

Is the Bible Sufficient?

**Psychoheresy
Debunked**

THE LIE

The cross of Christ, the Word of God, the work of the Holy Spirit, and the fellowship of believers are not enough for people with problems.

Therefore we need psychological theories about the nature of man and we need to provide psychological therapy to help them.

Psychologist Bruce Narramore says:

“I think the critics [of psychology] need to ask, ‘Why are people so interested in psychology?’ The thought is that we ought to go back to the old way. **But the old way wasn’t working.**”

Christianity Today

**“Giving thanks unto the Father,
which hath made us meet to be
partakers of the inheritance of the
saints in **light**, Who hath delivered
us from the power of **darkness**,
and hath translated us into the
kingdom of His dear Son.”**

Colossians 1:12-13

**The best that psychotherapy can do
is to**

fix up the flesh,

fix up the old Adamic nature,

**fix what Paul referred to as the “old
man, which is corrupt according to
the deceitful lusts” (Eph. 4:22).**

Scientific Researchers vs Practitioners

“There is a civil war going on in psychology, and not everyone is in the mood for healing.”

“At bottom, the dispute is over the nature of psychotherapy: Is it an intuitive process, more art than science?”

The New York Times

1. Psychotherapy Works

“No one has claimed that it [the effectiveness] is large.”

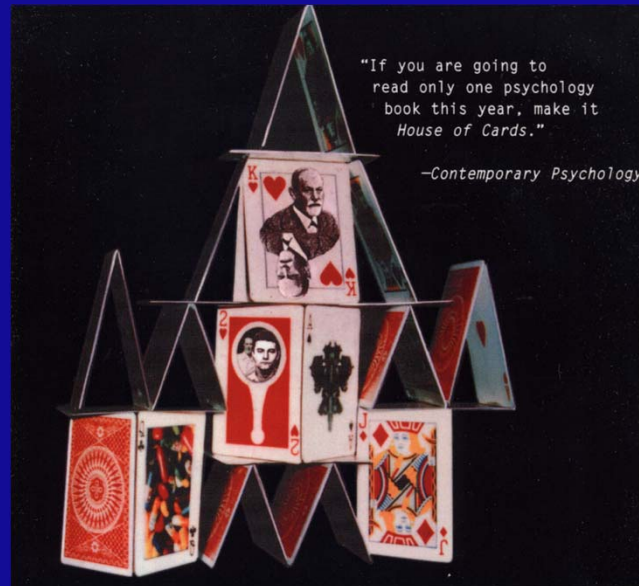
American Psychiatric Association

**“By and large, we
produce only mild to
moderate relief.”**

**Dr. Martin Seligman, Past President,
American Psychological Association**

**“Psychotherapy is
most helpful to those
who need it least.”**

**Dr. Hans Strupp, Distinguished
Professor Vanderbilt University**



"If you are going to
read only one psychology
book this year, make it
House of Cards."

—*Contemporary Psychology*

HOUSE OF CARDS

PSYCHOLOGY AND PSYCHOTHERAPY BUILT ON MYTH

ROBYN M. DAWES

“Evaluating the efficacy of psychotherapy has led us to conclude that professional psychologists are no better psychotherapists than anyone else with minimal training—sometimes those without any training at all.”

Dr. Robyn Dawes, *House of Cards: Psychology and Psychotherapy Built on Myth*

Harm Rate

**10 to 20% of people who
receive psychotherapy are
harmed by it.**

**Professor Scott Lilienfeld,
Emory University**

2. All psychotherapies seem to work equally well.

“Little evidence to suggest the superiority of one school over another.”

Handbook of Psychotherapy and Behavior Change

3. Common Factors Lead to Equivalent Outcomes

- **Equal outcomes phenomenon occurs because of factors that are common to all psychotherapies.**
- **There is “little or no difference between therapies.”**

Handbook of Psychotherapy and Behavior Change

“The therapists’ credentials—
Ph.D., M.D., or no advanced
degree—and experience
were **unrelated to the
effectiveness of therapy.**”

Dr. Robyn Dawes, *House of Cards:
Psychology and Psychotherapy Built
on Myth*

“But we do know that the training, credentials, and experience of psychotherapists are irrelevant, or at least that is what all the evidence indicates.”

