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?"

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

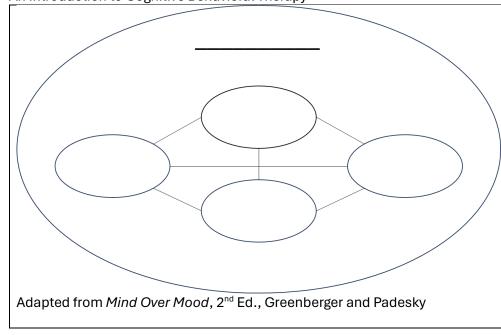
	Introduce one of the more widespread models of therapy for making changes.
Definit	ions: blogy: The study of the nature, functioning and development of the
•	atry: The aspect of medicine concerned with the diagnosis, study, and treatment of

How can psychiatry be helpful in your Christian life?

Therapy: The _____ of an ailment.

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



We are created in the _____ of God, and that means the emotions we feel have at least some root in God, too.

Let's talk about how emotions and thoughts can run together.
Learning to separate these can help identify ways to change.

Questions and Comments Closing Prayer