

## 19. Psycho Therapy

“Your hearts I’ll stamp out with my horse’s heels, and make a quagmire of your mingled brains”-- Shakespeare’s Henry VI Part 1 Act 1 Scene 4.(1) If you entered a room containing a large black cauldron filled with bubbling chemicals, bat’s wings, and toad’s warts, and someone said that its potion would better your life, would you believe him? Would a dozen framed degrees hanging from his wall make a difference?

I’m an older man, born with a disability akin to Asperger’s syndrome (a complex learning disability with absolutely nothing to do with “mental illness”). Years ago, nobody knew anything about that. Additionally, my grandmother had mental troubles, and my father taught in a psychiatric institution. Besides, my parents were so self-absorbed they didn’t want to deal with anyone else. All this culminated in my having psychiatry rammed down my throat for years. Good news: I’m now specially qualified to explain these fields.

While mental health treatment is deified as a universal godsend, it makes many people’s lives a nightmare. Now human brains trump an automobile’s complexity the way automobiles trump a mousetrap’s complexity. Merely removing obvious brain tumors requires the skill of people with extremely high intelligence. However, psychiatrists and psychologists claim expertise in unfathomable intricacies of brain functioning.

Even regular doctors misdiagnose patients, operate on wrong body parts, and contribute to patients getting sick or dying in hospitals. **If regular doctors, attempting to apply an exact science, occasionally make gross mistakes, how frequently might psychologists and psychiatrists, who apply fluctuating theories, make gross mistakes? CONSTANTLY.** And since these disciplines require subjectivity, psychiatrists and psychologists can incorporate unscrupulous practices unhindered.

### Suspicious Foundation

Although psychology, simple study of human behavior, is ancient, modern psychology wasn’t fully established until around 1800. Psychology became intertwined with psychiatry by around 1900.(2,3) Jewish racial supremacist Sigmund Freud, pioneer of this amalgamation, described organized religion as a “collective neurosis” and belief in God as a childlike longing for a father. His pupils Carl Gustav Jung and Alfred Adler also repudiated Christianity. Aboard a ship steaming towards America, Freud said that Americans thought he was bringing them a panacea, but instead “We are bringing them the plague.”4-8

Today’s psychologists are less hostile to religion and even incorporate religious jargon to please their patients and keep making money. However, modern psych-philosophy was designed to function independently of religion. Humanistic psychiatry and psychology explains everything through biological and environmental factors, dismissing notions of good and evil.

While many Christian believers now allow elements of humanistic psychology to replace traditional theology, the psych establishment rarely makes concessions. Rather, **the core essential element of psychiatry and modern psychology is judging people, opposing Jesus’ “Judge not lest ye be judged (Matthew 7:1-5).** Inventive theories abound, such as the existence of an “inner child,” an “inner caveman” or id, a superego, an Oedipus complex, an Electra complex, the legitimacy of inkblot and word association tests, handwriting analysis, hypnosis, dream interpretation, and five psychosexual developmental stages, including anal retentive. None of this has been proven, yet these theories continue to dominate modern thought. Besides, psychiatry’s inherent objective of detecting abnormality instead of the normal warps one’s view of others.

## Caught in the Jaws of the Psych Machine

There are two major types of mental health units. Adolescent units (under 18) are usually the less serious type. Adolescents are usually there because of personal conflicts, authority problems, or substance abuse. These centers are akin to reform schools. Some object to that comparison; but calling them mental health units can be offensive since mental illness is implied. Young people would be better helped by having stricter discipline or friends who were a good influence than these units.

Adult units (over 18) are usually the more serious type. Serious psychiatric units are ones such as featured in the novel *One Flew Over the Cuckoo's Nest*, made into a movie bearing the same name.<sup>(9,10)</sup> The film's location was at Salem, Oregon's state hospital.<sup>(11)</sup> Unwanted mental conditions aren't like broken bones or pneumonia. **Counseling and medication can ease mental states and help people make proper decisions but never cures anybody.** Twenty thousand patients lived in British mental hospitals for over twenty years, and thirty-five patients were hospitalized for over fifty years. The length of these stays resembles incarceration, not hospitalization.<sup>12</sup>

Patients are legally detained if they pose a danger to themselves or others. But what stops someone from falsely claiming that patients are a continual danger, thereby keeping them indefinitely? Besides, psychiatrists have consistently failed to predict or determine dangerousness in those who were actually dangerous. Furthermore, all "critical and necessary treatment" generally terminates if payment isn't received.

