

SHIFTING PARADIGMS

MARTIN LUTHER'S ENDURING GLOBAL IMPACT

Martin Luther and Care of the Soul



Martin
LUTHER
UNIVERSITY COLLEGE

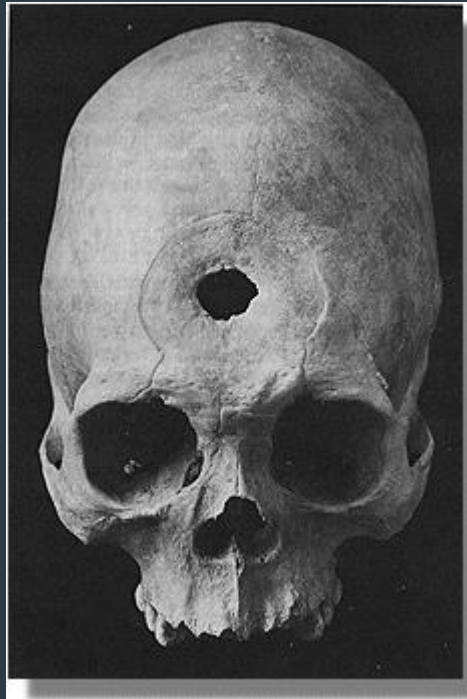
Federated with
Wilfrid Laurier
University

Today's lecture: Four areas

- Medieval world understanding of mental illness
- Martin Luther's experience of mental illness
- Martin Luther's relationship with Staupitz
- The therapeutic relationship
- Spiritually integrated psychotherapy

Early Ideas About Behaviour and Mental Illness

- Prehistoric and Ancient times
- Cause: Supernatural. Possession by an evil spirit
- Cures: Trephining
 - Cracking hole in the skull so that evil force causing the illness can escape



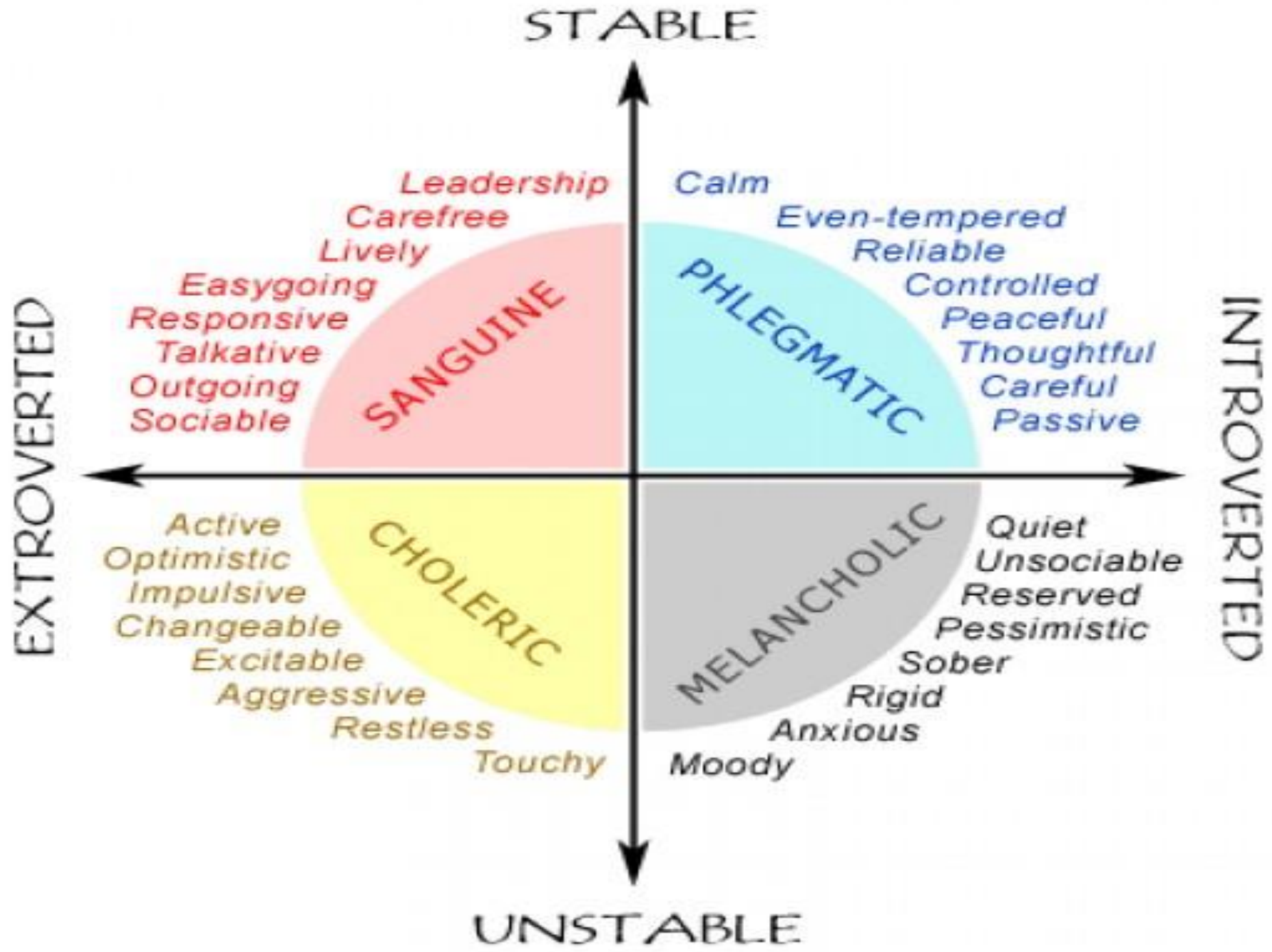
Early Ideas About Mental Illness, Behaviour and Personality

