

## Real Help in Healing

Ralph Waldo Emerson advises that the path away from victimization is self-reliance, the process by which your mind is turned over to itself. St. Augustine in his Confessions, and Pascal in his Mind on Fire: A Christian's Character Before God, and more recently the Diaries of Anais Nin give testament to self-reliance through journal writing. All operated outside a formal analytical setting. Karen Homey the famous psychiatrist in her book, Self-Analysis, also supports the concept of an analysis without a therapist. Within journal writing, times of exaltation and despair, love and anger, success and failure, righteousness and sin can crystalize and cause the formation of a discemable self and disparate inner movement. Life will become easier.

Dr. Baker in Mind Games: Are We Obsessed With Therapy, recommends other healing processes in caring for oneself but first of all reminds us " your mental disorder-if you really have one-is most likely an emotional disorder: socially and environmentally engendered; due to bad luck, injustice, and mistreatment, or to faulty learning and thinking and a lack of adequate coping strategies and techniques. It cannot be corrected or straightened out by a pill! He provides a do-it-yourself guide: friends, no drugs, avoid TV, .... "

Self-healing from the theological perspective has God at its center. Contrarily, Freud called religious beliefs, illusions. Szasz makes the argument that Freud practiced Judaism and was anti-gentile. Albert Ellis, prolific theorist and writer in his book, Case Against Religion: A Psychotherapists View and the Case Against Religiosity, speaks strongly against prayer and religion in healing and calls faith irrational thinking and emotional disturbance. Of 3,777 articles published by four major psychiatry journals over five years, only three examine religion factors, according to Dr. Larson, a psychiatrist, at the National Institute of Health. Yet he has found 92 percent of studies over a twelve year period reported that faith strengthens mental health. Michael McManus in his newspaper

column points to the reason for this happening. Here he notes that 21 percent of psychiatrists and 28 percent of clinical psychologists are admitted atheists or agnostics, and their numbers are increasing. Yet, 96 percent of Americans believe in God.

The Apostle James said, "Prayer offered in faith will make the sick person well." The National Institute of Religion and Health can provide over 300 studies supporting these words. Larry Dossey, M.D in his book, Healing Words the Power of Prayer and Practice of Medicine, has found more than 130 studies linking prayer with recoveries.