**Mental patients have historically been treated worse than prisoners in jail. There have been lobotomies: surgical removal of a portion of patient's brains, "electro-convulsive therapy" which has been used as a punishment or threat, ice baths, insulin shocks, harmful effects from psycholeptic drugs, causing conditions such as the incurable movement disorder tardive dyskinesia, people confined in restraints and cages so small that they're immobilized, having food and water withheld, prevented from using the washroom, and non-violent patients being exposed to violent patients, becoming the victims of beatings and rape.**<sup>13-15</sup>

If patients complain about mistreatment, their complaints can be invalidated based on supposed incompetence. Besides the psychiatric establishment's financial greed, abusing others satisfies a lust for power. Psychiatrists make money from office visits and prescriptions, but make much more from hospitalizations and procedures like shock treatment. The convoluted excuses to hospitalize people or give them shock treatment have been laughing too much, crying too much, singing too much, or commencing "depression." Some psychiatry has resembled the movie character Dr. Hannibal Lector's mentoring and has been just as untrustworthy.

## Psychologists

**Most psychologists won't help you fix the brokenness around you or mollify your legitimate vexations; they're taught to fix YOU the patient.** If these supposed bastions of wisdom befriended and empathized with their patients, that camaraderie could buoy them up on a pearly-pink bubble of positive energy. Some patients lack social skills or neglect their hygiene; psychologists could help greatly by teaching and admonishing their patients in these areas.

Instead, **patients face belittlement.** Numerous times I carefully explained myself to properly convey my problems with others and vent frustration. Instead of camaraderie or helpful solutions, I got responses like "Maybe that's just your impression of things." That's offensive; I don't trip on hallucinogenic mushrooms or LSD, nor have a non-functioning brain. I'm an adult who thinks objectively; my impression of things is reality.

Furthermore, all of creation is degenerate, which degeneracy manifests in selfishness. Selfishness leads to treating others like yourself with compassion and understanding; outsiders get rejection.

Atheistic psychologists view truth as the popular vote; they try to make patients conform. So outsiders who see psychologists get double rejection.

Being married with children, having fulfilling jobs, and having no mental handicaps, psychologists and psychiatrists can never empathize with disadvantaged patients. Instead, their success serves as advertisement to make disadvantaged patients mistakenly think that they can achieve the same success. And for me, paying someone to talk to me robs me of my dignity as paying a prostitute would.

Furthermore, psychologists working with psychiatrists usually never find an end to the patient's sessions or a solution, often continuing the "treatment" indefinitely. Asking irrelevant questions, where it doesn't matter how they're answered, or asking tangential questions helps perpetuate this cycle. These professional talkers use probing questions to gather information and complete documented files, which may be only partially accurate, the other part constituting prejudicial impressions of the patient. Although confidentiality is usually respected, in my experience, besides my personal records becoming muddled with subjective negativity, gross errors occurred, such as typing that I had a tumor, instead of tutor as in algebra tutor. Parents gossiping about their children to the psychologist poisons the relationship, rendering sessions with psychologists worthless.

With my psychiatrist and parents in cahoots, neighbors and a landlord made up lies and slander which contributed to misunderstanding with a psychologist. This persecution culminated in police officers armed with guns, tasers, and pepper spray invading my apartment, besides ambulance drivers. That this organization was crooked is known from their numerous bad reviews. They are documented as unable to properly diagnose patients, being extremely uncaring, unethically billing patients, and breaking confidentiality.<sup>16</sup>

When trigger-happy police were called for someone labeled disturbed, and they felt threatened, even with only toy guns or knives, they riddled the person full of holes, disposing of him in a body bag. That's certainly a psychiatric prescription, but not to help; that's a prescription for death. A prime goal in warfare is hiding information from the enemy. Psychology is the opposite; giving as much information as you can, and documenting it for total strangers who make money from you. Kenneth S. Pope, Ph. D. identified twenty-one ethical fallacies used to justify unethical behavior and nine fallacies in psychological assessment.

