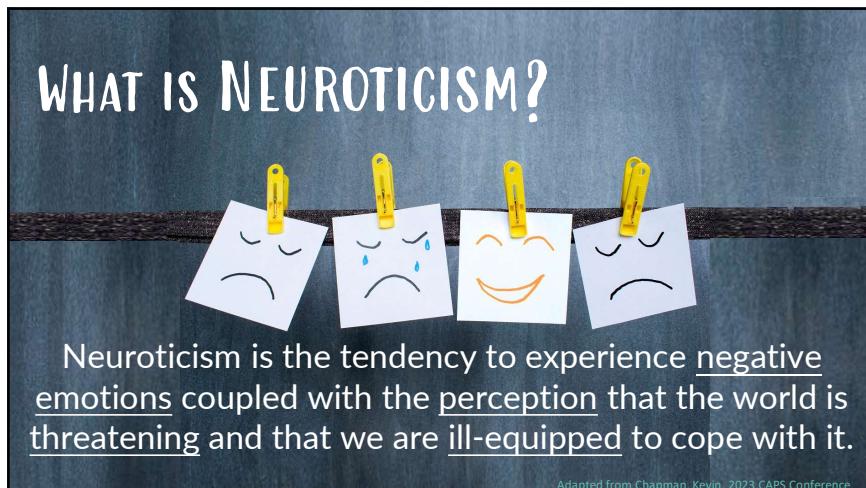
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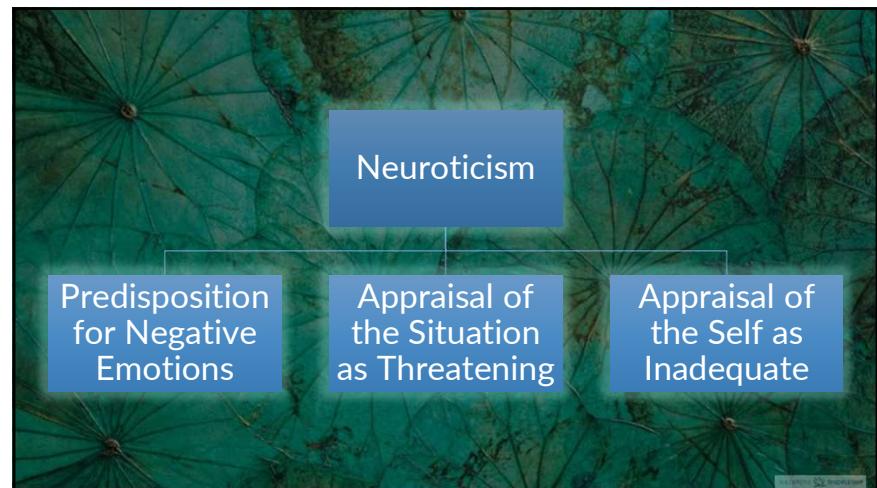
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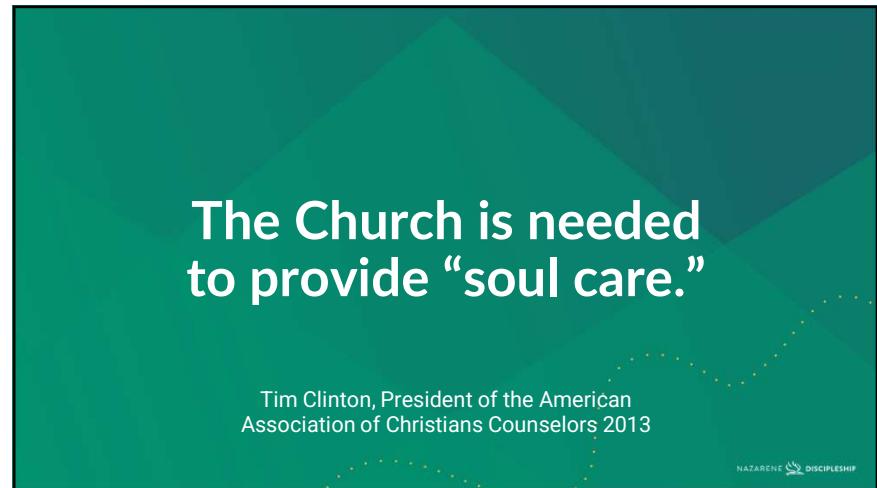
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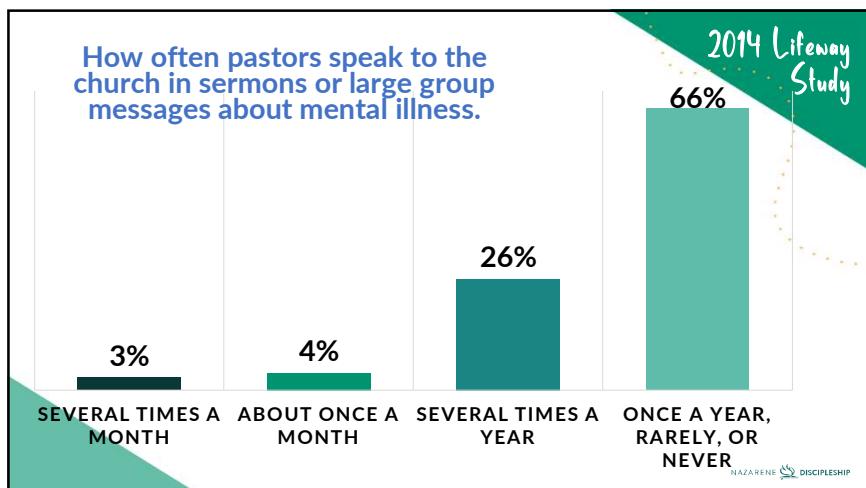
