The Devil In Psychiatry Part 2

I. A Brief Biography of Psychology's Most Influential

A. Sigmund Freud (1856-1939)

1. Believed all religion to be “neurosis” (def. – any mental imbalance that causes a partial distortion of reality and is accompanied by emotional disturbances such as: anxiety or stress. Unlike psychosis, however, it does not affect rational thought or the entirety of a person’s personality).

“Psychiatry is the study of the soul of man [in order to teach] the art of living.” ~Freud

“The cure of souls will one day be a recognized non-ecclesiastical and even non-religious calling.” ~Freud

2. Founder of “psychoanalysis”

“Psychoanalysis became one of the substitute religions for the disillusioned middle class.” ~Masur

What it is:
- An intensive and prolonged technique using hypnosis, dream analysis and free-association (laying on a couch and saying whatever comes to mind) to uncover a patient’s subconscious (or unconscious) desires and motivations.

What it teaches:
- Man is made up of three parts: The Id (unconscious mind) (sub-conscious realm of primitive aggression and sexual desire), The Ego (conscious realm of self: who I am in everyday life), The Super Ego (unconscious mind) (sub-conscious realm of values, morals or experiences which exist within a person through religion, parents, society, etc ).

“Freud is renowned for his redefinition of sexual desire as the primary motivational energy of human life.” (Wikipedia)

- Man is the victim of his Id which is constantly controlling him or being ravaged by his Super Ego.

“Freud saw man as an instinct-ruled beast dominated primarily by the drives of sex and aggression.” ~ Richard Ganz

- Man goes through eight stages of sexual development (“Psychosexual Development”)

“Each stage is characterized by the erogenous zone that is the source of the libidinal drive during that stage. These stages are, in order: oral, anal, phallic, latency, and genital. Freud believed that if, during any stage, the child experienced anxiety in relation to that drive, that themes related to this stage would persist into adulthood as neurosis.” (Wikipedia)
Human difficulty or problems are the result of the Id (sex and aggression drives) desiring to be expressed in the Ego but instead being suppressed (or “repressed”) or exacerbated by the Super Ego. Such repression creates also false guilt. This battle between the Id and Super Ego, Freud called “intrapsychic conflict”.

Example: Freud explained a person’s gluttony as the fact that he was not breast-fed as a baby.

Human difficulties and problems should be viewed under a Medical Model (v. a Moral Model). This means that individuals with social, emotional or relational problems now become patients rather perpetrators, sick rather than sinful, mentally ill rather than morally wrong (The Freudian Ethic).

“Sympathetic understanding, the kind you give to a person who is sick with a physical illness [is what the mentally ill person must have]. You make allowances because you know he is sick, that he can’t help his sickness, that he needs your sympathy and understanding. The person with a mental problem is also sick and most of the time can’t help it either.” ~ Harry Milt

“The extent to which the Freudian ethic has permeated contemporary thinking may be seen in its influence upon thought about crime. Some blamed Dallas rather than Oswald for President John F. Kennedy’s death. When a Jordanian immigrant assassinated Senator Robert F. Kennedy, the television was filled with indictments of the American public. The murderer himself is no longer held responsible. ‘He couldn’t help it’ has become a very popular phrase since Freud.” ~ Jay Adams

“As a natural outworking of this emphasis, parental discipline has broken down. Richard T. LaPiere wrote that (psychologist)Karen Horney’s concept of need for security has become central in the thinking of child psychologists...Her individual is by nature an exceedingly delicate organism...Unless his society treats him with the utmost consideration, his sense of security is jeopardized...and he becomes neurotic. Parents (therefore) are (now) afraid that if indeed events in one’s past may cause future psychological difficulties, they may injure the lives of their children by possible traumatic shocks experienced in the application of disciplinary methods. Thus the Scriptural injunctions of Proverbs about corporal [Pro 23:13] punishment largely have been abandoned.” ~ Jay Adams

What is so dangerous about this kind of thinking as it relates to the Gospel?

It destroys all notions of accountability! Every-ones’ problems are the result of somebody else!

