

SPEARS: The Essence Space

**A Therapeutic Tool Bridging
Faith and Science**

Karl Benzio, MD (kbenzio@gmail.com)

**HONEY
LAKE**

CLINIC

Today's Goals

- Jesus' Connection to Behavioral Health
- Importance of Decision-Making
- Spirit, Mind, Body Integration Concepts
- Learn SPEARS evidence-based treatment model

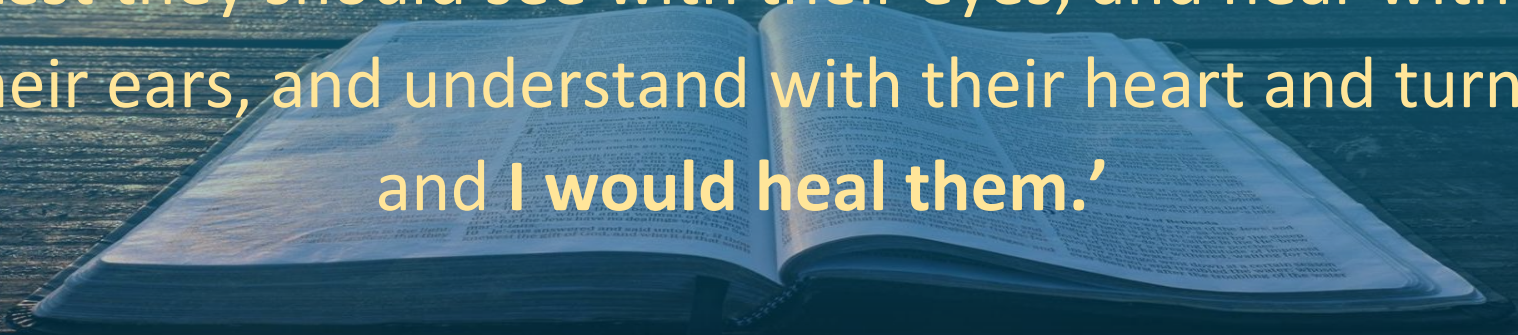
Why did Jesus come to Earth?

**Start a Behavioral
Health Revolution!**

**Wonderful Counselor + Great Physician =
Perfect Psychiatrist**

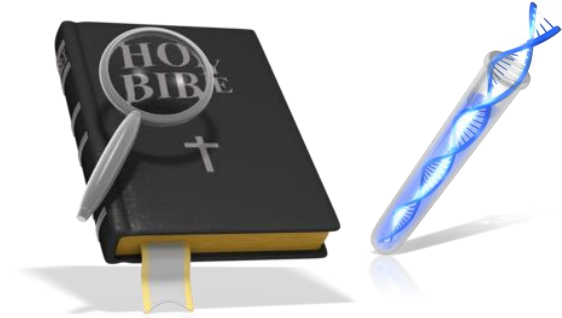
Jesus' PsychoSpiritual Healing Rx – Matt 13

**Lest they should see with their eyes, and hear with
their ears, and understand with their heart and turn,
and I would heal them.'**



SCIENCE AND FAITH

- Darwin and Freud – tangible, reproducible, metrics, Seen
- **Faith:** the assurance of things hoped for, the conviction of things not seen. Heb 11:1
- **Dr. Karl Definition of Science:**
 - The study of what God made
 - Understanding how He designed it to work
 - Learning how to maximally steward it for God's glory and our abundant living





PSYCHIATRIC SCIENCE

The tool to help us operationalize
Biblical Truth into Biblical Living -
Practical NeuroTheology



Your wish is my command!

1 Kings 3:5-9

- Solomon
- Family and upbringing
- Solomon's wish
- God's response
- DM most important thing we have 100% control over
- Poor DM would lose everything else
- DM most important Spiritual Discipline



Brainworks: My Brain

- 1990's Decade of the Brain
 - Perceives
 - Responds
- Skin / Stress
 - GI/Cardiac/MuscoSkel
- Panic Disorder Study

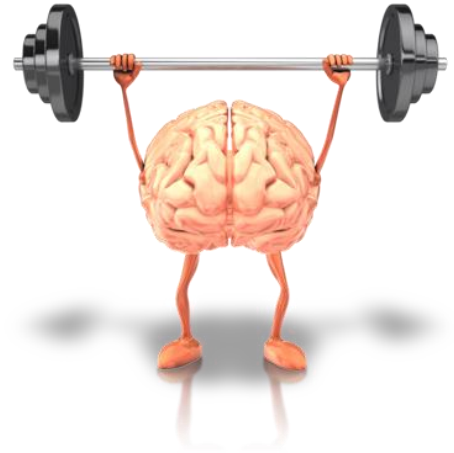


Heart of Transformation: **Decision-Making**

- NO biological Intervention
- But Brain Chemistry Improved/Renewed

Decision-making is the exercise for brain

- Good decisions = stronger brain
- Bad decisions = injured brain
- **NEUROPLASTICITY**



