

## 2015 IABC National Conference

Workshop Title: "How to Help Counselors Trapped on Psych. Meds"    Date: 8/7/15  
Presenter: Alden Laird    Text: Prov. 31:6

### Typical Scenarios:

1. Someone you know who is contemplating beginning a regimen of psychotropic drugs
2. Someone you know who is already taking psych. meds and is concerned about continued usage
3. Someone you know, already taking psych. meds, who may not have thought of the implications of continued usage

A Common Response - Hesitation and Fear: What qualifies me to even weigh in on what seems to be such a very difficult and complex subject? Isn't this reserved for the experts?

Psych. Meds Success: Is it based on good science or theories and empirical evidence?

### Testimonials:

#### Questions to Ask:

1. Could you fill me in on what led up to your consideration to take psych. meds?
2. When is the last time you had a thorough physical exam? Anything remarkable?
3. Are you experiencing any chronic pain and/or have you recently had surgery?
4. How well are you sleeping? Have you recently experienced prolonged fatigue?
5. How would you describe your eating habits? Are they nutritional and well balanced?
6. What are you doing in terms of recreation and exercise?
7. Would you mind shedding a little light on what has occupied your mind/thinking?
8. I'm a little curious, do you have purpose in your life? What motivates you?
9. How are you doing overall in your walk with God? (Wheel Illustration)
10. Are you obeying the 4th commandment on a practical basis - giving your body rest?
11. To what extent are you allowing others to minister to your needs? You to theirs?
12. Have you had recent suicidal thoughts? Have you expressed these thoughts to others?
13. Have you researched the possible side effects of psych. meds? May I suggest a book?
14. Do you have peace with God, freedom from guilt, and assurance of salvation?
15. Have you committed yourself to Matthew 6:33, "Seek first the kingdom of God...?"
16. Are there any idols in your heart - life-dominating sins that you have not addressed?
17. Are you willing to consider Bibliotherapy? "...taking captive every thought..."?
18. Do you preach the Gospel to yourself every day or are you just listening to yourself?
19. What evidence do you have that the psych. meds are actually correcting your physical and/or emotional problems? Is it possible that continued use of these medications could be masking more important root issues in your life?
20. Are you at a point in your thinking that you would want to ask your psychiatrist or physician, "What would you need to see in my progress that you could assist me in being weaned slowly off my psychotropic medications"?