

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)

1. McMinn et al 2005, 2. Coie et al 1975, 3. Ross 2013

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