

Revelational Therapy - A Biblio-centered model of therapy

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I have been in the practice of psychiatry for nearly 30 years. During this time I have been exposed to different treatment approaches and have tried them all, 'in bits and pieces'. I do not claim to be an expert in any form of therapy but I have always had to deal with the feeling of incompleteness. This, of course, would have an impact on my treatment approach. I have always felt that there is something more in counselling than the psychodynamic, behavioural or systems approaches. Each contributes to the understanding of psychological problems and solutions but none has the answers for all problems. In this situation I have tried to look at what is missing in the therapies that I could add to, that would make it more complete.

What is missing - in my view - is the dimension of the spiritual, which I feel has to be addressed for completeness. Having trained in the physical and the psychological, I feel that the next phase is to consider the spiritual need of a person. This is sadly missing in the present health care service, as we know it. This is my attempt from a Christian perspective to add this dimension to therapy. I believe that it addresses another layer of dynamics which needs to be investigated; otherwise we will still be treating superficial behaviours and not the needs and hurts and 'stuckness' of the presenting problems and person.

I am in public and private practice in Australia. In my private practice I have rooms within a community service attached to my church. I have therefore used this opportunity to test out the approach, which I have called 'Revelational Therapy'. Revelational applies to the revelational gifts - the gifts of knowledge, wisdom and discernment as described in one of the books of the Bible, *1 Corinthians chapter 12*. These are spiritual gifts that are imparted by the Holy Spirit as the need arises. These gifts are available in therapy for one who believes in the gifts of the Spirit. I became aware of the exercise of these gifts during therapy and began to expect these gifts to be operative during therapy sessions. I therefore decided to trial a few patients in this model of therapy after having obtained their consent. All the patients were Christians and had the same belief background as myself. What I am going to describe is the basis for this therapy and the results of nine patients who had the course of therapy.

The Nicene Creed was drawn up in 345 AD in response to a growing challenge to the deity of Jesus Christ. This creed is accepted by most of the mainline Christian churches. This statement of belief is the basis for the development of concepts used in revelational therapy.

The Nicene Creed

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

The above is a statement of faith, which is upheld by every Christian believer and needs to be stated, since therapy must be based on something that is tangible, whether theory or belief.

Some terms used in this therapy need to be defined as they could otherwise be misunderstood in the context of this therapy.

Definitions:

- Revelational** Based on the revelational gifts of the Holy Spirit as described in 1 Corinthians 12.
- Biblio-centered** Based on the 66 books of the Bible and viewed as God inspired, the infallible Word of God. This is not just a book of

	history, poetry, mythology or good literature as some would like to believe. The basis for believing it to be God's Word is through faith of the believer, substantiated by historical, archaeological and experiential evidence.
Flesh	Beliefs based on the five senses and worldly knowledge.
Sin	To do evil, disobey God's Word, rebellion against God and His laws.
Self	Sinful nature also used interchangeably with the fleshly nature.
Adam	Ego, identity of the person, personality. First man representing the human race who sinned through rebellion, which resulted in spiritual death or separation from God and therefore the source of original sin in all creation.
Old man	Original sinful state of man.
New man	New birth through faith in Jesus Christ as Saviour (second Adam) - saved from original sin - regeneration of the spirit of man, which was dead through original sin and in darkness.
Soul	Mind, emotions and will - one's personality
Spirit	Human spirit - innermost being of the person that communes with God who is spirit. This is where the Holy Spirit resides in a born-again person.
Holy Spirit	Spirit of Jesus after His resurrection from the dead, that comes to indwell in those who acknowledge Him as their Saviour and Lord.
Demon	Angel who rebelled against God by following Satan's commands
Devil	Satan, tempter, controller of the world order
Gifts of the Spirit	Speaking in spiritual or human languages or tongues and the interpretation of language, prophecy, faith, healing, miracles, word of knowledge, wisdom and discernment (<i>1 Corinthians 12</i>)
Fruits of the Spirit	Love, joy, peace, patience, humility, goodness, kindness, faithfulness and self-control.
Cross	Death to self – carrying one's cross
Crucifixion	Cruel, painful way to die on a cross.
World	World order that is under the control of Satan and alienated from God.
Body	Physical body with its five senses.
Faith	Divinely imparted grace of the heart - God given, not just through trust or belief.
Born-again	Spiritual rebirth through accepting Jesus as one's personal Lord and Saviour.
Glory	Attribute of God - holy presence.
Sanctification	Being made holy or purified.
Selfishness and self-centeredness	Rejection of God and all he represents.
Repentance	Change of mind – 180-degree turning away from sinful ways to godly ways of behaviour.
Jesus	Name for Saviour or Messiah - salvation from sin. In the world used as a curse word.