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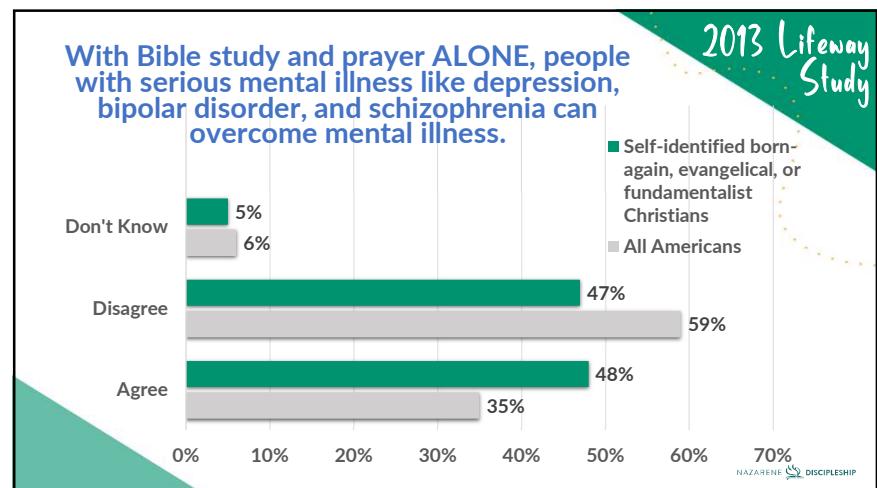
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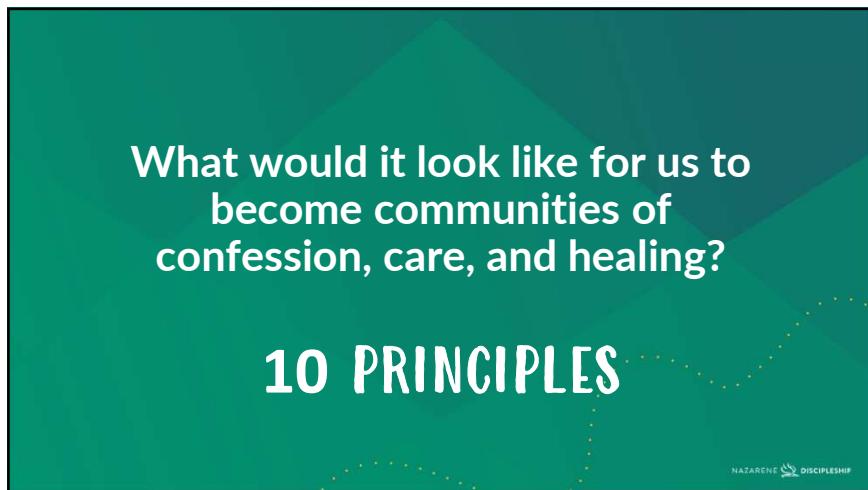
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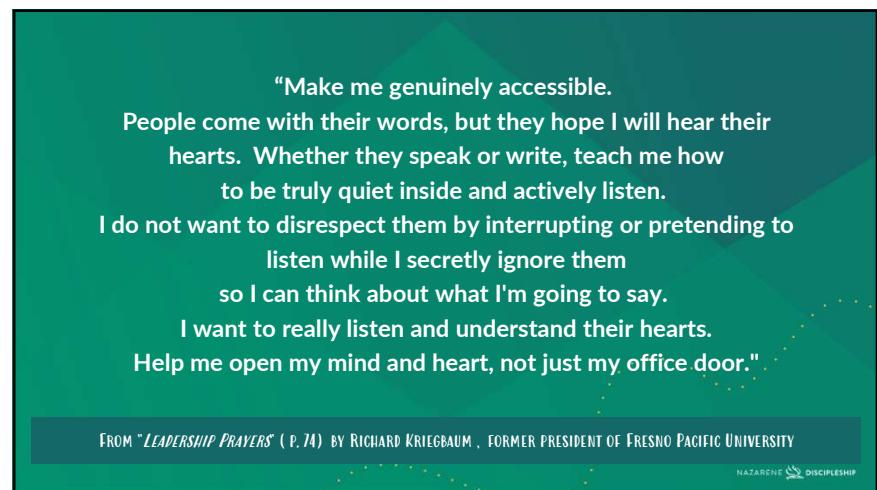
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38