Dr. Robyn Dawes, *House of Cards: Psychology and Psychotherapy Built on Myth*

“One’s effectiveness as a therapist was **unrelated to any professional training**” and “*the credentials and experience of the psychotherapists are unrelated to patient outcomes.*”

Dr. Robyn Dawes, *House of Cards: Psychology and Psychotherapy Built on Myth*

“What our society has done, sadly, is to license such people to ‘do their own thing.’”

“This would not be too bad if ‘their own thing’ had some validity, but it doesn’t.”

Dr. Robyn Dawes, *House of Cards: Psychology and Psychotherapy Built on Myth*

“There is no positive evidence supporting the efficacy of professional psychology. There are anecdotes, there is plausibility, there are common beliefs, yes—but there is no good evidence.”

Dr. Robyn Dawes

**“Virtually all the research . . .
has found that these
professionals’ claims to
superior intuitive insight,
understanding, and skill as
therapists are **simply invalid.**”**

Dr. Robyn Dawes

“Today there is not one credible study conforming to the basic rules of objective proof that testifies to the effectiveness of any psychotherapeutic treatment.”

The Illusion of Psychotherapy

Dr. William Epstein

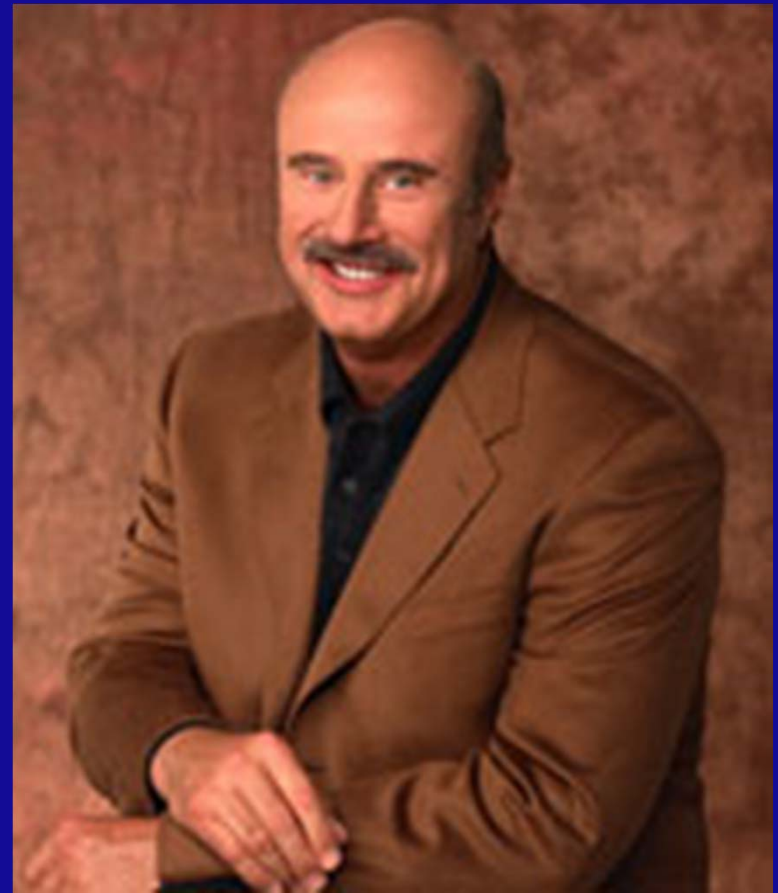
“The Psychology Industry can neither reform itself from within nor should it be allowed to try. It should be stopped from doing what it is doing to people, from manufacturing victims. And while the Psychology Industry is being dismantled, people can boycott psychological treatment, protest the influence of the Psychology Industry and resist being manufactured into victims.”

Dr. Tana Dineen, *Manufacturing Victims*

“Psychotherapy may be known in the future as the greatest hoax of the twentieth century.”

Dr. Lawrence LeShan

Past President of the Association for Humanistic Psychology



Dr. Phil McGraw

“The techniques used by Western psychiatrists are, with few exceptions, on exactly the same scientific plane as the techniques used by witchdoctors. If one is magic, then so is the other. If one is prescientific, then so is the other.”

Dr. E. Fuller Torrey,

Witchdoctors and Psychiatrists.

An experiment at the All-India Institute of Mental Health in Bangalore found that Western-trained psychiatrists and native healers had a comparable recovery rate.

The most notable difference was that the so-called “witch doctors” released their patients sooner.