- Galen and Hippocrates

circa 400 BC

- ▶ Causes: Physical. Imbalance of bodily humors
 - blood
 - yellow bile - gall bladder
 - black bile - spleen
 - phlegm
- ▶ Cures: Change of environment, bloodletting





Early Ideas About Mental Illness

- ▶ Late 14th to early 18th century
- ▶ Causes: Supernatural. Demonic possession, presence of evil spirits
- ▶ Cures: torture, magic, prayer, rituals but also execution



Luther's Mental Health



1483-1546

- ▶ Melancholia
- ▶ Anxiety
- ▶ Extreme fears
- ▶ Obsessive thoughts

Young Luther



Former Augustinian monastery in Wittenberg

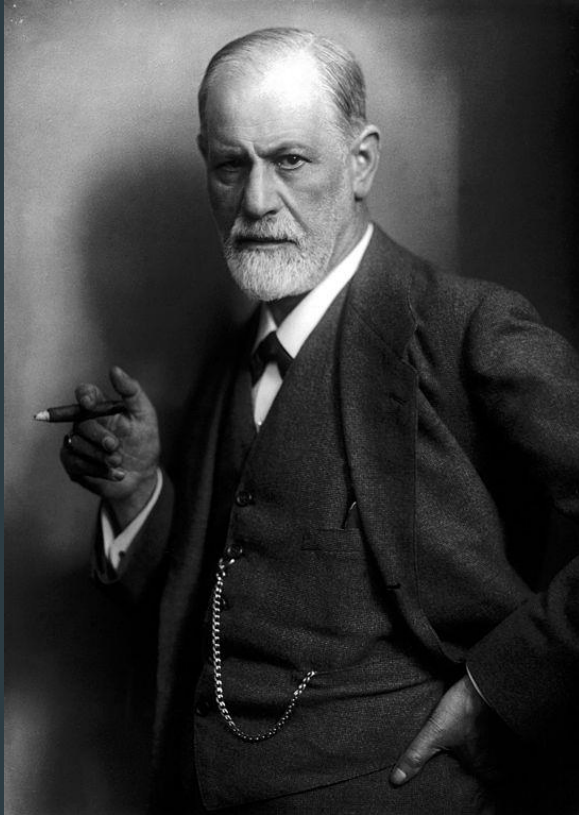


Johann Staupitz d. 1524



- ▶ Vicar General of Augustinian Observantines
- ▶ Dean of Theology, University of Wittenberg
- ▶ Mentor to Luther