BECOMING SOUL HOSTS

“Soul hosts prepare for their gift of hospitality by cultivating a place of quiet within themselves. This is the place where they will receive others. If I have no such place within myself, I am unable to offer myself in a gift of hospitality. But when I have begun to be a person with a quiet still center, I can invite others to come and rest there.”

David Benner, *Sacred Companions*

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39

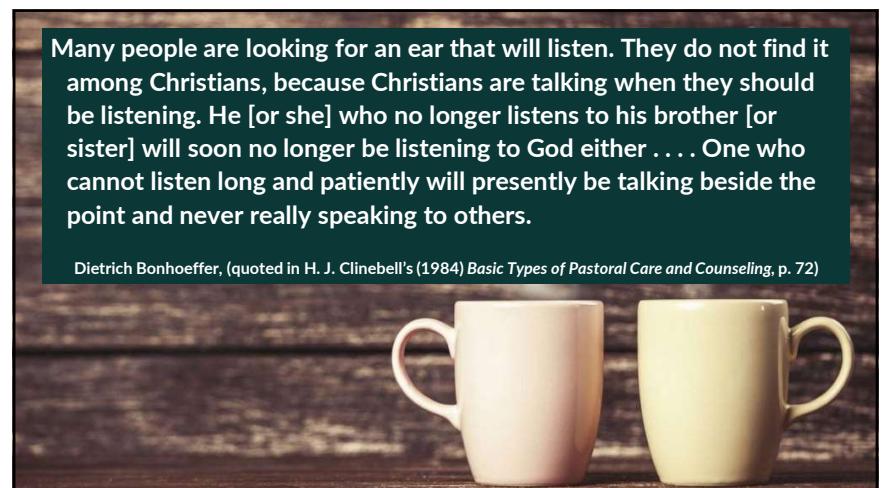


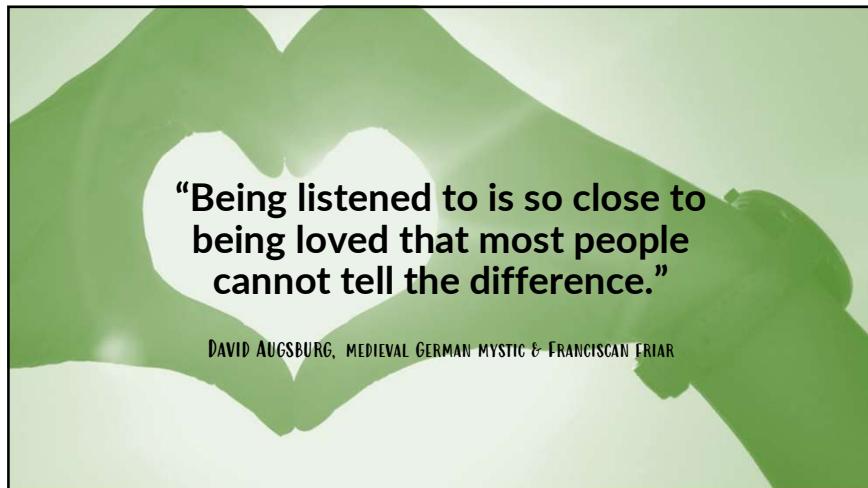
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Many people are looking for an ear that will listen. They do not find it among Christians, because Christians are talking when they should be listening. He [or she] who no longer listens to his brother [or sister] will soon no longer be listening to God either One who cannot listen long and patiently will presently be talking beside the point and never really speaking to others.