Brain-Mind Bulletin

**Number One Reason People
“Change” (improve, recover,
grow, tolerate, survive, overcome)**

**The client is the most important
factor in psychotherapy and the
number one reason why “change”
occurs. It is NOT the
psychotherapist and it is NOT the
type of psychotherapy.**

Therapeutic Alliance

**(Number 2 reason why
people change)**

A source of motivation

“Researchers who compare the success rates of various schools find that by and large, **techniques and methods don’t matter**. What does matter is the powerful bond between therapist and patient. The strength of this **‘therapeutic alliance’** seems to spell the difference between successful therapy and a washout.”

Psychology Today

“The most common factor in psychotherapy, many studies have shown, is the working therapeutic alliance.”

Harvard University

Supershrinks

“The incontrovertible evidence is in: studies of the top 25 percent of therapists—those whose success rates are at least 50 percent better than the average—show unequivocally that ...

“... neither training, experience, personality style, theoretical orientation, nor (get this) innate talent has anything much to do with what makes the greats better than all the rest.”

“The therapeutic alliance—the ability to engage a client in therapy, to forge and maintain a strong, personal connection with her, convince her that the two of you are on a common path—remains the single most important element of all therapy.”

Placebo Effect

“Just as bloodletting was perhaps the massive placebo technique of the past, so psychoanalysis—and its dozens of psychotherapy offshoots—is the most used placebo of our time.”

Dr. Arthur Shapiro, Clinical Professor of Psychiatry, Mount Sinai School of Medicine

If placebo effects were considered, **“there would be no difference between psychotherapy and placebo.”**

Dr. Arthur Shapiro, Clinical Professor of Psychiatry, Mount Sinai School of Medicine

Spontaneous Remission

“Psychotherapists live off the ‘spontaneous remission’ rate.”