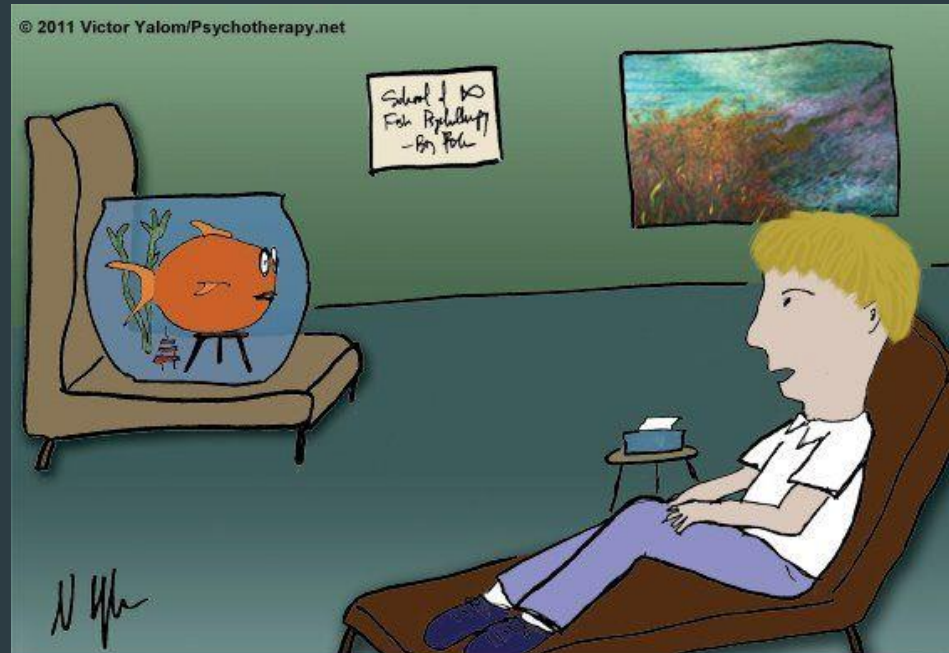
Sigmund Freud



1856-1939

- ▶ Austrian neurologist
- ▶ Founder of psychoanalysis
- ▶ Method of treating mental illness and understanding human behaviour

Therapeutic Relationship

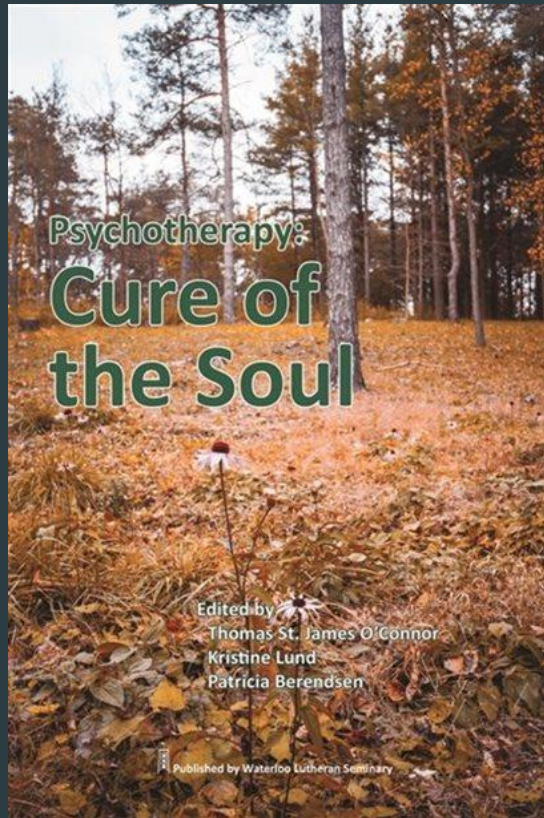


“You don’t say much, but I’m told it’s the therapeutic relationship that counts.”