Dietrich Bonhoeffer, (quoted in H. J. Clinebell's (1984) *Basic Types of Pastoral Care and Counseling*, p. 72)

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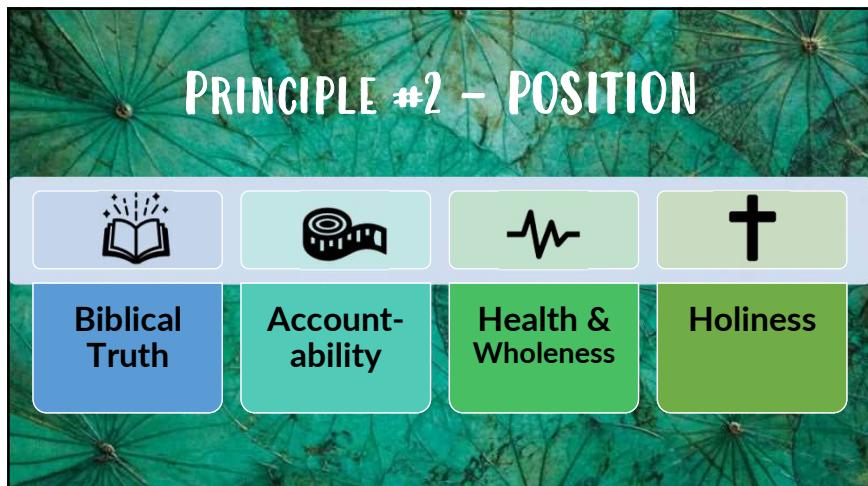




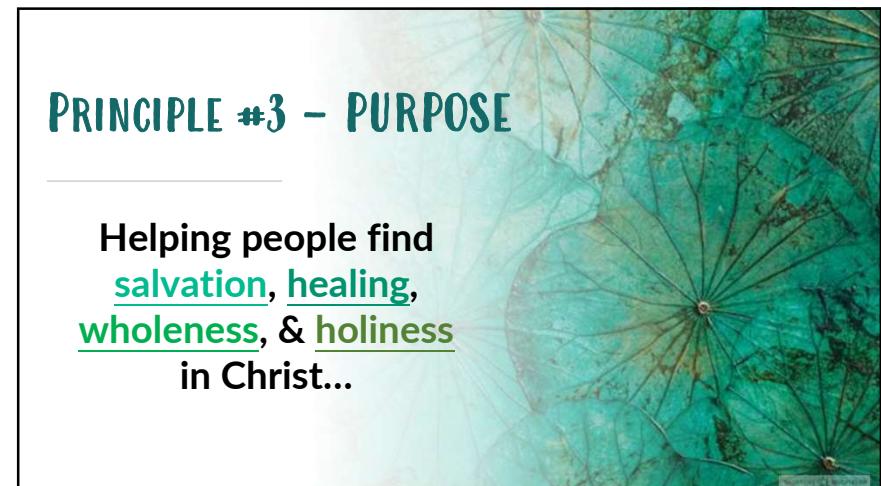
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46

PRINCIPLE #3 – PURPOSE

...by teaching them (and ourselves)
how to navigate emotions
from a kingdom perspective
while glorifying God in the process.

Adapted from Chapman, Kevin,
2023 CAPS Conference

47

PRINCIPLE #4 – PROXIMITY

We must come near to people...

- As co-laborers and friends
- Living life together
- Within boundaries, while
- Modeling faith and
- Regulating emotion

48

Psychologist and developmental researcher Daniel Stern (2004) reports in his studies of infants through adults,

“Our nervous systems are constructed to be captured by the nervous systems of others, so that we can experience others as if from within their skin, as well as from within our own. A sort of direct feeling route into the other person is potentially open, and we resonate with and participate in their experience, and they in ours.”

