

NEWSLETTER

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Understanding Depression

By Paul Meier, M.D.

Jesus said he came so we could experience life, and experience it abundantly. Joy is a fruit of the Spirit. So God obviously intends for us to be happy, even though our primary goal in life is to serve Him, not to be happy.

And yet, at any moment in time, about 20% of Christians worldwide experience enough depression to interfere with their lives. Non-Christians have about a 20% higher rate of depression than Christians (about 25%). So applying biblical principals obviously does reduce the depression level.

About 10% of the population of the world inherits either a steady lifelong “dysthymia” (mild to moderate depression), or reoccurring depressions (mood swings), or extreme genetic perfectionism (obsessive-compulsive disorder). If these people applied every single biblical principle and were counseled for ten years by St. Peter or a Christian counselor, they would still have depression because they inherited it.

“Not fair!” some Christians shout out to me.

“Who told you life would be fair?” I reply.

“God wouldn’t allow that to happen!” they argue.

“We’re living in a fallen world where God does allow lots of suffering. I see it every day. I have good friends who inherited diabetes. For thousands of years, those who inherited insulin-dependent diabetes had to face extremely shortened life spans. Now, with modern medicines, they can live a normal life span. But if they quit their insulin, God may allow them to die within just a few days.

Everyone Jesus healed in His public ministry died of something else later. In fact, the Bible tells us that the righteous will experience many afflictions in their lives.

Then I tell them the good news, 100% of depressions are curable in this modern era. Those who inherit dysthymia, mood swings or OCD can take modern medicines and live a normal life with a normal amount of “chronic joy.”

“I tried an antidepressant and it didn’t work for me,” they may still argue.

I explain to them that each antidepressant works about 75% of the time. Many people get too low of a dose of

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100% of depressions are curable today!

The Meier Clinics Radio Program featuring Paul Meier, M.D., can be heard on . . .

KKLA - Los Angeles
- 4:00 pm Sundays
WKRK - Dallas
- 3:00 pm Tuesdays
(2nd & 4th week each month)

Tune in to Focus On The Family’s radio program April 26 to hear guest speakers, Drs. Paul & Cheryl Meier.

Dr. Paul Meier will be speaking June 17 at the Dallas Bipolar Support Alliance at the Dallas Southwest Medical School on healing “impossible cases.”

Dr. Paul Meier will be the keynote speaker at a seminar, *Extreme Makeover, From the Inside Out*, in Wheaton, IL, April 24. There will also be various workshops led by the Meier Clinics staff. Call 800-848-8872 for more information & CEU availability.

Family Relationships & Involvement in the Treatment of Addictions seminar is scheduled for April 30 in Everett, Washington. Carolyn Newsome, M.A., from Remuda Ranch, will help therapists understand the family’s importance in the healing process. For more information call 888-0725-4642.

Family Issues and Therapy with Eating Disorders will be co-presented by Dr. Paul Meier & Ms. Carolyn Newsome, M.A., in Richardson, Texas, May 1. Call 888-550-8922 to register or for more information. CEU’s are available.

Log on to Focus on the Family’s website www.family.org and read Dr. Paul Meier’s monthly contributions to Men/Women -Focus Over Fifty.

Call our national toll-free number 888-7-CLINIC to be connected to the Meier Clinic nearest you. A caring professional will be happy to speak with you regarding your concerns and the services available.

an outdated antidepressant from their family doctor, so it doesn't work for them. Or the doctor may have them on a beta blocker for high blood pressure and that sometimes keeps people depressed. Steroids can make people depressed or even psychotic. Some women react that way with hormone replacement. Others have a low thyroid level and will remain depressed all their lives, even with the best antidepressants, until they also get the right amount and kind of thyroid medicine.

Twenty-five percent of people with genetic depressions (or severe situational depressions also) will not respond to the best antidepressant in the world; I prefer to prescribe Effexor XR so if it doesn't work as intended, I try Lexapro, Zoloft, or Wellbutrin XL, or Wellbutrin XL plus one of the above. Each one has a brand new 75% chance of working because they are all different. One hundred percent of depressions are curable. One out of several thousands may not recover on any antidepressant, so I try a combination of other new meds such as mood stabilizers (i.e. Topamax, which may cause a 20-pound weight loss or new atypical antipsychotic meds such as Geodon, Abilify or Seroquel). For clients with insomnia, we use Sonata first since it is a safe, mild, non-addicting sleeping pill. If it is too mild for an occasional client, we would then try Ambien which is also non-addicting.