-Christianity has been affected by Freud:

Mental Illness defined by Baker’s Dictionary of Practical Theology: “[the result of] the rejection and exploitation of the individual by the community”

“Nearly all recent counseling books for ministers, even conservative ones, are written from the Freudian perspective in the sense that they rest largely upon the presuppositions of the Freudian ethic of non-responsibility.” ~ Jay Adams

-Therapy consists of identifying what exists within the Id through slips of speech during hypnosis, free association, actions in dreams or by examining the defenses one places against the Super Ego
The next step is to change the Super Ego so that false guilt is removed and those things in the Id (sub-conscious) can be expressed in the Ego (conscious realm).

"The ethnicizing psychotherapist is thus a functional equivalent of and replacement for the traditional extended family structure, the casuist, and the spiritual guide." ~ Ronal Leifer

Example of something a Freudian counselor (including those claiming to be Christian) might say:

“You must get in touch with your pain of feelings or past experiences in order to heal.”

Or...

“Something must have happened to you as a child that is causing all your problems today as an adult.”

What based on the Bible (and therefore reality!) are the three things Freud identifies as Id, Ego and Super Ego? The flesh or instinct (or the sinful, unreasoning part of man), The True Identity of Man based on what He chooses to do consciously, The conscience (Rom 2).

What is he doing by attempting to change the Super Ego?

Destroy his conscience and change his mind regarding God’s system of morality, values and beliefs. (Rom 1; Rom 6)

Is any part of what Freud says right? Yes, unregenerate people are slaves to our instincts (flesh); yet we shouldn’t be trying to destroy our consciences to give it more free reign! That however does not mean we are victims (before we are saved), though things may have happened in our past (i.e. bad things), the Bible doesn’t excuse our actions in the present for them—or see them as the reason behind why we do what we do. We are viewed (instead) as the “captain of our own ships” and judged based on: what we think and what we do (in the now)—irrespective of those things.

B. Carl Gustav Jung (1875-1961)

1. Student of Freud

2. Founder of “Analytical psychology”

What it is:

-All human beings possess in the unconscious a deeply buried collective history of wisdom from the human race (“the collective unconscious”).

-This knowledge is seat of our identity as persons represented by hundreds of archetypes, or symbols of universally significant persons (mother, father, etc.).

-The collective unconscious is also the dwelling placing of God.

What it teaches:
-Jesus was the perfect symbol (archetype) of humanity and redeemer of men who are in slavery to their problems. As such Jesus is the spirit guide to our collective unconscious—the place of wholeness and freedom.

-We experience Jesus (as well as all other helpful archetypes) best through “active imagination” (i.e. visualization through meditation).

-The process by which we use different archetypes to get in contact with our collective unconscious is called “individuation”. A person’s true self is revealed in this process (and wholeness achieved).

Active and imagination and Individuation are therefore the therapy practiced by Jung.

“This teaching forms the basis for the contemporary practice of receptive visualizations it is currently being practiced in the church, particularly in ‘healing ministries’.” ~ Richard Ganz

C. B.F. Skinner (1904-1990)

1. Influenced by behaviorists John B. Watson and Ivan Pavlov.

"No one knows just how the idea of a soul or the supernatural started... It probably had its origin in the general laziness of mankind." --John B. Watson, behavioral psychologist

2. Best known for his work in behavior modification (“radical behaviorism”).

What it is:

-The soul, personal significance or meaning do not exist.

-Man (like the rest of the animal kingdom) functions at the organic level only. In other words, his behavior, personality, decisions, thoughts and responses are only the result of chemical reactions in the brain (“stimulus-response connections”).

What it teaches:

-We can control man’s behavior through “personal reinforcement”, the calculated manipulation of external stimuli designed to mold human response patterns. (Ex. Pavlov’s dogs)

-Drug therapy is (today) an attractive choice for those ascribing embracing behavior modification.

“The goal of behavioral therapists is to have patients manipulate their emotional and physical circumstances in such a way as to avoid pain and promote pleasure.” ~Richard Ganz

“This particular discipline within psychology is the trap many a biblical counselor fall into when they attempt to bring change in the lives of non-Christians without an imperative being placed on the Spirit in regeneration.

