

A Thorn in the Flesh: Is Depression Relevant to Artists?

More treacherous than we imagine. Miry, dark and dangerous. What is it? Depression is a thorn in the flesh. What causes depression in artists? How can clinical depression be recognized? Are there unique sensitivities that make depression almost universal among artists? Temperaments? Exhaustion? Burnout? Is there a relationship between bitterness and depression? Dr. Pablo Martinez will address these penetrating questions and provide a Biblical framework for depression and in the process, share preventative measures and ways out.

Pablo Martinez is a Forum steering committee member and was one of the leaders of the European Christian Counsellors Network for several years. He currently works as a psychiatrist at a private practice in Barcelona. He has also developed a wide ministry as a lecturer, counsellor, and itinerant speaker. He has been a plenary Bible teacher in more than 30 countries. He was a member of the Executive Committee of the International Christian Medical and Dental Association (ICMDA) also serving as one of the organisation's vice presidents. He has filled the role of President of the Spanish Evangelical Alliance (1999-2009) and Professor of Pastoral Psychology at the Spanish Theological Seminary. He currently chairs the Ravi Zacharias Foundation in Spain. He has authored three books, *Prayer Life: How Your Personality Affects the Way You Pray*, now published in fourteen languages, *Tracing the Rainbow: Walking Through Loss and Bereavement*, and his latest, *A Thorn in the Flesh: Finding Strength and Hope Amid Suffering* (Inter Varsity Press, England). He is married to Marta. More information at his website www.Christian-thought.org

OUTLINE

1. WHAT DEPRESSION IS AND WHAT IT IS NOT

- A. How to identify if you are depressed.
- B. Depression is not the same as discouragement.

2. TYPES, CAUSES AND TREATMENTS FOR DEPRESSION

- A. Clinical depression: a disease from the brain
- B. Reactive depression: a trauma from the outside
- C. Burn out. A subtle way to depression
- D. Existential depression: an emptiness in the heart

=Specific treatment for each one of these types of depression

3. DEPRESSION IN THE ARTIST

- A. Hypersensitivity, temperament and depression
- B. What can you do to prevent depression in the artist?
- C. How can you cope when it comes?

4. DEPRESSION IN THE BIBLE

- A. Spiritual factors in depression. Spiritual dryness and how depression affects our faith and our spiritual our experience.
- B. Bitterness as the result of a thorn

5. WATERS IN THE WASTELANDS

“He (God) brought you water out of hard rock” (Deut.8: 15)

- A. Ways out. Finding help from:
 - i. Yourself
 - ii. Others
 - iii. Christ

Suggested Readings:

- A Thorn in the flesh*, Pablo Martínez, Inter Varsity Press, Leicester, U.K.,
- The Roots of Sorrow: Reflections on Depression and Hope*, Richard Winter, Resource Publications
- Genius, Grief and Grace*, Gaius Davies, Christian Focus Publications
- I’m not supposed to feel like this*, Chris Williams, Hodder&Stoughton
- A practical workbook for the depressed Christian*, John Lockley, Authentic Lifestyle