Therapeutic Relationship

- ▶ All change is self-change
- ▶ Quality of relationship
- ▶ “Common Factors”
- ▶ Martin Buber I-Thou; I-It
- ▶ Collaborative working relationship
- ▶ Listening with a disciplined sensitivity
- ▶ Challenge

Cure of the Soul



- ▶ Translated from the Latin: cura (cure) and animarum (soul)
- ▶ Psychotherapy - Greek psyche (soul) and therapia (cure or healing)

Spiritually Integrated Psychotherapy



Orientation of spiritually integrated psychotherapy to the client Pargament, K. (2007) p. 177

- ▶ Clients do not leave their spirituality outside the therapy office
- ▶ Spiritual problems can be a cause of psychological problems
- ▶ Psychological problems can be a cause of spiritual problems
- ▶ Spirituality can be a resource for solutions to problems
- ▶ Spirituality can be a source of resistance to solutions
- ▶ The client brings a larger social, cultural and religious context to psychotherapy

Orientation of spiritually integrated psychotherapy to the therapist

- ▶ Therapists do not leave their spirituality outside the therapy office
- ▶ Therapists vary in their degree of professional spiritual integration
- ▶ Spiritual intolerance by therapists has no place in psychotherapy
- ▶ Spiritually integrated psychotherapy requires spiritual literacy and competence on the part of the therapist, including spiritual knowledge, openness and tolerance, self-awareness and authenticity.

Orientation of spiritually integrated psychotherapy to the process of change

- ▶ There is a spiritual dimension of psychotherapy.
- ▶ The spirituality of the client and the therapist is affected in treatment, even when the sacred is not an explicit focus of attention.
- ▶ Psychological and spiritual change go hand in hand in psychotherapy.
- ▶ Any modality of therapy can be enriched by paying more explicit attention to the spiritual dimension.
- ▶ Spiritually integrated psychotherapy can provide new perspectives on psychological problems.
- ▶ Spiritually integrated psychotherapy can offer new solutions to psychological problems.

Mental Health Statistics in Canada (2017)

- ▶ Over 2 million Canadians aged 15 years and older have a mental health-related disability. This represents 7% of Canadian adults and youth.
- ▶ Among youth, women are twice as likely as men to have a mental health related disability.
- ▶ Nearly half of employed Canadians with a mental health-related disability feel that one or more of their conditions makes it difficult to change or advance in their job.
- ▶ Four of the most frequently reported mental health conditions are; anxiety, depression, bipolar disorder and severe stress disorders.
- ▶ Over 1 million Canadians with a mental health related disability say they require counselling: 519,400 received counselling but require more; 286,400 required counselling but did not receive any.

A Hymn for self-Acceptance by Wesley King <https://thehymnsociety.org/resources/songs-for-the-holy-other/>

When you feel change might be hopeless, when
you've given up on God,

When you feel you're not worth saving, that your
beingness is flawed.

When your prayers still seem unanswered, not a
sound from the Divine,

Maybe you have been mistaken, God is sending you
a sign.

Years and years, begging for turning into something that you're not.

The wrong prayer you have been praying, you are not God's afterthought.

You are made as God intended, you are perfect - flawless too!

May each one of you remember, nothing severs God from you.

You are worth more than you realize. You are wonderfully made.

In the image of our Mother, Father, Parent, all the same.

Don't let doctrines of our churches use the Word to misconstrue,

For it's written in the scriptures, surely God delights in you.

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