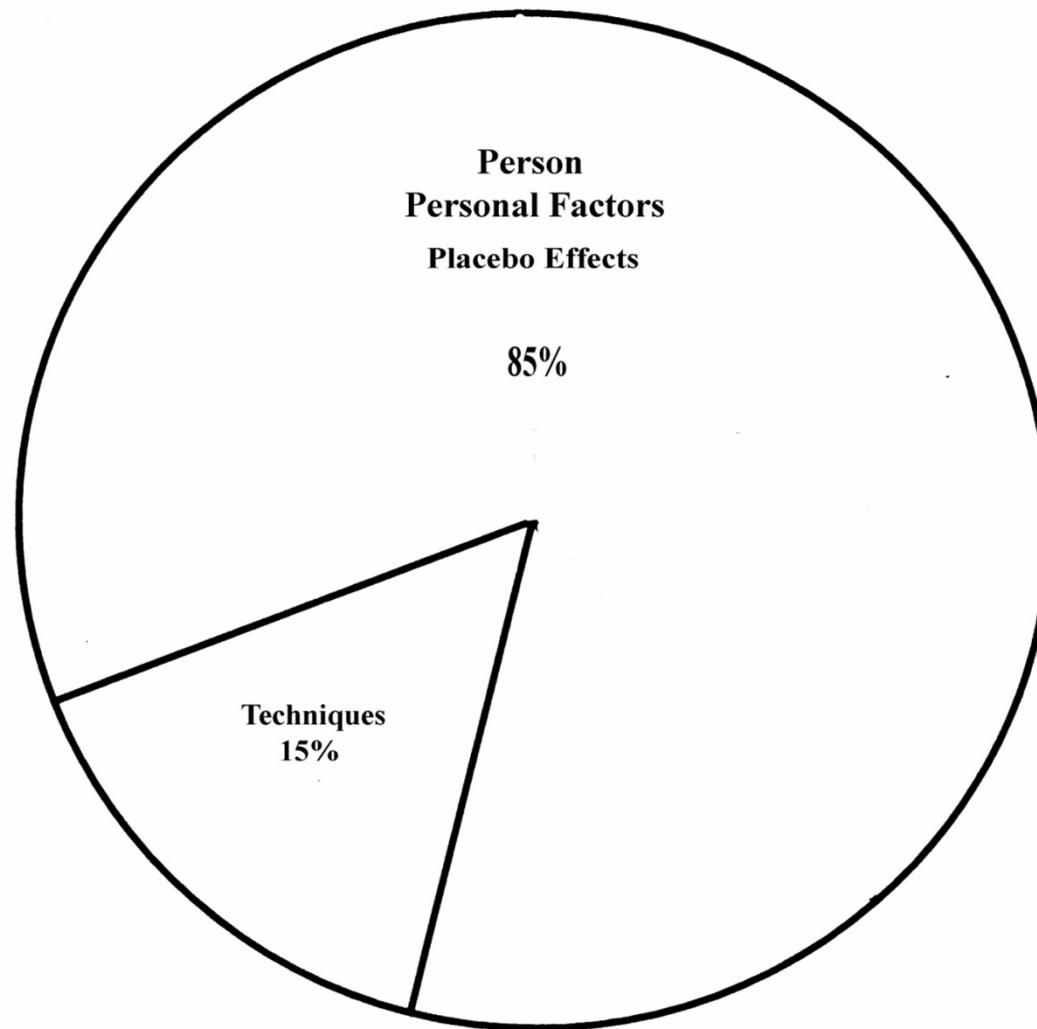
Dr. Jerome Frank

Persuasion and Healing

“This research literature is extensive, covering decades, and diverse in that it deals with a large range of adult disorders and a variety of research designs, including naturalistic observations, epidemiological studies, comparative clinical trials and experimental analogues.”

Handbook of Psychotherapy Integration

PSYCHOTHERAPY OUTCOME RESEARCH



Percent Improvement in Clients as a Function of Psychotherapeutic Factors

I challenge anyone to prove me wrong by providing scientific evidence to show that there is a psychological theory, technique, or methodology that can trump the biblical care of souls to the extent that it would produce a better cure rate than the biblical care of souls alone!

**For biblical reasons alone,
as well as for scientific
reasons, Christians should
never be sent to a
psychotherapist.**

“Finally, brethren, whatsoever things are **true**, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are of **good report**; if there be any virtue, and if there be any praise, **think on these things.**”

Philippians 4:8

If talebearing and gossip were eliminated from counseling, most counselors would not know what to talk about, what to do, or how to handle the problem situation.

MEN

Typically it's an “or else” situation.

“Man's Last Stand,” *Psychology Today*

“Traditional men hate psychotherapy and will do most anything to avoid a therapist's office.”

A New Psychotherapy for Traditional Men

WOMEN

A traditional woman loves psychotherapy because she is “a person whose reality dictated that communication, connection, emotional sensitivity, and responsiveness were the primary values.”

Louann Brizendine – *The Female Brain*

THERAPY CULTURE

CULTIVATING VULNERABILITY
IN AN UNCERTAIN AGE



FRANK
FUREDI

“A study of ‘seeker churches’ in the US argues that their ability to attract new recruits is based on their ability to tap into the therapeutic understanding of Americans.”

Frank Furedi—*Therapy Culture*

**Most Bible colleges,
most seminaries,
most denominations,
most churches,
most mission agencies, and
most pastors are influenced by
or infected with psychoheresy.**



OAKLAWN®

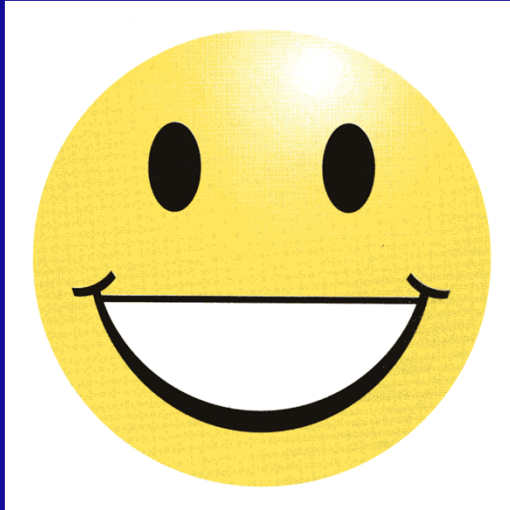
Toward Health and Wholeness



- **Do you use mental health professionals to screen or evaluate missionary candidates?**
- **Do you use psychological tests to screen or evaluate missionary candidates?**
- **Do you use or favor the use of mental health professionals to assist missionaries if they are experiencing problems of living?**

After interviewing 35 of the largest mission agencies and 9 of the largest denominations, we emphatically state: No one, but NO ONE, questioned the use of mental health professionals and psychological tests for screening missionary candidates, and no one, but NO ONE, questioned the use of mental health professionals to care for missionaries.