Scriptural basis for therapy

Books from the Bible used for reference

Romans: Chapters 6 - 8

Galatians: Chapter 5

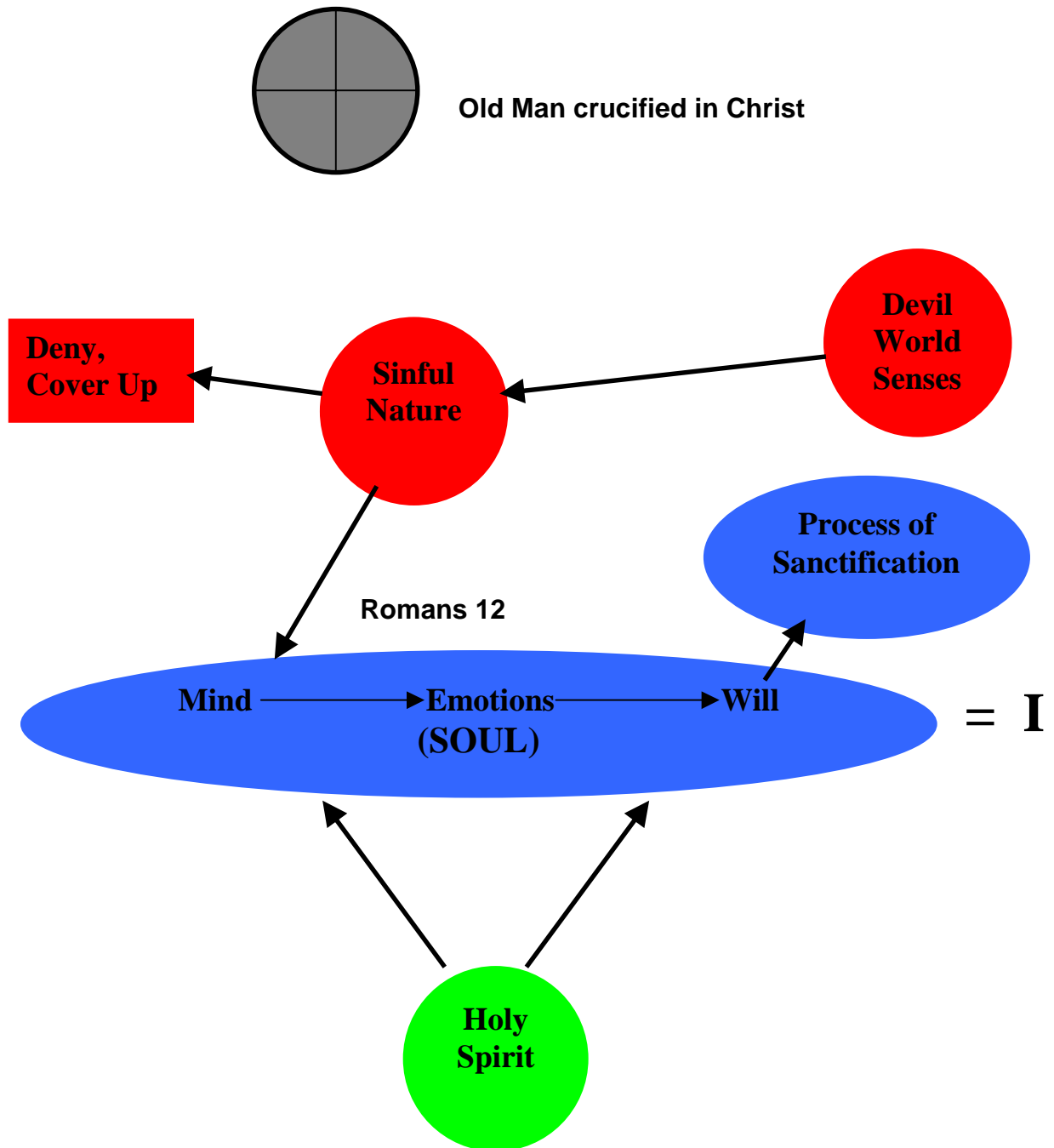
Colossians: Chapter 3

Ephesians: Chapter 5 verses 16 - 26

16. So I advise you to live according to your new life in the Holy Spirit. Then you won't be doing what your sinful nature craves.
17. The old sinful nature loves to do evil, which is just the opposite from what the Holy Spirit wants. And the Spirit gives us desires that are opposite from what the sinful nature desires. These two forces are constantly fighting each other and your choices are never free from this conflict.
18. But when you are directed by the Holy Spirit, you are no longer subject to the law.
19. When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts, eagerness for lustful pleasure, idolatry, participation in demonic activities, hostility, quarrelling, jealousy, outbursts of anger, selfish ambition, divisions, the feeling that everyone is wrong except those in your own little group, envy, drunkenness, wild parties and other kinds of sin. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.
22. But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Here there is no conflict with the law.
24. Those who belong to Jesus Christ have nailed their passions and desires of their sinful nature to His Cross and crucified them there.
25. If we are living now by the Holy Spirit, let us follow the Holy Spirit's leading in every part of our lives.
26. Let us not become conceited, or irritate one another or be jealous of one another.

Foundational explanation

Romans 7 & 8
Ephesians 5
Galatians 5
Colossians 3



Divine nature – New man in Christ

The biblical account of creation begins with the creation of the world and the creation of man and woman. The account then goes on to describe the fall of man in the Garden of Eden through the temptations of the devil. This led to sin entering into all creation including man, which the Bible calls the old sinful nature or the old man. In this state man is helpless as he is controlled by sin and therefore all his thoughts and actions are sinful. This original state of sin is passed down the generations and only the saving blood of Jesus is able to cleanse and cancel the power of original sin. This happens when a person accepts that Jesus finished work on the Cross by dying for man, that is, taking the penalty for sin upon Himself. Man is redeemed from this sin through His blood. This is not just a symbolic act but also an eternal living sacrifice. Through this sacrifice the old man is crucified in Christ by faith.