(p. 76, *The Present Moment in Psychotherapy and in Life*).



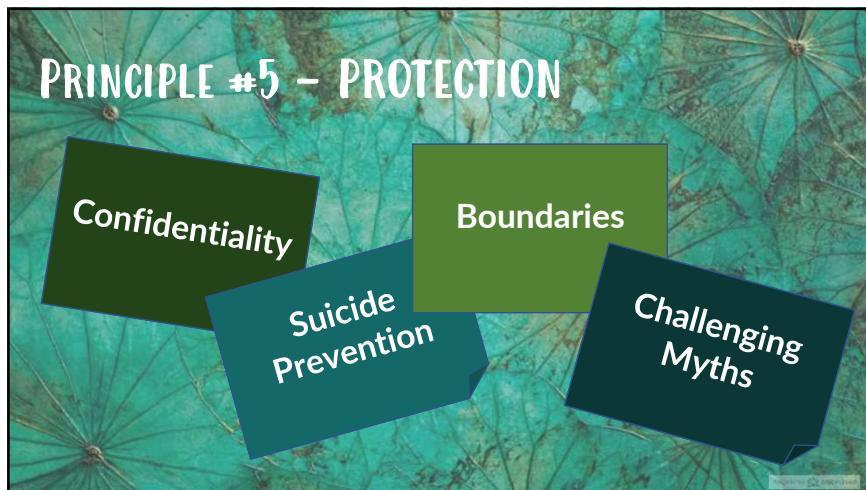
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“Because human physiology is . . . an open loop arrangement, an individual does not direct all of his [or her] own functions. A second person transmits regulatory information that can alter hormone levels, cardiovascular function, sleep rhythms, immune function, and more – inside the body of the first. The reciprocal process occurs simultaneously: the first person regulates the physiology of the second, even as he [or she] is regulated. Neither is a functioning whole on his own; each has open loops that only somebody else can complete. Together they create a stable, properly balanced pair of organisms.” (p. 85).

Lewis, Amini, & Lannon (2000). *A General Theory of Love*.



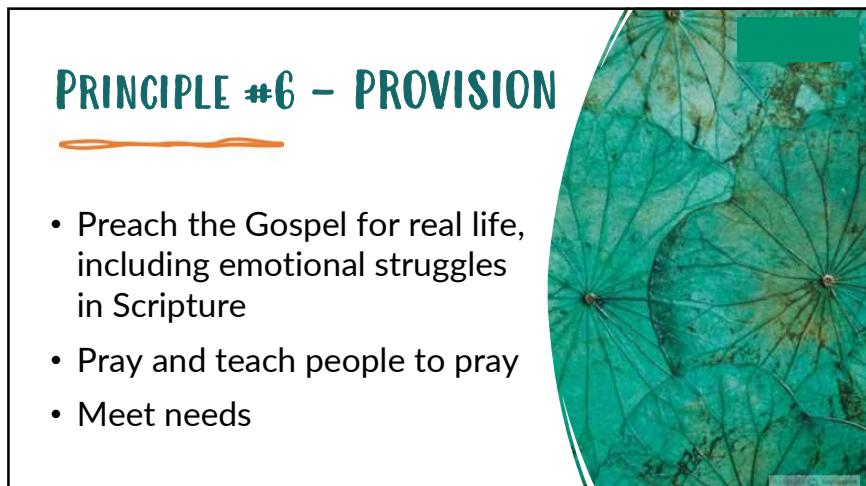
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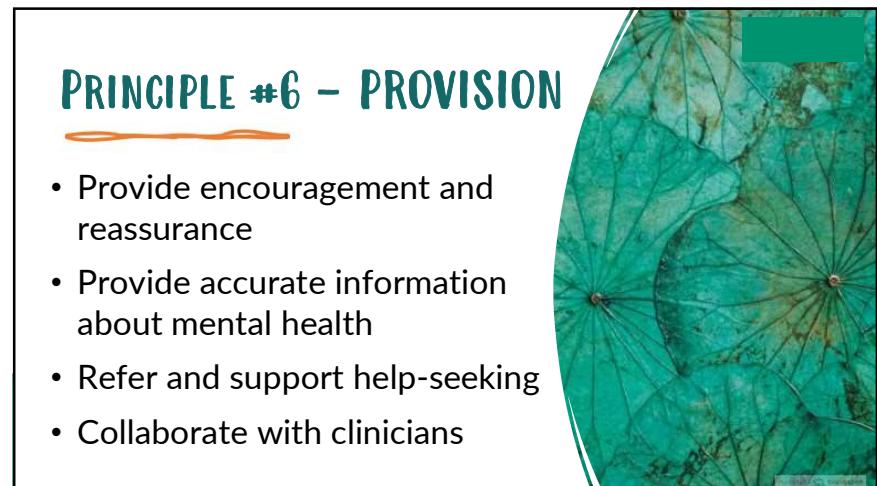
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PRINCIPLE #7 – PARTICULARS