### "Cookie Cutter Psychology"

If you fit a personality type that the psychologist read about in his books or learned about elsewhere, he has a big advantage in understanding you over someone without such learning. But if you don't fit a personality type that the psychologist has studied, you will be crammed into a preconceived mold, like smashing a square peg into a round hole. This is known as Psychologist's fallacy; an erroneous conclusion predicated upon an observer presupposing the universality of his or her own perspective when analyzing human behavior.<sup>17</sup>

What is unknown about someone else is filled in with information that the analyst knows about him- or herself, his or her family, or others he or she is acquainted with. This bias causes the analyst to presuppose knowledge and ability, lack of knowledge and ability, or intent or lack of intent, possessed by the client. The psychologist then becomes worse than the average person in understanding you; a thorn in your side. Besides, twenty-two other types of logical fallacies used in psychology have been identified.

### Amateur Psychology

It is never okay to assume that someone has particular type of mental condition. Someone volunteering to reveal such information about themselves is a different matter. Also, ordinary people without psychological training or specialized education routinely psychoanalyze people. Here's an example of their

psychosomatic warfare: When I speak to somebody, sometimes there's miscommunication. Either the person fails to clarify themselves, my learning disability makes me confused, or both. I'm then asked if I'm okay or feel okay in a very serious, concerned sounding tone as if I'm on drugs, am about to flip out, or fall apart. That is extremely condescending, disrespectful, and a sophisticated form of bullying.

It's understandable if someone who has benefitted from psychiatric help tries to persuade you to seek such treatment. However, people who accuse others of psychological problems often have problems themselves, are hiding something, or are trying to redirect attention away from themselves. Any non-specialist who has never received psychiatric or psychological help, and says that you or someone you know needs such treatment harbors ill will. If you have a subscription to the science fiction magazine *Psychology Today*, cancel it.

### Thrown into the Psychiatric Pigsty

As a child I was radically different, severely learning disabled, and extremely quiet, causing bullying, shunning, and antagonism from classmates. Sometimes I was harassed until I blew up. A couple of judgmental teachers observed these problems and blamed me. Their suggestion that I see a psychiatrist got this whole mess started. Evidently my father's thinking was previously influenced. He formerly worked with troubled students in an institution. In an incident where my mother visited the institution, she observed an orderly dragging a terrified woman down the hall-way by her hair, while her nightgown was open, exposing her privates. As a child, I supposed that was the way to handle "crazy people." Now I clearly see psychiatry's evil.

What could have been done since I couldn't function properly in a regular school setting would be to attend a special grade-school and junior high for disabled students. Instead, I was sent to psychiatrists, who prescribed amphetamines or "speed." This helped greatly; however, my being called into the grade-school office every day to receive medication unfortunately became public knowledge. Since I became overly excited, combined with knowledge that I was receiving medication, I became known as being hyper on "hyper pills."

Years later, I was given this medicine to take at lunch. However, I often forgot to take it. Since medication accumulated in my school locker, I once gobbled up every leftover pill at once, which ended disastrously as you might imagine. Eventually the medication stopped working altogether after puberty. Even if the medication still worked, dependency on this medication would continually make money for the psychiatric community. This holds true for every condition. Medications prescribed by psychiatrists mask conditions, they don't cure them.

Fortunately I escaped high school and attended an alternative program. However, the alternative program's coordinators embraced psychiatric ideology. Once I was talking to myself, and the principal saw me and reported that I was talking to a door. Now I only talk to windows, walls, and ceilings because they hold a better conversation..... Rather, someone trained in psychiatric principles typically sees a psychiatric problem behind every common scenario. This psychobabble has spilled to parents, who've thought that their toddlers were talking to doorknobs when their toddlers were watching themselves speak from the doorknob's reflection. Nobody talks to doors or doorknobs under any circumstance. Adults should be smart enough to figure that out.