Eighty percent of patients who come to Meier Clinics around the USA do not get medicine. They get over their depressions by learning and applying biblical principles, like:

1. Don't hold grudges (Eph. 4:26, 27)
2. Confession to other humans (James 5:16)
3. More fellowship (Hebrews 10:24, etc. etc.)
4. More assertive confrontation of people who take advantage of us (Leviticus 19, Matthew 18, etc.)
5. The Great Commandment (learning to love God,

others as well as yourself).

6. Spiritual warfare (the epistles).

7. Grieving past losses or abuses (sexual, physical, verbal, or even religious abuses).

So, in summary, about 80% of depressions are situational—the result of either your sins (grudges, etc.), or unresolved grief (abuse victims), or stressful life situations. Some people need antidepressant meds for one year and then they can quit the meds after counseling has brought them to recovery. The average depressed person needs about 9-12 months of weekly counseling (45 minutes once a week), or else they can opt for more intensive therapy such as one of our Day Programs where they receive therapy six hours a day, five days a week, for approximately 15 days. After an intensive Day Program, they step down to a month or two of outpatient counseling to complete the recovery process.

Many people with situational depressions run to their family doctor, get on a good antidepressant and feel fine without resolving the root spiritual problems. However, unless they work hard on spiritual issues along with the antidepressant (or without it), they will not find true healing.

But some situational depressions, and nearly all genetic depressions require the right doses of the right medicines for that unique individual. May God bless you on your road to recovery. Please don't give up.

Dr. Paul Meier is the Founder of Meier Clinics and has been in active practice since 1975. He has written 70 books dealing with depression and other mental health concerns. For a deeper understanding of depression and recovery from it, read Dr. Meier's books *Mood Swings*, *Happiness is a Choice*, *Happiness is a Choice for Teens*, or *Unbreakable Bonds*.



Partnering together to reach the world.

If you or someone you know has conquered the hopelessness of depression through counseling, would you be willing to help someone else find hope and healing? The Meier Clinics Foundation is a not-for-profit, 501(c)(3) organization established to help people who can not afford counseling receive the care they need. *One hundred percent of the funds received goes toward actual charitable patient care, so every dollar you give goes directly to a deserving individual or family who are without needed financial resources for care*, and all gifts are tax deductible within IRS regulations.

We love ministering to hurting people and we feel true grief when we have to refuse care because someone does not have the financial resources needed to receive the quality, Christian counseling they need and deserve. Our dream and vision is to make Christian counseling available to anyone in the world who needs it. We are trusting God to move in people's hearts to partner with us in making this a reality. If you are one of those people, you may make a donation one of three ways:

✉ Meier Clinic Foundation, 2100 Manchester Road, Suite 1510, Wheaton, IL 60187-4561

☎ 1-800-848-8872

🌐 www.meierclinics.com

Is My Anger Wrong?

By Andrew Linder, LCSW

So many clients have asked me, “Is it wrong to feel angry?” In Ephesians 4:26, Paul wrote, “In your anger, do not sin.” I believe this verse tells us that the emotion of anger is not wrong, but that our words and behaviors when we are angry can be (and very often are). Thus, while it is okay to feel angry, it is not okay to, for example, physically, verbally or emotionally abuse others.

Anger can be positive in that it can motivate us to try to improve a situation. For example, if a person feels his or her personal boundaries have been violated, anger may empower that person to confront another in order to protect themselves and improve the relationship. But often when angry, it can be difficult for a person to confront another in a healthy way.

I recommend to people that in times of anger it is good to stop and think before saying or doing. This can help prevent an unhealthy outpouring of anger. Sometimes it is enough for people to stop and count to ten in their heads. Other times, they need to physically remove themselves from the situation for a period of time. This is often referred to as a “time out.” While separated from the situation, a person may feel the need to burn off adrenaline that has built and may go for a walk, run or bike ride. To share one’s feelings with God and a counselor and/or a support person can help release anger and help the person to become more calm. It also provides an opportunity to make healthier choices about what to say or do about the anger-provoking situation.

How do people remember to stop and count or take a “time out” in the midst of feeling angry? I often suggest that they use a visual reminder such as wearing a WWJD (What would Jesus do?) bracelet.

If anger is denied or ignored, it can sit inside a person like a

time bomb and can go off in situations unrelated to the cause of one’s anger, often causing harm to others. It can also lead to depression, anxiety or physical problems such as stomach pain or headaches. Thus, anger needs to be acknowledged and released in safe and healthy ways.

Another positive aspect of anger is that it can serve as a signal that something is wrong. It is important to examine what is causing the anger. For example, what emotion is under the anger? Is it pain? Is it fear? One can seek the help of God and a counselor and/or supportive people to help work through pain or fear. If these emotions are not dealt with, anger and unhealthy affects of the anger usually continue.