- Different mental health issues often need different kinds of help,
- But with this model of neuroticism, general principles will allow us to minister to and disciple most people.

60

PRINCIPLE #8 – PERSPECTIVE

We want to help shift people's perspective through:

- Increasing positive emotion,
- Making re-appraisals, and
- Seeing God's grace.

61

PRINCIPLE #8 – PERSPECTIVE

We can help people increase their capacity to experience positive emotions by increasing their:



Wanting



Liking



Learning

Adapted from Chapman, Kevin, 2023 CAPS Conference

62

Habits for Positive Emotions

(Craske et al., 2022)



Designing and Practicing Positive Activities
Savoring the Moment



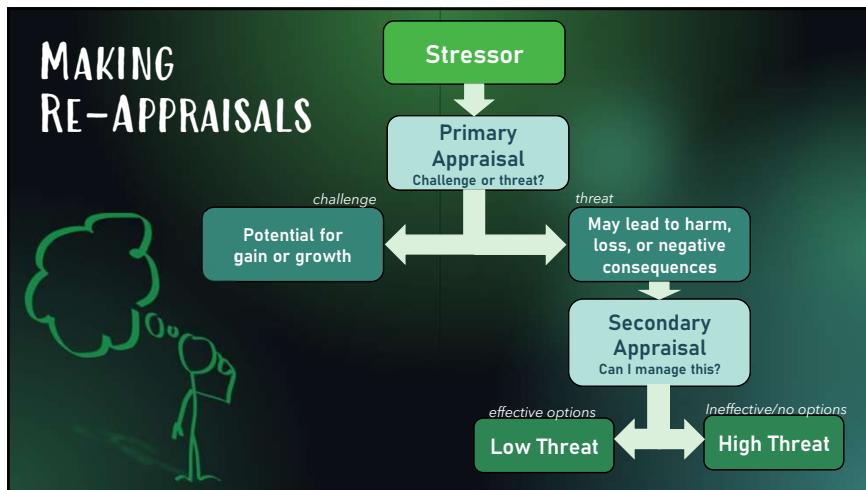
Attending to the Positive
Finding the Silver Linings, Taking Ownership



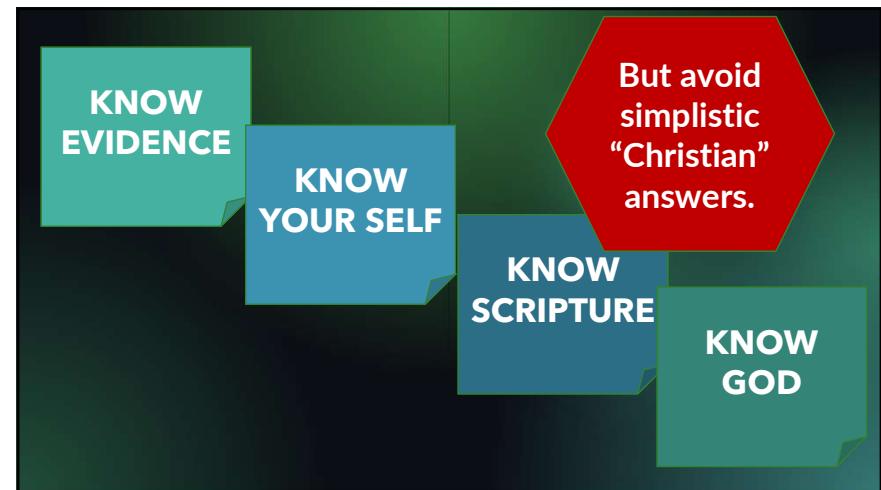
Building Positivity
Practicing Loving-Kindness, Gratitude, Generosity

