



SPIRITUAL LEADERSHIP CONFERENCE 2023

Title: Counseling Anxiety And Depression

Speaker: Dr. George Crabb

Introduction: _____

- **60% Of Individuals With Anxiety Have Depression And Vice Versa**
- **Anxiety Is 2 Times More Common Than Depression**
- **Anxiety And Depression Is 2 Times More Likely In Females**
- **Anxiety Typically Manifests First Followed By Depression**
- **Anxiety: Restlessness**
 - Irritability**
 - Difficulty Concentrating**
 - Uncontrollable Feelings Of Worry**
- **Depression: Sadness**

- **Suicide Rates: 2 Times More With Anxiety**
 - 26 Times More With Depression**
 - 54 Times More With Anxiety And Depression**

1. Anxiety

A. Anxiety Is _____

B. Features Of Anxiety



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C. Anxiety Disorders

1. Phobias – Fear Of Blood, Heights, Snakes, Claustrophobia
2. Social Anxiety Disorder
3. Substance Induced
4. Medical Associated
5. Panic Disorder
6. Agoraphobia
7. Generalized Anxiety Disorder

D. Difficulties In Diagnosing

E. Treating Anxiety Disorders

1. Building Therapeutic _____
 - a. Accounts For Twice As Much Positive Change As Techniques Used
 - b. Show Christ-Like Concern And Compassion

“But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd.” (Matthew 9:36)
 - c. Articulate Goals – Draw Closer To The Lord

“That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;” (Philippians 3:10)
2. Thorough Assessment
 - a. _____ (Spirit, Soul, And Body)
 - b. Look For What Is Going Right Not Just What Is Going Wrong
3. Working Towards Changing Things
 - a. Change _____ (Not Always Possible)
 - b. Change _____ To Environment
4. Solidifying Changes
 - a. Spread Counseling Sessions Out
 - b. Do Not End Abruptly
 - c. Shore Up Support System: Family, Friends, Local Church
Involvement Medical Involvement If Necessary



2. Techniques for Relationally-Oriented Therapy

- A. Using Scripture To Assure Of God's Compassion
 - 1. **Psalm 27**
 - 2. **Psalm 40:17**
 - 3. **Psalm 29:11**
 - 4. **Matthew 6**
 - 5. **John 14:27**
 - 6. **Philippians 4**
- B. Psychoeducation
- C. Explore Client History
- D. Relaxation and Biblical _____
- E. Guided _____ (Part Of Biblical Meditation)
- F. Meditative Prayer
- G. Write A Psalm of Lament

3. Depression And The Bible

A. Five "S's" Of Depression

These Are Based On Job's Response To His Miserable Counselors

"Then Job answered and said, 2 I have heard many such things: miserable comforters are ye all. 3 Shall vain words have an end? or what emboldeneth thee that thou answerest? 4 I also could speak as ye do: if your soul were in my soul's stead, I could heap up words against you, and shake mine head at you. 5 But I would strengthen you with my mouth, and the moving of my lips should assuage your grief." (Job 16:1-5)

"Wherefore then hast thou brought me forth out of the womb? Oh that I had given up the ghost, and no eye had seen me!" (Job 10:18)



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1. _____
2. _____
3. _____ From God And Others (Isolation)
4. _____
5. _____ Thoughts

B. Biblical Examples Of Suicides

C. The Destructive Impact Of Depression

1. Depression Affects Nearly **One Out Of Five (20%) Americans**
2. Severe Clinical Depression (Disordered Sadness) Is **A Major Disability Worldwide**
3. Depression Can Cause **Spiritual, Psychological, Physical, Marital, Financial, And Career Problems**
4. Depression Can **Potentially Be Fatal** Through Suicide, Drug And Alcohol Abuse, And Major Health Problems

D. The Link Between Depression And Medical Problems

E. Prevalence And Treatment Rates

1. Depression Affects Women Nearly Twice As Much As Men.
Women Tend To Become Depressed In Their Prime Of Life – Around Ages 30–40
2. Only About 21% Of People Who Struggle With Depression Are **Adequately Treated**