The sinful nature is still active as long as man is in the body. This sinful nature however does not have the power to control a man because Christ's death has provided a way of escape. The sinful nature is influenced by the devil, the world and our senses. Because of this internal conflict there are different defence mechanisms that are used to cover up or deal with the sinful thoughts and reactions that are still a part of someone who has been born again. This conflict is exaggerated because now this person is aware of two powers that are fighting within him to gain control. The process of change is called sanctification as the new person denies his flesh and chooses to follow Christ in all areas of his life and conduct. This conflict is well described in Romans Chapter 7 by Paul, one of the apostles of Jesus.

Romans 12 describes the need for a person to be transformed by the renewal of the mind. This renewal occurs as a person replaces his own sinful thoughts with God's Word. This renewing then affects one's emotions and will. The Holy Spirit in the renewed spirit of man also helps the person in this process. It is this process of renewal of the mind that then brings about the change.

Aspects of therapy

1. **Fleshly mind.** This is the mind that has been influenced mainly by the world around us and the figures that have been prominent in our lives from birth. This mind is set on things temporal and therefore is focussed on things that are present. It does not think in terms of eternity and therefore is more sense-oriented than spirit-oriented. The physical world and all the things that keep us aware of things around us keep us thinking and doing what is related to the present. This mind is influenced by the devil, world and our senses.
2. **Spirit mind.** This mind, on the other hand, is renewed by the Holy Spirit. In Romans 12:2 Paul exhorts us not to be conformed to the standards of this world but let God transform us inwardly by a complete change of our mind. One does this by replacing the faulty thoughts with God's Word. When one is born again of the Spirit then one has access to this mind in us. This is a daily choice of choosing which mind we will follow. If we choose the fleshly mind then our walk will be after the

flesh. If we choose to follow the Holy Spirit then our walk will be according to the spirit. This is where the will of man comes to play a crucial part in making the daily choices. The more one walks according to the spirit the more one will experience His peace and love and all the fruits of the spirit.

