

Living Your Best Life Session 2: Digging Deeper
Pastor Dave and Dr. Andrew Wingerson
March 3, 2024
Sundays at 9:30 AM in the Fireside Room



Devotional: Romans 12:1-2

Topics for this session:

1. Intro to mental health: what are psychology, psychiatry, therapy, and mental illness?
2. Answer the question: "Do I need therapy to make positive changes?"
3. Introduce one of the more widespread models of therapy for making changes.

Definitions:

Psychology: The study of the nature, functioning and development of the _____.

Psychiatry: The aspect of medicine concerned with the diagnosis, study, and treatment of _____.

Therapy: The _____ of an ailment.

Mental illness: A condition that alters a person's _____ or behavior.

How can psychiatry be helpful in your Christian life?

It is possible to be a Christian and a psychiatrist, or to be a Christian and seek psychiatric help. There are differences between Christianity and psychiatry of course! While Christianity may look at things from a perspective of what is good, Godly or Christlike, psychiatry may take the approach of what is _____.

An Introduction to Cognitive Behavioral Therapy

<p>Adapted from <i>Mind Over Mood</i>, 2nd Ed., Greenberger and Padesky</p>	<p>We are created in the _____ of God, and that means the emotions we feel have at least some root in God, too.</p> <p>Let's talk about how emotions and thoughts can run together. Learning to separate these can help identify ways to change.</p>
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Questions and Comments
Closing Prayer