A logo for a training institute

Description automatically generated

Counselling Issues

&

Procedures

## A Biblical Look at the Construct of Schizophrenia

Dr. Daniel Berger

1. The construct of schizophrenia consists of nothing phenomenologically or biologically that is unique to the concept.
2. The “abstract construct” is fluid and “heterogenous” and is now referred to by psychiatrists as *Schizophrenia Spectrum Disorder* (SSD).
3. As the prominent Allen Frances states, schizophrenia is merely a description of phenomena and not an explanation (it is a synonym for psychosis which is said both to exist physically and to explain psychosis).
4. The common practice of taking an abstract construct and theoretically transforming it into a physical/organic object that exists in the natural world is the *error of reification*.
5. The schizophrenia concept is said to be a “functional disorder” not a biological disease; human function is impaired in a persistent way which is said to be out of order.
6. Schizophrenia (“a split mind”) is a shallow redescription of a given description or observation—specifically “psychosis” (“a condition of the soul”)—and not explanation of the description or the phenomena.
7. All of the construct’s “potential biological markers and variances” are fully explained by significant sleep loss or disruption and/or significant drug usage.
8. Without using modern secular terms and constructs, the Bible talks a great deal about the phenomena that secularists choose to frame as “psychosis.” (e.g., Proverbs 23:29)
9. The core of psychosis is deceit, and deep destructive deceit is a normal and destructive aspect of fallen human nature.
10. We are all experts at psychosis. (e.g., The dream state; Job 4:13; 33:15)
11. Diagnosing alleged schizophrenia consists of identifying persistent psychosis, and diagnosing psychosis is phenomenologically made rather than biologically discovered.
12. Schizophrenia is a failure to explain psychosis; it is utilized when a valid explanation is not available or an evaluator is unable to understand causation within their worldview or from the limited available knowledge (similar to *Fibromyalgia*).
13. Schizophrenia is a “provisional diagnosis” until real causes and explanations to a person’s psychosis are discovered.
14. Schizophrenia (and all other phenomenological disorders) are created through group-think rather than discovered in the body.
15. An important question to answer is what causes psychosis? There are dozens and dozens of valid physical causes and many spiritual causes, but all of these underlying causes lead to severe sleep problems.
16. The two most well-known causes to significant sleep disruption and/or insomnia, and thus the diagnosis as schizophrenic, are drug use (physical substance) and anxiety (spiritual).
17. Bipolar disorder is another Kraepelinian construct that is now said by secularists to fall on the schizophrenia spectrum, and which is also explainable by the combination of sleep problems and human nature. Many experts likewise identify anxiety as one of the most important phenomena overlooked in the bipolar construct. Maybe secularists should call the combination of these phenomena “tripolar” instead?
18. Severe sleep problems or drug-induced similar states are always central to a psychotic state/episode and precede onset of psychosis/mania/hyperactivity/panic/etc.
19. The root cause of sleep problems (whether spiritual, physical, or a combination), and not just the central struggle of sleep, must be properly addressed if psychosis is to be remedied.
20. Whether psychosis is physically or spiritually caused, guiding people toward God’s Word and addressing the dual nature is important. The *Creation and Noahic Mandates* in (Genesis 1-2; 9:1-7) provides a good framework to glorify God and optimize health and sleep in this fallen world.
21. There are four general things within the creation mandate that biblical counselors can look into and address biblically with families seeking answers and remedies for a loved one’s psychosis. This applies to all cases. 1) Diet (including substances), 2) Work/discipline/habits, 3) Right Relationships with God and others, 4) Rest/Sabbath/Proper Sleep.