3. **Confession, repentance and forgiveness - Matthew 18.** This is a vital part of revelational therapy. It is through confession and repentance that one turns around from the ways of the world to the ways of the spirit. Forgiveness is the key to inner healing of the emotions and a freedom to choose rightly.
4. **Praying in the spirit - 1 Corinthians 14:15.** Praying in the spirit is the ability to pray in other languages or tongues. This is a powerful gift that a person can use to communicate with God and receive impressions from God. It enables all the other gifts of the spirit to be released according to the need. It is a vital part of the persons walk in the spirit.
5. **Word of knowledge, word of wisdom and gift of discernment.** These are the revelational gifts that reveal the person's inner mind to the therapist and are used in therapy. This may come in the form of a word or picture. The gift of discernment is used to discern the presence of demons or other spirits that maybe causing the problem or be part of the problem. Deliverance is administered where demons are bound and expelled in Jesus' name.
6. **Healing and deliverance.** These are gifts that enable the therapist to be the channel of healing to the client and also deliverance from evil spirits.
7. **Connecting the head with the heart.** This is the stage where information is transferred from just being head knowledge to being heart knowledge. This is a process and can be facilitated through faith imagination, role-play and actually practicing or implementing the changes in behaviour.
8. **Walking in the spirit.** Walking in the spirit is a daily choice of behaviour change by choosing to walk according to the new thoughts and behaviours as a result of the change in mind and heart.
9. **Judging self.** This is also a daily exercise of judging oneself in acknowledging that one is in the flesh and therefore vulnerable to sinful actions and reactions. Judging self before judging others is a good way of dealing with ones own sinful nature and overcoming the flesh.
10. **Glorifying God.** This is to love God with all your heart, mind, soul and strength, which is a way of life or a life style.

These are the ten aspects of therapy that are covered in the therapy sessions according to the leading of the Holy Spirit. In some sessions one

aspect is covered in greater detail than others. Some areas can be covered in one session and others are covered over multiple sessions. The whole process is dictated by the patient and how he or she feels during therapy and the progress they feel they are making.

Process of therapy

The following notes were taken while therapy was conducted with nine patients who underwent this therapy. They are not related to any one patient but an account of the revelations that were revealed during and after therapy sessions, which were then relayed to the client. The intention is to try and illustrate the revelations that are revealed during therapy.

- ❖ *The way to crucify the sinful nature is through confession, repentance and forgiveness.*
- ❖ *The key to release in the emotional area is through forgiveness.*
- ❖ *Forgiveness opens the door to receive God's healing love.*
- ❖ *Demons attach themselves to areas of hurt.*
- ❖ *Demons need to be identified, bound and cast out.*
- ❖ *This daily walk in the Spirit is what will then lead to victory over the sinful nature.*
- ❖ *Praying in tongues is one way to increase sensitivity to the gifts. It is also the way to wage spiritual warfare.*
- ❖ *Speaking forth the Word of God in faith is to receive His deliverance from the words of the enemy.*
- ❖ *Repentance is feeling for the damage done to the other person and then asking for forgiveness. This means really feeling what impact one's offence has had on the other, that is, how would you have felt if you were on the receiving end.*
- ❖ *The effects of sinful desires and behaviours take their toll on the soul of the individual and it is the soul that needs to be healed of the effects of walking in the flesh.*
- ❖ *Defences keep the soul from appreciating the need for healing. It's only as one comes to the place where Christ becomes his/her defence that God can heal the damaged soul.*
- ❖ *Praying in tongues enables the Spirit to heal the areas that are inaccessible through other means.*

- ❖ *The desires and thoughts of the flesh have to be distinguished from the desires and thoughts of the soul.*
- ❖ *Confession and repentance to God must be seen in terms of the effects of your sinful thoughts and behaviours on the person of the Holy Spirit who resides within you.*
- ❖ *The love of God is the key to the healing of the soul. Soaking in prayer and experiencing the love of Father God will lead to true freedom.*
- ❖ *Defences keep the soul from receiving from God and being healed.*
- ❖ *Focussing on God's love in the Spirit is the way to receive His love.*
- ❖ *Suppression of the desires of the flesh will lead to expression in other ways sometimes beyond the control of the individual.*
- ❖ *Forgiveness is the key to emotional healing.*
- ❖ *When demons refuse to leave, it is because there are areas of unforgiveness.*
- ❖ *'Performance need' can result in seeing everyone as in competition with you.*
- ❖ *Love is also seen as a performance.*
- ❖ *The need for love is then met through performance.*
- ❖ *Failure in performance is seen as a failure in love.*
- ❖ *One can get addicted to performance to meet the need for love.*
- ❖ *This confusion then leads to meeting the need for love through competitive activity.*
- ❖ *This never meets the need for love, as love is unconditional and not based on performance.*
- ❖ *Relationships can never be based on performance.*
- ❖ *Many addictions are due to confusing the need for love with performance. The addiction is then driven by this hunger for love that is never met, for love can never be received through performance.*
- ❖ *The key to deliverance is then through rest and not through more activity.*
- ❖ *Sexual addictions are a perversion of true love. It is an activity that is propelled by the need for love but is performance based.*

