Consultation with Clergy

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Disclaimer

• No financial or other gain
• Key words: Christian, American Chinese Christian, China churches, Malaysia, Vietnam Chinese churches
Kaplan’s Mental Health Consultation

- Client-centered case consultation
- Consultee-centered case consultation
- Program-centered administrative consultation
- Consultee-centered administrative consultation
Consultee-centered case consultation

• Difficulties consultee encounters with particular client (topic)
• Remediate the shortcomings
• Sources of difficulty:
  – Lack of knowledge
  – Lack of skill
  – Lack of confidence
  – Lack of objectivity
Ill Prepared Gatekeeper

- Pastors are a front-line mental health worker (1)
- Most sought-out for help during mental distress (2)
- 70/219 response to survey regarding mental health training for future M.Div.; 91.4% offered classes in counseling but majority required one class, 16.7% no requirement (3)

Progresses

- Evangelical Lutheran Churches in America (ELCA) – “The Body of Christ and Mental Illness” adopted by the Church Council of ELCA in 11/2012
- Southern Baptist Convention affirmed medical response to mental health in June 2013
- 2012 United Methodist General Conference approved resolution – God loves people with mental disabilities
Psychology vs. Christianity

• “If the root is bad, then the tree has to be bad” (1) [Matt 7:17-18]
• “Fathers of psychology were not good men” (2)

1. Andrew Wommack
2. Bob Jennings
Clergy – High risk profession

• Clergy Health Initiative at Duke 2008 study – depression 11.1%, anxiety 13.5%, both 7%
• “Over spiritualizing” depression & others – culture of avoidance
• ELCA internal surveys – 64% hbp, 69% overweight, 13% on antidepressants
• 2010 NY Times “Pastor Burnout Statistics”
Stress management lecture
Stress management lecture in Malaysia
QingDao Elim Autism Training Center 2005
Consultation with China Three Self National Committee in 2004
West Lake conference site
Blamed it on Satan...

- Mental illness & demon possession
- Not so fast
- Body, mind & spirit – 3 parts of a human being
- Education about the illnesses of the mind
- Focusing on psychosis and schizophrenia
- Co-teach with other ministers
You have not prayed hard enough...

- Depression among clergy & laity
- A matter of faith
- The misleading nature of prosperity gospel
- Depression among the faithful (Martin Luther, Charles Spurgeon, Mother Teresa)
- Most sought after topic for public lecture in Malaysian Chinese communities
The China Protestant Church

• Registered and House churches
• CLE – bridging function
• Average size church > 2k with few pastors
• Training to national, provincial & local leaderships (BJ, SH, QD, HZ, CD, CQ, KM, NM, )
• Personal consult
• 15 years relationship
The Malaysian Project

• ¼ of the 24 M are ethnic Chinese
• Interest in mental health flourished late 90’s
• Internal consumption and out-reach
• Started in 2K making annual trip
• Training of clergy, professional group, and public lecturing to Chinese communities
• 13 years engagement
The CMA - Chinese

- Evangelical started late 1900’s
- Chinese – 70’s, now 70 in US & 80 in Canada
- Gen consult, seminar, screening, program consult, personal consult
- 32 years engagement
Local Consultation

- 19 churches & Christian agencies
- Patient in every church
- Professional & personal consultations
- Mental health lecturing over the years
- Vietnamese Catholic Church
Conclusion

• Think cross-cultural & consultation
• Respect people’s faith practices
• Stay in for the long term - relationship
• Keep the boundary – a psychiatrist but not a theologian, a consultant & not a care provider
• Provide with information & education but let them make the decision