

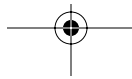
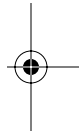
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# PREFACE



*T*his book has been a work in progress since the mid-1990s, when the *Diagnostic and Statistical Manual* of the American Psychiatric Association was published in its fourth edition. It was at that time that the three of us came together in initial discussions about what it means to think as Christians about psychopathology. One of our favorite discussions took place, memorably, during a kayak trip to Door County, Wisconsin. We wrote this book to sort out our convictions about integration of faith in the study of psychopathology, desiring to engage other Christians in a dialogue about ways of thinking about diagnosis and psychopathology *through the eyes of faith*. Rather than creating a radically new approach to the study of psychopathology, we draw attention to the resources already present in historic pastoral care, including an understanding of sin and its relation to contemporary categories of psychopathology.

To do this, we took several steps. The first was to consider ways in which the church has historically approached symptoms of psychological and spiritual concerns that are in some ways evident in contemporary nosologies. The next step was to clearly explain what we know about psychopathology from the best scientific studies conducted to date. We attempted to summarize existing explanatory frameworks—ways in which professionals today tend to make sense





of symptoms of psychopathology. An additional step involved reflecting on these explanatory frameworks in an intentional manner—to be truly and thoroughly Christian in our analysis of contemporary psychopathology, and to do so in a way that would help other Christians in the field move forward in the task of integration.

This book is intended for a broad audience that includes students and clinicians in the mental health fields (e.g., psychology, counseling, social work, marriage and family therapy, and so on), pastors and ministers of pastoral care.

### OVERVIEW OF THE BOOK

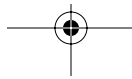
The book is divided into four parts. In part one (chapters one through four), we set the stage for the discussion of the major symptom presentations as organized by the *DSM*. Chapter one is a discussion of pastoral care and disordered desires. We begin with a review of ways in which the Christian community has historically approached various psychological and spiritual concerns. In chapter two, “Biological and Sociocultural Foundations of Mental Illness,” we examine various models of psychopathology and express our commitment to a multifaceted perspective. Chapter three is concerned with classifying mental disorders. In this chapter we look at the various ways mental disorders have been classified, as well as the current debates in the classification system reflected in the *DSM*. The last chapter in part one (chapter four, “Sin and Psychopathology”) is our effort to unpack the implications of sin in the study of psychopathology from a Christian perspective.

Part two of the book (chapters five through eleven) devotes one chapter to each of the major symptom presentations discussed in contemporary psychopathology (e.g., problems of mood). Each chapter contains a brief discussion of pastoral approaches to the topics covered in the book, followed by an overview of the disorders in contemporary classification, followed by research on etiology, treatment and prevention. We then discuss themes in integration, tying the discussion back to the foundational chapters from part one of the book.

Part four (chapter fourteen) reflects our desire to cast a vision for the church and for Christian mental health professionals. We want to bring together the best resources from the church and the best understandings from science and clinical practice.

### ACKNOWLEDGMENTS

All three of us contributed to the content and reflections found in





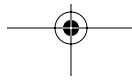
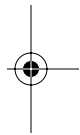
each chapter, but we each had primary responsibilities for specific chapters. Mark was the primary author of chapters four, seven, eleven and thirteen. Richard was the primary author of chapters two, five, six, nine and ten. Barrett was the primary author of chapters one, three, eight and twelve. Mark and Barrett were the primary coauthors of chapter fourteen.

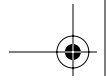
We feel very fortunate to have worked together on this project and to have seen our friendships strengthened over the years. We have been blessed by stimulating conversations with students and colleagues for many years now. In particular we want to thank the students who took psychopathology courses over the past few years from Mark at Regent University and over many more years from Richard at Wheaton College. Your insights, narratives and questions have influenced us more than you may ever know.

We would like to thank the many people who read and critiqued various chapters of this book. Mark wishes to thank his research team members, including Erica Tan, Lisa Pawlowski, Stephen Russell, Heather Brooke, Lori Burkett, Robin Seymore, Edye Garcia, Lynette Bogey and Adam Hunter. He would also like to thank the Christian education class at Galilee Church for their thoughtful consideration of many of these issues as he taught Pursuing Emotional Wholeness in Christ.

Richard would like to acknowledge his research and teaching assistants: David Hoover, Ariel Oleari, Brian McLaughlin, Luke DeMater, June Stroner, Amy Prescott, Justin O'Rourke and Alex Johnson. Thanks also to colleagues for their feedback, including Bob and Terri Watson, Michael Mangis, Derek McNeil, Pamela Trice, Sandy Johnston Kruse, Victor Argo, Georgina Panting, Javier Sierra, Jairo Sarmiento, Guillermo Jimenez, Stanton Jones, Ward Kriegbaum, Dorothy Chappell, Randy Sorenson, Helen DeVries, Mark McMinn, Robert Gregory, Jack and Barb Van Vesse, Chip Edgar, Don Pruessler, Tim Brown, Alexandra Tsang, Don Bosch, Brent Stenberg, Newt Malony, Walt Wright, Steve Sittig and Don Dwyer.

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