- ❖ *When performance colours all interactions then one is left alone, as winning is the motivating force and not love.*
- ❖ *True love is unconditional and can never be received through good performance, although that is what the world would promote.*
- ❖ *Law and grace are the two modes of operation that divide people.*
- ❖ *Law is associated with religion and grace with relationship.*
- ❖ *Love cannot be based on law-only grace.*
- ❖ *Performance is based on law.*
- ❖ *Fruits are based in grace and love.*
- ❖ *There need to be boundaries but within these broad boundaries grace must operate and not law.*
- ❖ *The problem with the law is that it gives power to sin. Sin and grace are incompatible.*
- ❖ *Old testament was based on the law.*
- ❖ *New Testament is a message of God's grace.*
- ❖ *True conversion is to be converted from law to grace.*
- ❖ *The law imprisons. Grace brings deliverance and freedom.*
- ❖ *The law of love is the key to total freedom in body, mind and spirit.*
- ❖ *Language of the heart is different from the language of the head.*
- ❖ *Love is unconditional acceptance.*
- ❖ *Focussing on God's unconditional acceptance is the way to the healing of the heart.*
- ❖ *Translating the concepts of the head into the language of the heart through pictures and feeling is the way to connect the head to the heart.*
- ❖ *The head conceives, the heart imagines and the will decides.*
- ❖ *What the heart knows is what the will shall execute.*
- ❖ *Head knowledge becomes heart knowledge, as the heart understands through pictures and imagination and by action.*
- ❖ *Action is the best way to bring head knowledge into heart knowledge.*

- ❖ *Death to self is the only way to crucify the flesh and to be alive in the spirit.*
- ❖ *Death to self means that the flesh will not respond to the human spirit, the spirit of Satan and the spirit of the world.*
- ❖ *Being in the flesh or the spirit is a state and not an entity. Therefore change is possible as one crucifies the flesh and lives in the spirit. As the flesh is put to death through identification with the death of Christ on the Cross then life is produced in the spirit man who no longer needs to spend its energy in defending the flesh. Therefore crucifying the self is like cancelling the power of the flesh so that the spirit man can live freely without the harassment and torment of the fleshly life.*
- ❖ *The emotional states we are in are related to the emotional position we take in relationship to the other. Therefore a child position will elicit childish reactions and a parent position will elicit parental responses. Being aware of the position you take will enable you to understand where those feelings are coming from. The adult position is the position one should strive to maintain. The other two positions will elicit childish responses or parental responses that may confuse the situation in an adult-adult interaction. The Holy Spirit will enable you to take a position that is none of the above and this is walking in the Spirit. When you are walking in the spirit then you have the spirit mind, which is above the other emotional positions. In the spirit one is not a slave to the emotional states of the child/parent positions. One can change one's state by identifying the unhelpful position and then moving to a more stable position or best of all walking in the spirit. The whole of life is to move from these fleshly states to one in the spirit, which is what God has called you to be.*
- ❖ *Doscetism is a teaching that came around in AD 100 and had a great influence in the 19th century. This teaching basically taught that sex is bad. It led to beliefs that the body is sinful and divorced it from the spirit, which is holy. This is what led to Victorian attitudes about sex and probably also about the opposite sex. This then allowed Christians to have mistresses and sex was seen that happened 'out there' and had nothing to do with the spirit. All kinds of other vices followed from this teaching, which infiltrated into the body of Christian teaching.*
- ❖ *Ideology is what separates mankind from one another. The differences we see are basically a result of the different ideas and teachings that we uphold. Remove these and there basically is no difference. This is why Jesus came not to teach us a new ideology but to enter into relationship with him. Basically Christianity is the pursuit of a relationship with God through Christ, which was broken through the fall.*
- ❖ *Love plus a negative will transform the negative into strength, e.g. love plus hate leads to forgiveness.*
- ❖ *Word is the body of thought*

