

Better Help? Thinking about therapy wisely as Christians - Eden Engage 30/03/2025

Therapy is a good gift ...

Discuss - When you think about therapy, what comes to mind?

- Therapy as an extension of what we all do already
- Therapy as common grace, offering specific help with complex issues
 - Cognitive Behavioural Therapy
 - Psychodynamic/Psychoanalytic Therapy
 - Person-centred/non-directive Counselling
 - Body/Sensorimotor Psychotherapy
 - Systemic/Family Therapy
 - Couples Counselling
 - Arts Therapies
 - EMDR
 - Group Therapy

Therapy is a good gift, with dangers and challenges ...

Discuss - Looking at the snippets, what is being communicated to us (explicitly or implicitly) about ourselves, our problems, and the solution

- Dangers and challenges with narratives in the wider therapy culture:
 - Your identity is ultimately found from within
 - You deserve to be happy (aka you should be happy and therapy is the way to achieve that)
 - You have the power to heal yourself
- Dangers and challenges in specific therapeutic approaches

The various counselling approaches each hold a different perspective on people and their problems. They have beliefs about what goes wrong with people and why. They also have beliefs about what makes people better and, indeed, what that "better" state looks like. Some, or even all, of these beliefs may be fundamentally at odds with biblical thinking - all of which can make seeking out talking therapy a very complicated business. - Helen Thorne and Steve Midgley.

Therapy is a good gift, with dangers and challenges, which we should engage with wisely.

- Option 1 - Don't engage at all?
- Option 2 - Engage with therapy, but only with Christians?
- Option 3 - Engage with therapy, but use wisdom and discernment
 1. Ask yourself - do I need therapy?
 2. Consider the options
 3. Seek Biblical Counsel
 4. Bring your faith into the room
 5. Remember your therapist is not your pastor
 6. Be mindful of your input

Types of therapy: <https://www.bacp.co.uk/about-therapy/types-of-therapy/>
<https://www.psychologytoday.com/gb/types-of-therapy>

Biblical Counselling: Overview at <https://bcuk.org/>

Resources from recent conference: <https://bcuk.org/event/trauma/>

Cambridgeshire Talking Therapies (NHS primary provision - referral via GP or self referral):
<https://www.cpft.nhs.uk/talkingtherapies>

Find a therapist (private): <https://www.bacp.co.uk/search/Therapists>
<https://www.psychotherapy.org.uk/>

Association of Christians in Counselling: <https://www.acc-uk.org/>

Book Recommendation: *Mental Health and Your Church* by Helen Thorne and Dr Steve Midgley