**Parents who force their children into the psychiatric mess should have them permanently taken away and legally banned from parenting.** Better yet, criminalize rogue psychiatry. I still have records about me which supposedly chronicle my entire life and are filled with ignorant opinions, lies, and slander. This thirty-five year long "rap sheet" labels me as defective, instead of the perpetrators of this bile. If parents loved their children, why send them to psychiatrists and psychologists to change their vital personhood? Instead of comforting those with ongoing sadness, which would likely solve the problem, cold parents, teachers, and employers generally don't want to deal with it; they shirk the responsibility and throw the person to psychiatrists and psychologists. My parents never wanted to hear

about anyone else's problems. They went beyond uncaring, stating that hearing about someone else's problems was like that person "vomiting on them."

After thirty-five years of professionals frittering with wild and contradictory theories and diagnoses, at age forty I diagnosed myself with autism spectrum disorder, which diagnosis everyone immediately fell in line with. This shows how blithering and incompetent the psychiatric profession is. Yet boys being medicated to blend in with girls is now commonplace, instead of having separate boys' and girls' schools and enough special education schools. Besides the school system, many churchgoers have swallowed lots of psychobabble.

### Healthy Alternatives

Much of what psychiatrists do can easily be accomplished by standard practice medical doctors. Often, patients see their primary care physician for simple problems; which physician shirks that simple responsibility and refers them to a psychiatrist. The psychiatrist often spends only fifteen minutes with the patient, ten of which are used up with making sure the patient's insurance covers the bill. Prescriptions for medication are quickly prescribed. If the problem is "depression," any number of obsessive-compulsive behaviors, panic attacks, bulimia, or premature ejaculation, serotonin reuptake inhibitors (SSRIs) such as fluoxetine, paroxetine, sertraline, and citalopram (which have various brand names) are almost invariably prescribed.

These drugs help greatly, but since they're as harmless as over-the-counter medication, and the complicated process by which they work is already understood, a high school graduate could competently prescribe them. Even if powerful medication with side effects is necessary, there's no reason why standard medical doctors cannot prescribe them. Nobody has mastered the human brain to ensure precise diagnoses anyway. Since psychiatrists regularly misdiagnose patients and prescribe the wrong medication, let's eliminate these pseudo-specialists from the doctor/patient equation.

A common phenomena throughout human history, ongoing sadness, has been redefined as depression: the most common diagnosis. However, the human person has apparently been created to be active at all times, mentally, physically, and socially. Keeping oneself as active as possible may counteract or eliminate ongoing sadness altogether. Regardless, happiness (complacency) should come through achievement, not from brainwashing oneself with "the power of positive thinking" or by taking "happy pills." Without achievement, unhappiness is natural.

Casual psychological and psychiatric help can be beneficial because doctors, friends, parents, teachers, and religious leaders often shirk responsibility or are unavailable. So sometimes there's nobody else to talk to. But with friends, a wise older person to regularly confide in, a standard practice doctor to prescribe medication, and highly involving hobbies and interests, there is absolutely no need for psychiatrists or psychologists.

### Psychiatric Diagnoses Verses Christian Diagnoses

In state hospitals undoubtedly many patients feign insanity to escape prison (as Randall Patrick McMurphy), others are mentally handicapped adults dumped there because nobody wants to live with or care for them, yet others are actually extremely damaged, but it's from the drugs and abuse they've gotten from hospital staff, and some are demon possessed. Many such cases have been caught on camera.<sup>(18)</sup> When the Lord Jesus Christ healed people, He did not distinguish between physical and mental ailments since the brain is part of the physical body. After healing people, He left their dignity intact.

As for healing people of demon possession, nobody ever asked Christ to help someone whom he felt was demon-possessed, only to be told, "You're mistaken; he's not demon-possessed, he needs psychiatric help." Modern specialists state that certain types of mental conditions can be confused with demon possession, which is like rediscovering electricity. Since 1573 (decree of the synod of

Reims), churchmen warned about the danger of mistaking mental conditions for demon possession, long before psychiatry debuted.

Many people are denied exorcism, which if it's needed, denying such treatment would be criminal. Yet the validity of psychiatric "help" is rarely questioned. Besides, the psych community never shows the religious community reciprocal courtesy; ironic, since psychiatric treatment has harmed people mentally, physically, and financially, while exorcisms are harmless. Priest Francisco Palau bought a hospice in which he cared for the seriously ill. He exorcised them all: those who were possessed were healed; those who were simply ill from natural causes remained ill.(19) Demon possession would be an excellent explanation for "multiple personality disorder." Admitting we don't know everything goes very far. Interestingly, I had an exorcist as a parish priest.