*God's thought is conveyed in His Word
God's Word reveals His mind
His mind reveals His will
Praying according to His Word, will be praying according to His will.*

- ❖ *Community means selflessness
Christ centeredness leads to community
Cross leads to fruitfulness
Cross minus self = Christ centeredness
Rest in Christ = fruitfulness
Flesh = restlessness*
- ❖ *Revelation - past - inner healing
- future - prophetic*
- ❖ *Operating in the faith of God = rest and fruitfulness
Operating in self = works of the flesh
Change - pain - power*
- ❖ *No need to defend when in Christ because self is dead = no reaction*
- ❖ *Reaction is indicator of need for death to the self*
- ❖ *The old self for a Christian is an illusory self. This self needs to be crucified daily otherwise one will continue to live through it. The illusory self cannot be changed, only put to death. The new self or I, now in Christ, needs to overcome the old patterns set through the ages and be freed from its diseased patterns. The blood of Jesus cleanses but cannot change these patterns. Its only when these patterns are changed that true freedom is experienced. This change occurs as one walks in the spirit daily in the new self, which is being transformed through the renewal of our mind. This is a process and some experience immediate deliverance in some areas and a slow change in other areas. Moving into the new is frightening, but in Christ anything is possible. Operating from the real centre is what leads to the anointing in the Spirit for service. Otherwise one will still be serving out of the old self and feeling worn out in serving. In the new self, serving is a joy. One gains strength in serving and the body and soul are refreshed, for one ministers from the spirit and not the flesh.*
- ❖ *To objectify feelings is to be able to manage them more effectively. If feelings are not objectified then they will take control of us and cloud our thinking and perception. We objectify our feelings by naming them*
- ❖ *The distance between the real and false self is what leads to anomie. This is a state of illusion where one operates in the illusory and does not know ones self in the real. The false keeps one from contacting the real I, which is suppressed through layers of defences and repressed feelings and memories. The repression leads to a person struggling with keeping these at bay and fears are the basis for some psychological and physical ailments. The fear of the unknown through denial than works havoc within till a break down leads to a possible break through.*

- ❖ *It is the reduction in distance between the false and the real that is effected through therapy. One opens one self to another and in this process the false is brought to the light and the real I is set free to be.*
- ❖ *The insinuation of good and evil leads to concepts like ambivalence, which is really a toleration of good and evil. This is seen as maturity in the world but in reality it is a toleration of good and evil and a person is deluded into thinking he is well when actually he has succumbed to the deception of the devil. This kind of adulteration is seen everywhere, as evil always cloaks itself as an angel of light and hides, since frank evil will not be tolerated even by the most evil person. This kind of deception is what results in the false self becoming stronger and this fights against the good since the good is seen as evil. In the name of tolerance much is passed of as good when actually it is evil.*
- ❖ *Some anger, fear and depression are sinful behaviours due to selfishness and self-pity. These need to be seen as sinful behaviours otherwise one will try and rationalize and defend what is sin. Sin needs to be confessed and the Cross and blood applied to the sin to be freed from its influence over our lives. Any other approach then this only leads to compromise and an adjustment to the sinful condition. This is why Jesus commanded us to carry our cross, which means to say not my will but Thy will O Lord. In every area of your life where you apply this principle it will lead to a restoration of your life according to Gods will. This is the way to walk in the Spirit and to manifest the fruits of the divine nature.*
- ❖ *'Good versus evil' is the basic Christian position. Good and evil is the philosophy of the world. The Judeo-Christian position that evil cannot be accommodated within good is a position that underlies all conflict. If evil is accepted as part of the equation then there is no need of a Saviour, for good and evil are part of the same. This is the basis of eastern thought, which is able to accept that evil and good can co-exist. Jesus came to expel the evil and that is why he had to die on the Cross, to pay the price for the penalty of sin - death. So when man accepts evil, he denies the death of Christ as a propitiation for our sin. The redemptive work of the Cross is central to the theme of salvation. This is why Jesus said that He is the only way or door to the Father. All other ways are a compromise with evil. This is not black or white thinking but a true acceptance of evil, and that evil has no place in the Godhead. This fundamental difference is what separates all religions from the Judeo-Christian position. This is what leads to wars, because good and evil can't stand the position that another is against evil. This is why a compromised position cannot stand against evil for it has compromised with evil. What is evil but that which is fuelled and controlled by hell itself? In the world good and evil co-exist but in Christ evil is expelled and good is able to transcend in the individual, which leads to liberty. The prisoner is set free from within to expel evil from without. Compromise means that one is still controlled by the god of this world.*
- ❖ *The terrorists within are the ones that need to be dealt with before one tries to deal with the ones without. These are the terrorists that create most*