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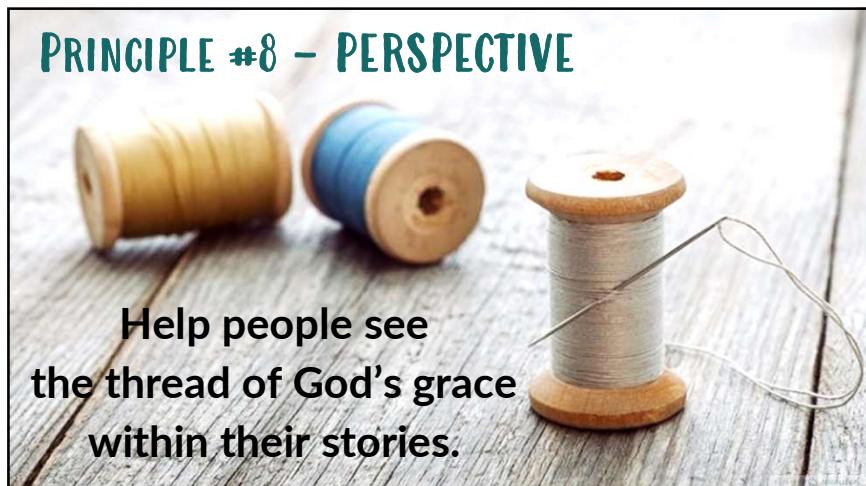
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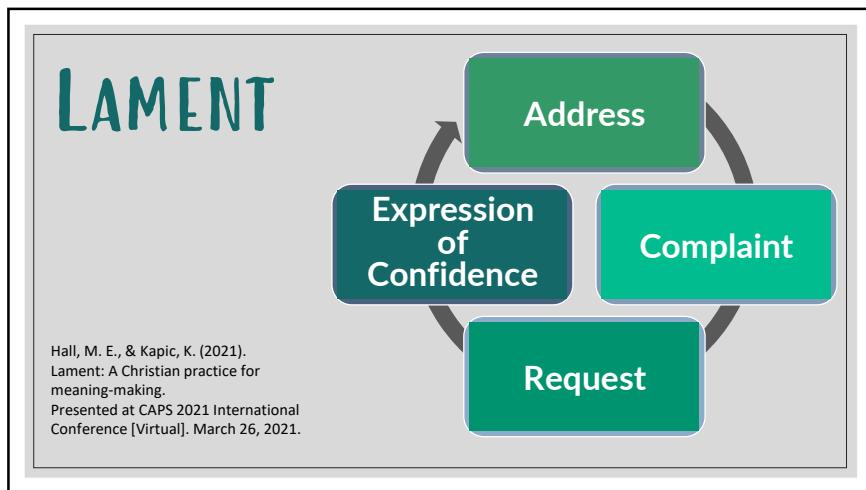
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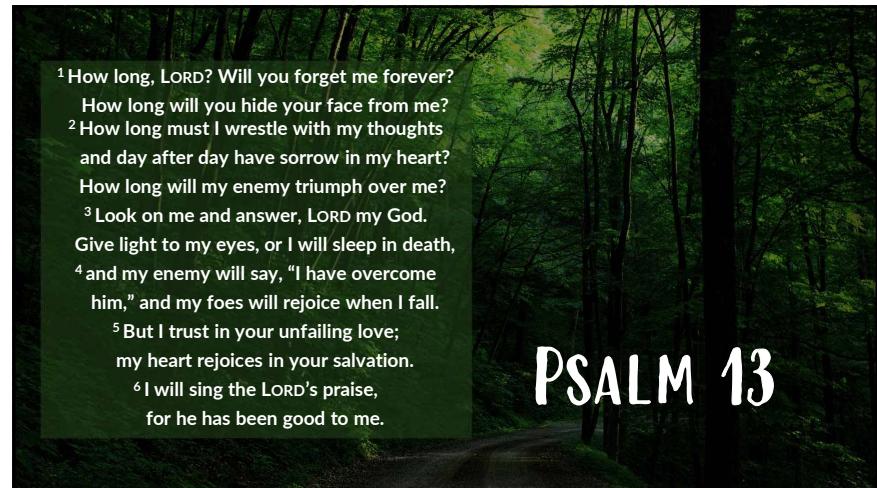
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