Missionary Candidates

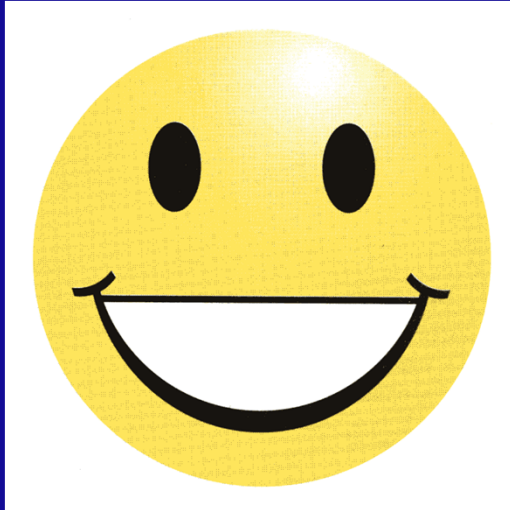


Group A



Group F

Missionary Candidates



Group A



Group F

Untested Homogeneity

MISSIONS &

Southern Baptist Convention International Mission Board
Wycliffe Bible Translators USA
Assemblies of God, General Council
New Tribes Mission
Christian Churches/Churches of Christ
Churches of Christ
Baptist Bible Fellowship International
Youth With A Mission (YWAM)
TEAM (The Evangelical Alliance Mission)
Campus Crusade for Christ, International
ABWE (Association of Baptists for World Evangelism)
Christian and Missionary Alliance
Baptist Mid-Missions
Baptist International Missions
CBInternational
SIM USA
Churches of the Nazarene, World Mission Division
Mission to the World
Africa Inland Mission International
Presbyterian Church (USA), Worldwide Ministries
Navigators, U.S. International Ministries Group
UFM International
United Methodist Church, Board of Global Ministries
Evangelical Free Church Mission
United Pentecostal Church International
Gospel Missionary Union
Greater Europe Mission
OMF International
Mission Aviation Fellowship
Pioneers
Lutheran Church—Missouri Synod—Brd Msn Sves
Frontiers
Evangelical Lutheran Church in America, Div Global Msn.
World Gospel Mission
American Baptist Churches in the USA. Intl. Mins.

PSYCHOHERESY

By Martin and Deidre Bobgan

The Cult of Personality

How Personality Tests Are Leading Us to
Miseducate Our Children, Mismanage Our
Companies, and Misunderstand Ourselves



Annie Murphy Paul

***The Cult of Personality:
How Personality Tests
Are Leading Us to
Miseducate Our
Children, Mismanage
Our Companies, and
Misunderstand
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by Annie Murphy Paul

***Christian Cults of Personality:
How Personality Tests Are
Leading Christians to Miseducate
Their Children, Mismanage
Christian Organizations, and
Misunderstand Themselves and
One Another.***

FOUR TEMPERAMENTS

Astrology &

PERSONALITY
TESTING



Martin and Deidre Bobgan

Because they are not relying on the sufficiency of Scripture to give them the necessary truth about themselves and others. God has clearly set forth in His Word all that is necessary to discern between the godly and the ungodly, between the sinful nature and the new man in Christ, and between the flesh and the spirit.

Every attempt to understand and describe the nonphysical aspect of mankind is based on subjectivity and imagination. No matter how elaborate the system, it is “philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ” (Col. 2:8).

Top Largest Churches

- 1 Lakewood Church, Houston, TX
- 2 Willow Creek Community Church,
South Barrington, IL
- 3 Second Baptist, Houston, TX
- 4 Saddleback Valley Community Church,
Lake Forest, CA
- 5 LifeChurch.tv, Edmund, OK
- 6 Fellowship Church, Grapevine, TX
- 7 Southeast Christian Church, Louisville, KY
- 8 The Potter's House, Dallas, TX
- 9 Calvary Chapel, Ft. Lauderdale, FL

**Why is it that most Bible colleges,
most seminaries,
most denominations,
most churches,
most mission agencies, and
most pastors are influenced by
or infected with psychoheresy?**

- 1. Is the Bible sufficient to minister to the personal, marital, and family problems of living normally taken to a psychotherapist?**
- 2. Is psychotherapy with its underlying psychologies a worldly, fleshly, or demonic substitute for what God has already provided in His Word?**

3. Does your church refer out or have a psychotherapist available on its staff?

4. Does the church library contain books by these individuals guilty of psychoheresy?

5. Does the mission agency supported by you or your church require examination of missionary candidates by a mental-health professional or use psychological tests?

6. Are the Bible colleges, Christian universities, seminaries, and K-12 Christian schools supported by you or your church infected with or beholding in any way to psychoheresy?

**7. What will God have you
do about it?**