damage. The ones without are just an eye drop to the ones within us, that are out to destroy each one's ability to live in true freedom. True freedom is internal, then external. External security is only necessary because we fear terror outside ourselves. The terror outside is only a projection of the terror within each one of us. The fears that control us are internal rather than external. Terror from within is the main cause for distress and disorder both within and without. The larger events in society are a reflection of what is happening within mankind. Wars and threat of wars are a reflection of the wars within a man. This is why peace is never a stable or achievable state till the terror within is exposed and expelled. Most of the terror within is caused by demonic infiltration into the hearts and minds of individuals. Therefore the answer to dealing with the terrorists within a person is deliverance from demons in Jesus Name. There is no other Name under heaven that is able to deliver us, as He is the only one who conquered hell and Satan, and is able to deliver all who believe in His Name. This is the only way to get rid of terrorism, which is fuelled by hell and the minions of Satan.

- ❖ *When faced with conflicting or negative states, instead of rejecting or displacing those thoughts and feelings it is best to face them. Invite and welcome them and let them lead you to the source or root of those thoughts and feelings. In this way one is able to face those fears head on and not run from them. All those fears need to be brought to the Cross so that they can be dealt with by crucifixion and cleansing in His blood. This is the way to total redemption for body, soul and spirit. As long as one does not face these thoughts and feelings, one is to that extent imprisoned or bound to them. These thoughts and feelings thrive in the dark. Facing up to them is like bringing them to the light where they can be faced and dealt with.*

- ❖ *Knowing about Him versus knowing Him
Creed versus relationship
Law versus relationship
Works versus faith
Self life versus His life*

A typical therapy session

A therapy session always starts with prayer and ends with prayer. The first couple of sessions are mainly educational to educate the patient about the foundational basis for therapy and aspects of therapy. In the following sessions the patient is encouraged to keep a logbook of the sessions and also note any revelations they receive between sessions. I also note any revelations I receive which I then share with the patient during the sessions. These revelations are then worked through during the sessions and prayed through. Progress is noted after each session. The average number of sessions has been around 5.

Treatment group

Nine patients, seven adults and two adolescents, participated in this therapy. They ranged from two patients with psychotic disorders (paranoid psychosis and schizophrenia), three with major depression, one with generalized anxiety disorder and panic disorder, one with dysthymia, one with post traumatic stress syndrome and obsessive compulsive personality disorder, and an adolescent with reactive attachment disorder. All benefited from the therapy. However not all were changed. The patient with the schizophrenic disorder got quite disturbed by the sessions and therefore this form of therapy was terminated after three sessions. A patient with a paranoid psychosis was well enough to come off all her medication and is now being followed up. The rest of the cohort was able to continue without further help. Some were able to come off medication completely but others needed to continue on their medication. Overall this therapy seems to be user-friendly and sufficiently powerful to bring about change in those who have a belief based in Christ. Longer-term follow up is required to gauge if the short-term changes have a long-term effect. Further work needs to be undertaken to compare this therapy with other psychotherapeutic approaches. This will be my future proposal as a research project using valid measures to ascertain outcomes.

Conclusion

This is my attempt to try and integrate the spiritual component into counselling aspects of my work. I am comfortable with this and excited about the possibilities in future research in this area. I see this as the missing component and now feel more complete in the service I provide, albeit to a limited clientele who hold Christian beliefs. For the rest, I can continue to pray and provide insights that would facilitate the therapy session. Just as the physical is based on physical findings and the psychological on psychological inferences, so also the spiritual dimension needs to be accessed through the spirit to aid in assessment and treatment.

Acknowledgements:

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