Psychiatric wards are helpful for withdrawing from hard drug addiction or in extreme cases of mental upset, but that's only around one percent of all cases. People are regularly institutionalized in places like New York's Bellevue hospital for three reasons; danger to self, danger to others, and supposedly being out of touch with reality. **Anyone who hears or sees something that others cannot is accused of visual or auditory hallucinations. Since great religious leaders and saints throughout history regularly heard voices and saw visions, psychiatry would consider them the most mentally ill people extant. Non-believers even considered Jesus "mad."** Others disturbed the peace by imitating an animal or running around naked. Instead of simply being arrested and fined, they are also caught up in psychiatry.

Concerning danger to others, Milwaukee's notorious murderer Jeffrey Lionel Dahmer, who engaged in extremely bizarre actions claimed full recognizance and responsibility. The system agreed and sent him to regular prison where he was killed. If Jeffrey Dahmer was sane, how can others who engage in criminal activity be insane? Besides, prisons have begun to accommodate mentally unstable prisoners with medication, counseling, and special units, eliminating mental asylums. This helps society since they can acquire a trade which can be useful after release, and helps protect prisoners from cruel and unusual punishment. Conclusively, only one reason for being in a mental institution is valid: danger to self.

And according to psych-philosophy, we no longer sin. People aren't lazy and gluttonous, they have "clinomania" and "phagomania." Idolaters have "idolomania," liars have "mythomania," lechers have "satyromania," greedy people have "chrematomia,, and thieves, murderers, and arsonists are victims of "homicidomania," "kleptomani," and "pyromania."(20) Negative crabby people now have "paramania;" stubbornness becomes "oppositional defiance disorder," cowardice becomes a "phobia," and being a pompous ass or obnoxious egotistical jerk becomes "narcissistic personality disorder."

Instead of confessing these problems to a priest, to whom payment is optional, you confess to someone non-religious who bills you. Although one goal is avoiding situations which trigger the behaviors, you also seek to understand them by reiterating your childhood. Much time is wasted since you cannot change the past. And instead of the invariable goal of stopping the behaviors, you may also learn how to best incorporate them into your life. And who knows what goes on behind closed doors in today's institutions.

### The Mental Illness Label

Classifying people as either mentally ill or mentally well, an either or situation, is problematic. Those labeled mentally ill are invalidated or deemed incompetent. Famous actors and actresses have declared themselves mentally ill, usually claiming to have bipolar disorder (formerly manic depression). If people with superior functioning are supposedly mentally ill, I and others with mental handicaps are invalidated by proxy. **Labeling nonconformists mentally ill is reminiscent of the Salem witch trials and is a sophisticated form of bullying. Instead of self-castigation, individuals with mental challenges need self-affirmation.**

An illness is something that can either be cured, run its course, or kill someone, like pneumonia. If something can't run its course, be cured, or kill someone, it's not an illness. Since that's a common sense definition of illness, psychiatrists have tried to convince people that many conditions are something they can cure or that will otherwise destroy the subject. As one arrogant buffoon told my father, "Not allowing my help is like allowing your child to be hit by a truck."

Besides, there has always been disagreement on what is or isn't mental illness. When most people considered homosexuality dangerous and repugnant, men with those proclivities regularly became institutionalized, receiving shock treatments, lobotomies, and other torturous methods of psychiatric "cures," sometimes dying from them. They eventually rebelled, facilitating society's radical turnaround. Consequently homosexuality was removed from the official list of illnesses in 1972.

However, many more conditions are now conveniently labeled mental illness. Besides classic schizophrenia, there's ADHD, Tourette's Syndrome, Alzheimer's, dementia, and panic disorder. ADHD, Tourette's, and similar conditions can be labeled brain damage since they are present at birth. I don't consider a brain damage label insulting. However, illnesses come and go unpredictably. A person with alleged mental illness would then be unpredictable and untrustworthy. Alzheimer's and dementia can be simply classified as the brain wearing out. "Panic disorder" can result from common external reasons, or physical problems such as irregular heart function.

