

## Healing Deeper Disordered Emotions

What do we do when caught in severe depression, suicidal thoughts, anxiety, phobias, panic, obsessive compulsive disorder or PTSD? How do we help others with such suffering? We will build on principles presented earlier to suggest a model of counseling and care for those wrestling with so-called “mood disorders.”

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### I. Biblical experiences of deep emotions - suicidal saints

### II. Melancholia and the Puritans

### III. Depression:

A. A spectrum of severity

B. Many causes and remedies:

1. Psychological

2. Physical

3. Social

#### 4. Spiritual

C. Grief

D. Bipolar disorder

#### **IV. Anxiety and fear:**

A. Phobias

B. Panic

C. Post-Traumatic Stress Disorder

D. Obsessive Compulsive Disorder

#### **V. Biblical and common grace wisdom for healing**

##### **Suggested reading:**

*When Life Goes Dark: Finding Hope in the midst of Depression*, Richard Winter  
*Integrative Psychotherapy: Towards a Comprehensive Christian Approach*, Mark McMinn and Clark Campbell, IVP, 2007

*Depression: Looking Up from the Stubborn Darkness*, Ed Welch, 2011

*When I Am Afraid: A Step by Step Guide away from Fear and Anxiety*, Ed Welch, 2008