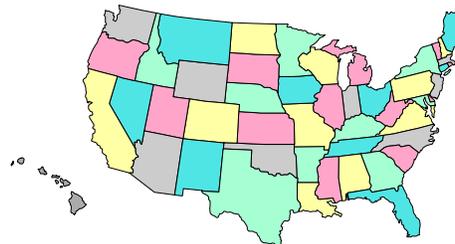
What else may be producing anger? Perhaps it is due to unmet needs or feeling exhausted. Maybe it is due to the way one interprets or perceives a situation. Often a person’s expectations can lead to anger. Sometimes people are angry about things that they have no control over. I have also heard people say that their anger is a result of their own pride or selfishness. Others have identified insecurities and low self-esteem as underlying issues. Perhaps one has not forgiven another person and the ongoing anger is controlling him or her as it affects every area of his or her life. By identifying the source of one’s anger, a person can learn what needs to be dealt with to improve his or her life.

In conclusion, the emotion of anger is not wrong and can be helpful to us. We need to be careful so that our anger does not lead us into unhealthy situations. I recommend that anger be acknowledged, controlled, released, understood, worked through, and learned from in order to make positive changes for the future.

Andrew Linder has been providing services as a Licensed Clinical Social Worker at the Wheaton, Illinois, Meier Clinics for nine years. He works with adults, adolescents and children in the Outpatient program.

Meier Clinics Locations

CALIFORNIA — Long Beach, *Orange, Riverside, *Sacramento, San Juan Capistrano, Whittier
HAWAII — Aiea
ILLINOIS — Chicago, Deerfield, *Wheaton
KANSAS — Colby, Goodland
MARYLAND — Rockville
MICHIGAN — *Battle Creek
MISSOURI — Farmington, *St. Louis
PENNSYLVANIA — Pittsburgh
TEXAS — Fort Worth, *Richardson
VIRGINIA — Front Royal, *Fairfax
WASHINGTON — Bothell, *Seattle, Tacoma



*Denotes locations with Day Programs as well as Outpatient services.

For more information about Meier Clinics and our services, call us at 1-888-7-CLINIC or visit us at www.meierclinics.com.

Log on to www.meierclinics.com or call 1-888-7 CLINIC to be connected to the Meier Clinic nearest you.

One of the most trusted names in Christian counseling



Aging Gracefully!

A Devotional Thought from the President



It is interesting to note that in spite of challenges in the economy, Americans continue to spend billions of dollars to try to preserve their youth. There are the creams and ointments to help tighten wrinkles, the hair dye to cover the gray, the contact lens to avoid bifocals, and if that doesn't work, there is a full assortment of surgical procedures to help us look (and then hopefully feel) younger. Now that my mother is almost 95 years old and only just recently moved to Assisted Living, I wonder, what's so bad about aging? I do recall, however, when my father once took me aside and shared from the book of Ecclesiastes the amazing things that start to happen to your body as you age---you tend to lose your balance and stumble, you cannot hear as well, your eyes do not see as well, and you have difficulty sleeping as well as you once did.

Yet, God's word also talks about the fact that for those who put their trust in him, "They will bear fruit in old age, they will stay fresh and green proclaiming 'The Lord is upright; He is my Rock, and there is no wickedness

in him.' He also promises to satisfy our desires with good things so that our "youth is renewed like the eagles." Have you ever seen eagles while they fly? They hardly have to flap their wings to cruise so effortlessly through the sky! I wonder how many times we anxiously "flap our wings" to stay the course, versus resting in the finished work of Jesus on our behalf?

In Proverbs 31:1-3, we are promised, "My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you prosperity." Isn't it amazing that keeping our eyes on God and dwelling on His commands in our heart can actually prolong our life?! Just think of how many troubles we avoid when we choose to do things God's way, and stay the course. There is indeed a way to age gracefully---keeping God as the focus and wrapping up my purposes in life in His purpose for me, and serving and loving others as myself. On those days that are more challenging than others, that's what I try to remember...and that is why the staff at Meier Clinics are committed to reaching out in service to

others. The changes we have the privilege of seeing in the lives of those who come for care are uplifting! Helping others, serving the Lord through the work we do, that's what can keep a truly youthful spirit alive!

Nancy Meier Brown is Paul Meier's sister and the Co-Founder and President of the Meier Clinics. Paul and Nancy have worked together for 27 years, starting out in Dallas, Texas, in 1976 along with their father, Alex Meier, who was the bookkeeper for the Clinics until he was 80 years old! Alex gracefully went to be with the Lord at the age of 84. His life was an example of service and commitment to the Lord.

**Is your name and address correct?
Have you moved recently?**

**Just give us a call at
800-848-8872 with any changes.**

**Please tell your family and friends
about our Newsletter which can now
be viewed on our website at
www.meierclinics.com.**