Consider the condition most commonly associated with mental illness: schizophrenia, with its four subtypes: simple, hebephrenic, catatonic, and paranoid. Schizophrenia is supposedly acquired suddenly and mysteriously, with no apparent cause. However, every effect must have a sufficient cause. That drug abuse and sexually transmitted diseases often result in so-called "mental illness" is well established in medical history. For example, syphilis harms people by its spirochetes damaging the body. Spirochetes entering the brain and causing schizophrenia would ultimately be brain damage, not illness. Syphilis often has no symptoms while its spirochetes secretly weaken various internal structures until one's system suddenly collapses. This leads some to believe that conditions such as schizophrenia suddenly wash over someone like an illness. And by painstakingly hiding scandalous conditions, complete obfuscation of causative factors results.

Certainly the more people classified as mentally ill, the more money the psych community makes. There are over four hundred conditions labeled "mental illness" according to the Statistical and Diagnostic Manual of Psychiatric Disorders. Everyone on Earth may eventually be classified as mentally ill, since everyone has personality quirks. So for those stuck with unwanted labels of mental illness, and the fear, misunderstanding, disrespect, and shunning that go with it, may they unite to aggressively change their diagnostic status. Since homosexuals succeeded in causing radical change, others can likewise battle their mental illness label. Consider the book *The Myth of Mental Illness*.<sup>21</sup>

### Alcoholism and Drunkenness

Pamphlets issued by the psych community redefine an alcoholic as anyone who has more than two drinks per day; these pamphlets urge intensive therapy. Since tens of millions average more than two drinks per day, we can see the attempt to ensnare the masses in the psych web from this hype alone. Lest anyone think that society is becoming more loving by supposedly addressing alcoholism, consider that in my small town there were twenty-five bars, fifteen restaurants, and seven other stores that sold liquor. Rather, our avaricious society attempts to make money from people at both ends instead of addressing social conditions that facilitate alcohol and drug dependency.

In extreme contradiction, many who clearly endanger themselves and others are ignored. For example, those thoroughly addicted to hard drugs, or alcoholics who average over a liter of vodka every day roam free until they end up in prisons, asylums, or funeral homes, making money for those who run such places.

Alcohol abuse is a leading cause of mental problems, crime, poverty, and premature death. It causes more people to endanger both themselves and others than anything else.(22,23) Yet psychiatrists and psychologists never advocate the true solution: prohibition; it would hurt their business. Since the 1919-1933 Prohibition provoked organized crime, I would allow people to make their own private liquor, and allow hospitals to administer alcohol, so alcoholics can withdraw safely. However, I would make selling and advertising alcohol illegal, thereby shutting down all bars and liquor stores. Despite so-called conventional wisdom, prohibition was largely a success. To understand how it succeeded, see some prohibition websites; they will explain it to you.24,25

Although Jesus made water into wine, the wine back then was probably around three percent alcohol, against today's nine to eighteen percent. Also, there are no Scriptures references to beer or whiskey. Furthermore, none of the early disciples frequented taverns or worked in bars or liquor stores.

Alcohol sales doesn't even help the economy, it hurts it. Our tax money is eaten by prisoners, those in mental institutions, and welfare recipients, who got in these predicaments via alcohol abuse, and are now unemployed. Our health care system is unduly expensive from people being crippled by drunk drivers.

Undoubtedly the biggest factor in alcoholism outside of the superfluous availability of alcohol is people driving others to drink. These factors should be eliminated instead of calling psychiatrists and psychologists who take advantage of alcoholics with their phony caring. I empathize with loners who drink heavily because they're lonely from being stuck sitting by themselves. But others might be unjustly replacing healthy social relations with alcohol consumption. By taking away their alcohol, they might befriend loners, and thereby eliminate loneliness. With an abundant social life or happily married life, the perceived need for psychologists, psychiatrists, or alcohol would largely vanish.