F. Reasons For Depression

1. Depression Is A Symptom Derived From Many Causes
2. Depression Is Not A Clinical Issue – Everyone Gets Depressed Or Sad At Times
*“Yet Man Is Born Unto Trouble, As The Sparks Fly Upward.”
(Job 5:7)*
3. Depression Can Be A Result From _____ /
Unrepentant Sin



4. Depression Can Be From Adopting An _____
Worldview
5. Depression Can Be A _____ **To Loss And/
Or Trauma**
6. Depression Can Be Secondary To Lifestyle Issues Such As
Fatigue, Sleep Deprivation, Stress, Or Poor Diet
7. Depression Can Be A Reaction To _____ Or
Being Upset
 - God Can Use These Emotions To Get Our Attention To Do
Something Differently
8. Depression Can Be Secondary To _____
9. Depression Occurs On A _____, Which
Can Range From Normal Sadness To Disordered Sadness
(Major Depression)

4. _____ **Sadness** (Major Depression)

A. Characteristics Of Major Depression

1. A Constant Sense Of Feeling Sad, Down, Or Blue For Two
Weeks Or Longer
2. Impairment In One Or More Areas Of Life, Such As A Person's
Job, Family, Relationships, And Education
3. Impairment In Physical Functioning

B. Prevalence Rates Of Disordered Sadness (Major Depression)

1. Depression Is A Leading Cause Of Disability In The U.s.
2. Depression Is The Fourth Greatest Cause Of The Global
Illness Burden.
3. 20% Of Individuals Will Experience A Depressive Episode In
Their Lifetime.

C. Depression Is More Than Psychological



Depression: A Systemic Illness – The Emotional and Physical Signs

- Depressed Mood
- Anhedonia
- Hopelessness
- Low Self-Esteem
- Impaired Memory
- Difficulty Concentrating
- Anxiety
- Preoccupation With Negative Thoughts
- Headache
- Fatigue
- Disturbed Sleep
- Dizziness
- Chest Pain
- Vague Joint/Limb Pain
- Vague Back/Abdominal Pain
- GI Complaints (Nausea, Vomiting, Constipation, Diarrhea, Gas)
- Sexual Dysfunction/Apathy
- Menstrual Problems

D. The Connection Between Physical Pain And Depression

E. Reasons For Depression

1. There Are A Number Of **Spiritual & Psychological Reasons Why People Become Depressed**

- _____ Sin
- _____ / _____
- Trauma
- _____
- Hopelessness
- Fear

2. There Are Many **Medical Causes For Depression:**

- Cancer
- Thyroid Disease
- Prescription Drug Side Effects
- Sleep Apnea



- Menopause And Hormonal Issues
- Vitamin D Deficiency
- B12 Deficiency
- Anemia
- TBI
- Chronic Medical Illness/Pain

F. The Whole Truth About Depression

1. Depression Is A Spiritual, Psychological And Physical Issue
2. Depression Can Be Caused By A Variety Of Medical Problems, Psychological Issues, And Spiritual Reasons
3. Physically, The Brain Plays By The Same Rules Medically As Other Organs In The Body
4. The Brain Networks With Other Systems Of The Body And Controls Them
5. Depression Is Very Debilitating And Highly Stigmatizing
6. Depression Can Be Recurrent Without Treatment
7. Depression Is Not Consistently Related To Level Of Spiritual Maturity

5. Neurobiology And Depression

A. Chemical Imbalance Theory

B. The Impact Of Chronic Stress

1. Adrenal Glands Go Into Fight Or Flight Mode, Which Releases The Neurotoxins **Cortisol** And **Inflammatory Cytokines**
2. In A Short-Term Period, These Two Neurotoxins Give A Person More Energy To Face Daily Challenges And Attack Infections
3. However, If These Neurotoxins Stay Elevated For **Long Periods Of Time**, They Start To **Turn Off Glial Cells**, And In Turn:
 - The Hippocampal Region Shrinks
 - Neurogenesis And Neuroplasticity Stops