D. Abraham Maslow (1908-1970)
1. Called the “Father of Modern Day Psychology”.

2. Developed “Maslow’s Hierarchy of Needs”.

What it is:
- Man is good therefore man’s problems are not the result of man being sinful or bad, but rather the result of unmet “basic needs”.

What it teaches:
- Man needs to be “self-actualized”. A self-actualized person is confident in himself, feels good about himself and in turn reaches out to help others.

- In order to develop this kind of a person, the hierarchy of needs must be met. If this does not happen, they may experience debilitating emotional pain and problems for the rest of their lives.

- Maslow’s hierarchy of “basic needs” unto “self-actualization”

(from bottom to top):

Psychological = air, water, food

Safety and Security = not having to worry about your life

Love and Feelings of Belonging = knowing others care about you and need you

Competence, Prestige, and Self-Esteem = confidence in life, career, feeling beautiful or of value

Example from speech by Bill Clinton when president: “Give man a house, car, job, etc. and man will be good.”

Example of this in Christian circles: “God thinks you are worthy...you are significant to God...Christ was willing to shed His blood because you were worth every drop!”

The song “Above All” by Lenny LeBlanc and Paul Baloche: “...like a rose trampled on the ground, you took the fall and thought of me (above all).”

E. Carl Rogers (1902-1987)

1. Grew up in a Christian home and studied theology at the very liberal Union Theological Seminary.

2. Converted to humanism at Columbia University and studied clinical psychology.

What is humanism?

3. Later in life (after the death of his wife) was involved in the occult and supposedly received “unconditional positive regard” (UPR) in a message from his dead wife for an adulterous affair he was having during her illness.
4. Developed the “Rogerian” view of counseling.

**What it is:**

- Man is good and had all the answers to life’s problems within himself.
- There are no objective absolutes or one external standard that fits all. Each person must find his own personal standards and answers from within.

**What it teaches:**

- Therapy consists of simply adding empathy and UPR to a counselee’s own assessment of self, views of life or feelings. It is believed that as the counselor does this, the counselee will realize the answer to their problems and be healed.

**F. Werner Erhard (1935 - )**

1. A proponent of New Age philosophy and Zen Buddhism.
2. Founder of “Erhard Seminar Training” (EST)

**What it is:**

- There is nothing beyond that which is experienced. This includes things like love or guilt.

> “Something experienced is true; the same thing believed is a lie.” ~ Werner Erhard

**What it teaches:**

- People need to see that they are their own gods—creating their own sense of reality.

> “You are god in your own universe. There is no God unless it is self.” ~ Werner Erhard

- Therapy consists of encouraging people to believe this about themselves and to begin making reality what they want it be while at the same time removing those things, thoughts and feelings which they do not like (remember: what is not experienced does not exist!).

*Example of this kind of thinking in Christianity: The Power of Positive Thinking (Norman Vincent Peale); The Power of Possibility (Robert Schuller).*

**G. Eric Erikson (1902-1994)**

1. Student of Maslow.
2. Firm believer in evolution.
3. Underwent psychoanalysis after meeting Freud’s daughter and as a result decided to become a psychologist.
4. Created “The Eight Stages Of Psychosocial Development” (or “Personality Development”).

**What it is:**

- A modification of Freud’s five stages of Psychosexual Development.
- Very similar to Abraham’s Maslow’s hierarchy of needs (in its function).
- The stages of Psychosocial Development (also known as “life-stage virtues”) are:

