

# Participant's Guide

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## Episode 19

### Good News: Hope in Depression

#### Summary

All creation groans (Romans 8:22) as it waits for redemption to be completely applied to this crazy world. Sometimes the groaning is a response to our environment, and sometimes it's within us. In either case, we are all overwhelmed at times by the real and perceived challenges we periodically face. This episode recognizes the legitimacy of both physiologic and spiritual treatment modalities, and how the gospel can be foundational in the treatment we provide for all patients, both believers and non-believers.

#### Speaker



Thomas H. Okamoto, MD, is a board certified adult psychiatrist. After previously serving as Medical Director of the Minirth-Meier Clinic West Adult and Adolescent programs, he is currently an Assistant Clinical Professor of Psychiatry at the University of California Irvine School of Medicine. He is Co-chair of CMDA's Psychiatry Section, married with three grown children and practicing in Santa Ana, California. Dr. Okamoto can be reached at his office at 714-558-2460.

#### Discussion Questions

1. **What from this video inspired, edified or challenged you?**
2. **Dr. Okamoto mentioned the importance of discovering a patient's spiritual values. What questions might you ask to help do that?**
3. **Dr. Okamoto suggested that we need to "represent" Christ's love to our patients, especially those struggling with depression. What are some of the ways we can do this?**
4. **In treating patients with depression, how might your approach be different for those who seek to walk with Christ, compared to those without an active faith?**

5. **Would you seek out professional treatment for depression if you knew you had the disease? Why or why not?**
6. **How might you use these verses to specifically encourage patients in their struggle with depression?**
  - a. “Do not fear, for I am with you; Do not be afraid, for I am your God. I will strengthen you, I will also help you, I will also uphold you with My righteous right hand” (Isaiah 41:10, NASB).
  - b. “Who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God” (2 Corinthians 1:4, NASB).
  - c. The story of Elijah and his depression – 1 Kings 19
7. **Although Christians are certainly susceptible to bouts with depression, Dr. Harold Koenig states that they “certainly seem to have the resources to get through these times better than those who don’t have a faith.” What are examples of some of the resources to which Christians may have access?**
8. **Dr. Karl Benzio references how the wisdom of the Bible can be a great asset in treating depression, and this is true even for those who may not have a personal faith. He also mentions the possibility of biblical wisdom leading someone to consider the ultimate Author of the Bible and what He has done for His people. Have you ever seen a patient or colleague come to faith in Christ? What humbled them, and how did they discover God’s grace in Jesus Christ?**
9. **Dr. Timothy Allen, in reference to Elijah, suggests sharing with patients, “Just because you feel like a failure doesn’t mean that God thinks that you are.” How could such a statement open the door for the gospel?**
10. **What is one take-home item from today’s session that you hope to implement?**

## Additional Resources

1. *Changes That Heal* by Henry Cloud