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- Turns Off Mitochondria (The Mechanism That Gives Energy To Neural Processes)
- Irritates And Inflammes Brain Tissue (Cytokines)
- Disrupts The Networking Of Cells

C. How A Depressed Brain Affects Other Organs

1. Depression Is Associated With Medial Co-Morbidities Such As **Heart Disease, Stroke, Diabetes, And Bone Mineral Density**

6. Treatment

A. The Importance Of Seeking Help

1. Those Who Have Suffered With Depression For Years Should Still Seek Help
2. _____ Is Normal Sadness Which Can Be Treated With Biblical Counseling While 10% Is Disordered Sadness Which Not Only Requires Biblical Counseling But Some Form Of Medical Intervention
3. Depression Can Be A Medical Problem That Can Be Aggressively Treated
4. Never Underestimate The Healing Effect Of Faith In God And His Word Along With Active Involvement In A Local Church

B. Treatment Options

1. Treatment May Involve Medication
2. This Should Be Supplemented With Diet, Exercise, Sleep, Supplements, Local Church Involvement, Prayer, And Biblical Counseling. (See Seven Daily Task Card)
3. **Psalm 32** (Sin)
4. **Psalm 73** (Injustice)
5. **Psalm 42-43** (How The Depressed Feel And Hope In God)
6. **Psalm 88** (Depression That Doesn't Go Away)



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C. Homework

1. Confess And Repent Of Sin (Psalm 32:5; 1 John 1:9)
2. Submit To God's Sovereignty Over Your Circumstances (Psalm 73:15-24; Romans 8:28; Genesis 50:20)
3. Correct "Stinkin Thinkin" To Right Thinking (2 Corinthians 10:5; Philippians 4:8)
4. Hope In God (Psalm 42:5, 11; 43:5; Romans 8:28-29; Hebrews 13:5)
5. Offer Thanks And Praise To God (Psalm 43:4; 73:8; 32:11; 119:164)
6. Serve God And Others (1 Kings 19:12-17; Matthew 6:33)
7. Pursue God As Your Priority And Not Symptom Relief (Matthew 6:33)
8. Goal In Life Is To Glorify God
"To him be glory and dominion for ever and ever. Amen."
(1 Peter 5:11)

D. Common Antidepressants

1. **SSRI** (Selective Serotonin Reuptake Inhibitor)
2. **SSNRI** (Serotonin And Norepinephrine Reuptake Inhibitor)
3. **Augmenters** (Added To Antidepressants)

E. Final Thought On Anti-Depressants

1. Anti-Depressants Are Not Always Necessary, But **When Needed, They Are Crucial**
2. Anti-Depressants Are **Not Addictive Or A "Forever Need."**
3. Anti-Depressants Do Have **Side Effects**
4. An Anti-Depressant Will Keep You From **Feeling Numb**, But It Will Not **Give You Love**
5. An Anti-Depressant May Keep You From **Being Depressed**, But It Will Not **Give You Joy**
6. An Anti-Depressant May Keep You From **Feeling Anxious**, But It Can't **Give You Peace**



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7. An Anti-Depressant May Give You A **Desire To Be Around People**, But It Will Not Give You A **Sense Of Patient Longsuffering** For People Who Get On Your Last Nerve
8. An Anti-Depressant May Stop You From **Being Irritable**, But It Can't **Make You Kind**
9. An Anti-Depressant May **Take Away Hopelessness**, But Can't **Give A Sense Of Purpose**
10. The Only Real Source Of Joy Is The Holy Spirit Of God

*“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”
(Galatians 5:22-23)*

Conclusion: _____

Depression is a major and complicated problem. Those struggling with it need others to come alongside them and continue to pray for them, and be the hands, eyes, and ears of God as they walk through the daily experience of depression.



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