Hope Counseling Center

Summer 2024

WE HAVE THIS HOPE AS AN ANCHOR FOR THE SOUL, FIRM AND SECURE. HEBREWS 6:19

New and Exciting Things at Hope!

by Rebecca Cox, LMFT

Now Offering Psychological Testing On Site

We have acquired additional office space in the building next door! This office will be dedicated to psychological testing services offered by Dr. Steve Rogers and his associates. The new service is a clinic specializing in:

- neuropsychological and psychodiagnostic testing for individuals with academic and neurodevelopmental disorders (e.g., ADHD, learning disorders, autism spectrum disorders);
- neurocognitive conditions (e.g., Alzheimer's disease, traumatic brain injury);
- psychiatric difficulties (e.g., PTSD, bipolar disorder, OCD); and
- personality disorders (e.g., borderline, narcissistic personality conditions).

To schedule an appointment please contact Dr. Rogers at: steve@hopecounseling.org

Supervision Will Now Be In-House

We are excited to announce that Hope Counseling Center is now providing in-house supervision mentorship for therapists-in-training on staff. Previously we outsourced to the community for this level of mentorship and are so grateful to all who donated to help scholarship the cost of this required oversight until we could make the transition. Offering this service in-house will help us attract high quality future additions to our staff and fulfill a shared staff goal of nurturing the next generation of Christian therapists.

Fund For Therapy

We are experiencing an immediate need for funding as the requests for financial support have increased substantially this year. A donation to our Fund for Therapy is a contribution toward deep, lasting change in the lives of people in our community.

Recipients of the scholarship vary as it is need based. One demographic your donations support is the younger generations who are still becoming established financially and would not be able to access consistent care without generous support from people like you.

It is such a blessing to be able to provide clients with healing and growth through the gift of at least 10 discounted sessions because of the Fund for Therapy. Please consider making a contribution today to make an impact that lasts a lifetime.

THERAPY OFFERING HOPE AND HEALING THROUGH PROFESSIONAL AND CLINICAL COMPETENCE, FAITH-BASED WISDOM, WARMTH, AND COMPASSION.

The Bible and Mental Health by Steve Rogers, Ph.D.

The Bible is not a manual for mental health. But, unfortunately, it often gets used that way- we unknowingly, and often unwittingly, use it to make recommendations about conceptualizing and treating psychological conditions. In many ways, this doesn't respect the Bible for what it is – God's revelation of His relationship with the human race and His plan for salvation. Its purpose is not to tell us how to manage bulimia or how to respond to the shock that follows a traumatic event or how to treat Alzheimer's disease any more than its purpose is to explain how to change oil in a car, to understand string theory, or to guide the intricacies of spinal surgery. Using it other than its intended purpose can in fact be psychologically dangerous.

For example, the scripture "Don't be anxious" (Philippians 4:6-7) wasn't intended to be a prescription for those with anxiety disorders, nor is it consistent with the findings from psychological research. Telling someone not to be anxious suggests they can *choose* not to feel anxiety, which we know from neuroscience would be akin to telling someone they should choose not to have diabetes. Worse, when someone hears, "don't be anxious," it tends to *increase* anxiety and shame about being anxious. And one successful treatment for anxiety is to simply let anxiety run in the background of someone's mind, rather than trying to dismiss or quell it.

Or consider the obsessions in obsessive-compulsive disorder (OCD). Obsessions require the sufferer to be fearful of their thoughts and to treat their thoughts as dangerous and often sinful. But one highly successful approach to treating obsessions is something called habituation training, where we encourage sufferers to call forth their undesirable (and sometimes impure) thoughts so as to not be afraid of them and treat them simply for what they are- thoughts. This often reduces the anxiety associated with the thoughts and dramatically improves the quality of life of those with OCD. For some believers, though, this approach is disconcerting because it is contrary to Biblical verses that command us to purity in cognition. But maybe this discomfort can be alleviated when we realize that these verses are not intended as a prescription for curing those with OCD.

Similar dangers exist when we look to the Bible to understand and treat depression, schizophrenia, and the sexual disorders. Like seizures and Parkinson's disease, each of these conditions have neurological substrates. They manifest mentally, but they are rooted in our biology, so we can't use the Bible to explain or treat psychological disorders any more than we would rely on it to conceptualize and form a treatment plan for cancer or high blood pressure.

This is not to suggest that the Bible has no wisdom regarding mental health or that spirituality and one's relationship to God can't influence mental health. There is a significant body of research suggesting otherwise, but we should be careful not use the Bible for something for which it is not intended, like conceptualizing and treating mental disorders. This is a disservice both to the Bible and those who struggle with psychological conditions.

HOPE COUNSELING CENTER

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BROCHURE & NEWSLETTER

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Fund for Therapy

☐ $50 (1 session for 1 client)
☐ $150 (3 sessions for 1 client)
☐ $500 (10 sessions for 1 client)
☐ Other: $_____

Wherever Most Needed $ _____

CLICK OR SCAN TO GIVE!

Tax deductible donations can be mailed to 5266 Hollister Ave., Suite 211, Santa Barbara, CA 93111 or given online at www.hopecounseling.org/donations.html. If you'd like to sponsor an individual, please contact Becca Cox, Director, for details at (805) 681-7384 x1.
Thank you for your generosity!

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