### Blind Leading the Blind

In an episode of *My Favorite Martian*, the Martian (adopted as Tim's Uncle Martin) is especially irritated with the hot weather since Mars was very cold. To get some rarefied air, Martin climbs a water tower (the temperature is cooler the higher you go). While dangling on the water-tower's precipice, passerby and police think he's a suicidal jumper. Martin agrees to a psychiatric examination to alleviate everyone's concerns. After seeing Martin for thirty seconds, the psychiatrist makes a complicated and thorough analysis of Martin's history and mental psyche from birth until late adulthood which is thoroughly laughable.

Martin thinks he can satisfy the psychiatrist by reading his mind and telling him what he wants to hear. However, the psychiatrist's mind can't be properly read because his mind is elsewhere, such as on his troubled marriage. Martin understands that, and begins discussing the psychiatrist's problems. Ultimately, the psychiatrist becomes the patient and Martin the doctor. (26) I had acquaintances with psychology degrees. After some personal misunderstandings they became offended and shunned me instead of dealing with the conflict. If people who studied the human psyche are so emotionally sensitive and intolerant, their studies are useless.

### Humanistic Psychology and Historic Theology Butt Heads

Modern humanistic psychology allegedly developed from "ignorant notions about absolute universal God-given knowledge of good and evil." Yes, fourth century Church fathers Jerome and Augustine acknowledged the principle of synderesis: full knowledge and conscience given to humanity. However, it is alleged that they believed this as an exclusive principle, which would imply that God created some people to be evil, since some people clearly lacked synderesis.

Supposedly, thirteenth century scholar Thomas Aquinas added the notion of conscientia, comprised of mistake-prone human reason, solving the problem with synderesis alone. Seemingly,



Thomas Aquinas concluded that if only human reason were perfect, bad behavior would not exist. And we now know that many intelligent people have no conscience whatsoever, allegedly exposing the continued ignorance of theologians.

Twentieth century physician and atheist Sigmund Freud originated the concept of a super-ego, replacing most aspects of the theological notion of conscience. Later, twenty-first century researchers noted that environmental factors are more complex than Freud's limited super-ego. Other researchers developed the parallel idea that the gene pool and events in the womb also affected subsequent human behavior. So now "Human behavior is fully understood by nature (biological factors) and nurture (environmental factors), while the early Church's notion of good verses evil is obsolete."(27) Not so fast!

First, the early Church father's understanding has been misrepresented and misconstrued; they never said that their notion of synderesis excluded other factors. For example, you inform a young person that by studying hard, you will get good grades. We don't try to falsify that statement by saying that if someone is mentally handicapped, studying hard won't help them, or if someone gets hit by a truck, their studying would be a waste of time. Rather, we understand the point of what was being said. Apparently, early churchmen attempted to counteract the tendency of people to make excuses for their behavior, instead of trying to write scientific textbooks. Hyperbole: exaggeration for emphasis, is fairly common.

Actually, we know that ancient theologians fully understood human behavior. From the tenth century BC: "Train up a child in the way he should go: and when he is old, he will not depart from it" (Proverbs 22:6). This example emphasizes the environmental factor of parental guidance. Then Proverbs 22:24-25 warns against bad influences in one's environment: "Make no friendship with an angry man....." Thirdly, II Timothy 2:15 (first century AD) declares "Study to show thyself approved"; the opposite of automatic knowledge or conscience. As for the conscienceless, they were known long ago. Timothy 4:1-2 seemingly describes sociopaths whose conscience was "seared with a hot iron." However, the blame was on the individual for either deadening their own conscience or failing to seek enlightenment.

Biological factors were downplayed, because you cannot change your own biology. However, pregnant women stayed at home, and were discouraged from excessive alcohol use, smoking, and other harms, which helped protect the baby. Decrees to segregate the population (for example Exodus 33:16: ".....we shall be separated from all the people that are upon the face of the earth") would have ensured a pure gene pool. These teachings predated Jerome and Augustine.

In conclusion, the early Church had a tripartite vision of humanity, consisting of nature, nurture, and the battle between good and evil, while modern psychology lacks understanding. Besides, Christians were admonished not to judge the exact degree of personal culpability, but rather acquiesce to God's judgment of exact degrees of righteousness or evil at the world's end. Besides the influence of Christianity, humanity's shift from barbarianism to civilization can be explained through technological advancements, not because ancient people lacked psychotherapy sessions. See Chapter 20.