1. **hope** - Basic Trust vs. Mistrust - Infant stage. Does the child believe its caregivers to be reliable?
2. **will** - Autonomy vs. Shame and Doubt - Toddler stage. Child needs to learn to explore the world. Bad if the parent is too smothering or completely neglectful.
3. **purpose** - Initiative vs. Guilt - Kindergarten - Can the child plan or do things on his own, such as dress him or herself. If "guilty" about making his or her own choices, the child will not function well. Erikson has a positive outlook on this stage, saying that most guilt is quickly compensated by a sense of accomplishment.
4. **competence** - Industry vs. Inferiority - Around age 6 to puberty. Child comparing self worth to others (such as in a classroom environment). Child can recognise major disparities in personal abilities relative to other children. Erikson places some emphasis on the teacher, who should ensure that children do not feel inferior.
5. **fidelity** - Identity vs. Role Confusion - Teenager. Questioning of self. Who am I, how do I fit in? Where am I going in life? Erikson believes that if the parents allow the child to explore, they will conclude their own identity. However, if the parents continually push him/her to conform to their views, the teen will face identity confusion.
6. **love** (in intimate relationships, work and family) - Intimacy vs. Isolation - Young adult. Who do I want to be with or date, what am I going to do with my life? Will I settle down? This stage has begun to last longer as young adults choose to stay in school and not settle.
7. **caring** - Generativity vs. Stagnation - the Mid-life crisis. Measure accomplishments/failures. Am I satisfied or not? The need to assist the younger generation. Stagnation is the feeling of not having done anything to help the next generation.
8. **wisdom** - Ego Integrity vs. Despair - old age. Some handle death well. Some can be bitter, unhappy, dissatisfied with what they accomplished or failed to accomplish within their life time. They reflect on the past, and either conclude at satisfaction or despair.

(Wikipedia)

**What it teaches:**

- As a person approaches a new stage of development, he experiences inner conflicts and challenges (a “crisis experience”) which he must overcome to possess a healthy self-identity. If that person responds correctly to the crisis, he will mature and move on, if not, they may appear as problems (neurosis) in the future.
Erikson believed this was the reason Luther rebelled against the Roman Catholic Church not because He saw their error but because he was in the “fidelity” stage of his development and therefore just trying to carve out his own identity. In other words, his rebellion was nothing more than Luther attempting to find himself!

“Erikson’s psychological theory is the basis for what you often hear, that teens must go through a turbulent time of rebellion in their quest to find their own identity.”

“Erikson’s theory of personality development is also the Christian Psychologist’s model for teaching, ‘your identity is in Christ. If we can just understand who we are in Christ, we will realize our identity and no longer be depressed or anxious or feel badly about ourselves.” ~Martha Peace

What’s wrong with this kind of thinking?

Though it is true we are in Christ as Christians it is not a formula to solve emotional problems or make us feel worthy! That is a twisting of what the Bible means when it uses that phrase—which is our place in His justification and our subsequent freedom from wrath.

II. The Redefining Of Biblical Terms By Integration Psychology

“When Christian counselors try to integrate Biblical principles with modern psychology, they run into trouble. Many end up redefining Biblical terms to bring them into harmony with psychology.”

Sanctification = mortifying the flesh and developing our new self or personal self. (Gary Sweeten)

Heart = unconscious mind (Id) (Minirth and Meier)

Sin = difficulties (Dave Seamands); lack of trust in God...lack of accepting/loving self or others

Total Depravity = total self-reliance (Larry Crabb)

Sanctification/Change =searching “the dark regions of our soul to find light” (Larry Crabb)

Crabb’s support for this as change: (Mat 23:25-26) ~ is this what the text is talking about?

NO!—it is talking about our thoughts (the part not seen by others).

“The idea that a deeper analysis is will bring healing is fallacious. Deeper analysis will bring deeper (ungodly) introspection and deeper self-absorption, both of which are to be deplored. Scripture never suggests that the path to sanctification lies in therapeutically probing the “deep heart,” whatever that is. The Biblical path to sanctification lies in obedience, encouraged by hope, guided by faith, motivated by love. Jesus simply says, ‘If you love Me, obey My commands.’” ~ Richard Ganz

(remember: we are what we think and do!)

Man’s greatest problem = lack of self-esteem (Robert Schuller, David Seamands)

“Low self-esteem is Satan’s deadliest weapon” ~ David Seamands
What does the Bible say is man’s greatest problem? SIN!

“I don’t think anything has been done in the name of Christ and under the banner of Christianity that has proven more destructive to human personality and hence, counter-productive to the evangelism enterprise, than the often crude, uncouth, and unchristian strategy of attempting to make people aware of their lost and sinful condition.” ~ Robert Schuller

What does the Bible say about low self-esteem?

NO such thing—people have too much self-esteem—and need to get their eyes off SELF! (we are lovers of self-2Ti 3:1-4) (this was Nebuchadnezzar and look what happened—he went insane—as punishment from God! -Dan 4:30)