### Butting Heads yet Again

To my dismay, modern theologians have declared that psychoanalysis is harmonious with and complimentary to Christianity. To keep this simple, I'll mention one particular theologian and respond. The chapter *Morality and Psychoanalysis* in C.S. Lewis' *Mere Christianity* lauds psychoanalysis.(28) Here are its inherent problems:

First, Mr. Lewis admitted that he didn't know anything about psychoanalysis. He also admitted that the underlying philosophy of psychoanalysis contradicts Christianity and the analysts contradict each other. Besides, Mr. Lewis declared that homosexuality is a mental illness, the position that psychoanalysts took in his day. This supposition has been completely discredited. He also declared that psychoanalysis would be indispensable to cure such neuroses as the pathological horror of cats. Yet

even today, phobias of relatively innocuous subjects such as cats, clowns, and beetles are relegated to comical movies and absent in real life. This is like a mouse causing Curly from the Three Stooges to have a psychotic episode and feeding Curly cheese cured him. Besides, Mister Lewis had no first hand experience with the psych professions as I have. Finally, he was at a disadvantage by writing in the 1940s, while I write in the computer age. Subsequent editions of C. S. Lewis's otherwise excellent book should exclude this addeleated chapter.

A psychiatrist babbled: "A generation ago psychiatrists easily committed people as a danger to themselves or others instead of facing legal constraints that often prohibit involuntary commitment today. The increase in homelessness and random violence is the consequence. This increase cannot be because of destitution since poverty has declined. And most homeless people are mentally ill. Yet we let them die for freedom's sake. And though people can sense when someone is mentally ill and dangerous, we allow them to kill before being forcibly treated. And random mass murder in America is three times more common than a generation ago when gun laws were weaker and involuntary commitment laws were stronger."<sup>29</sup>

However, there are different measures of poverty not just one. With expensive housing and housing shortages, people are poorer in that sense. Today, many people should be in prison instead of early release into the streets, there's a shortage of group homes for handicapped adults, and people today want their independence instead of living with parents or roommates to split the bills. Violence soaked entertainment can be blamed for shooting sprees and other unusual violence. And today, there are a lot more broken homes and social isolation. And although gun laws are stronger, there are a lot more guns now. Also, Christian values in general have been dis-appearing over the last generation. That's nine reasons right there. And is letting people die in a mental institution without their freedom the solution to letting people die on the street with their freedom?

Also, people CANNOT sense when someone is dangerously disturbed. No word association or inkblot tests, combinations of likes or dislikes, analysis of facial expressions and physical characteristics, brain scans, or even combining all these techniques proves anything. <sup>25</sup>Communication Fails further examines the idea of people trying to read and analyze others. And consider that the brain of notorious serial killer John Wayne Gacy was removed and analyzed after his death; it was completely normal.<sup>30</sup>

Besides, suicide rates of psychiatrists and psychologists often exceed those of average people.<sup>(31,32)</sup> Since they can't even solve their own problems, they should be completely discredited and utterly repudiated.

### Summary

Some have been harmed by religion to become A-theists. But psych-philosophy regularly harms people, while practitioners remain largely unquestioned. Besides, psych-philosophy is not science; it's no more scientific than astrology. It's the supreme insult; a stranger telling me how to operate my own brain. Since I've been offended by psych-philosophy I've become an A-witch-doctor.

Though Christianity has been twisted, causing misery, Christianity started with the right foundation. When correctly applied, Christianity betters the world. That sharply contrasts with psych-philosophy, which was founded on a muddled contradictory mess, creates misery, and invariably take people's money. "Psychoanalysis" is just a fancy word for judgmental-ism. You can call it supercalifragilisticexpialidocious and it's still a form of unrighteous judging and declaring others to be freaks.

What mentally troubled people need most is love and understanding, sometimes discipline, and sometimes compassion. Most mentally troubled people are disturbed because they are not loved or understood to begin with. Society causes its own problems. The best thing we can do to assuage others' unfortunate circumstances is to love them dearly, treating them the same way we'd want to be treated,

not condemning them, capturing them, zapping them with electricity, or drugging them without cause. These principles, though simple, require extraordinary effort. The bottom line is: we CAN accept those who are difficult. Love is the answer.