Integration and Decision-Making are Key

- **What** determines accurate Perception and healthy Response?
 - Human Manuals – Distorted lenses and response
 - Holy Bible – God's Instruction Manual
- Decision-making is where science and faith Meet
- Decision-Making is a **Neurobiological Intervention**
- Decision-making infuses our theology into neuroplasticity = **Practical NeuroTheology**
 - **Which Theology are we going to use?**

Body, Mind, & Spirit Integration – Computer Model

Body =
Physical
Hardware

Mind =
Operating
System

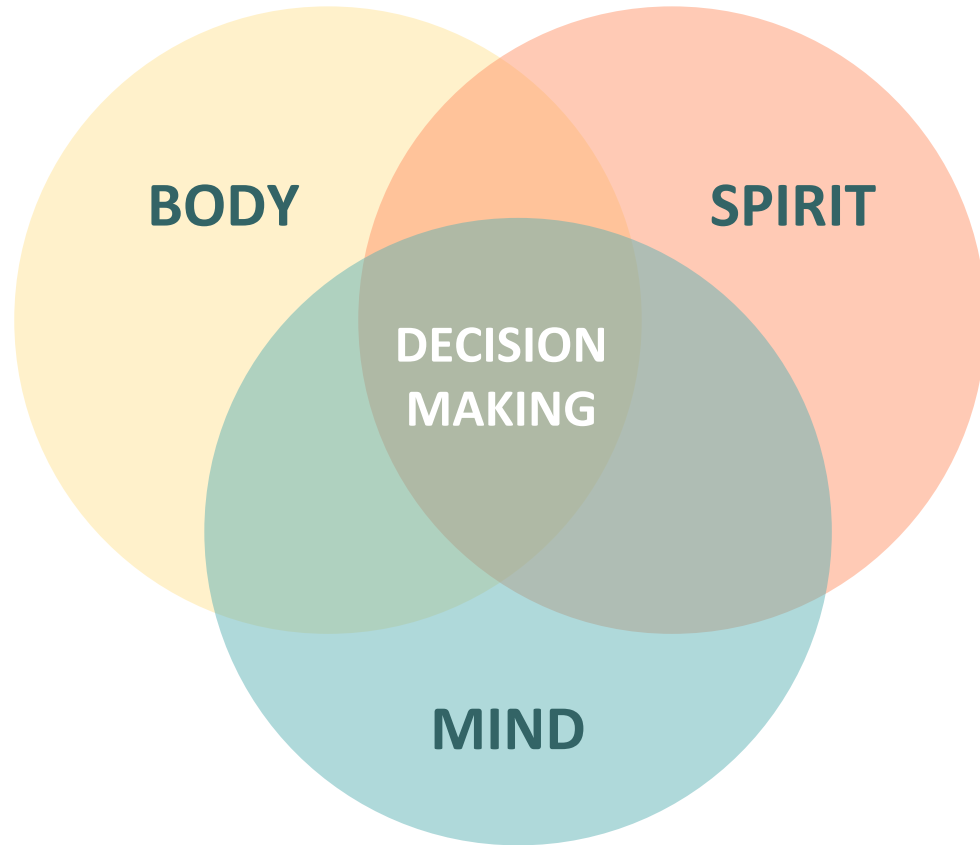
Spirit =
Owner

External Spiritual: God = Designer

Instruction Manual = B.I.B.L.E. or our Own

External Spiritual: Satan, World = Viruses, Hackers

Decision-Making Intersection of spirit, mind, and body



Decision-Making Points

- Decisions determine your life
- Key forks or turning points in your life's journey
- Rewind Button would be awesome
- Classes in English, Math, Science, DM?
- Most people – Random
 - E-M-M-M, R-P-S, Dice, Magic 8 Ball, Coin Flip
- BIBLE - Jesus, Paul, Solomon, David, Peter, James,
 - Biographies
- Strategy Necessary

SPEARS = Practical NeuroTheology

Psychotherapeutics

- CBT, DBT
- REBT, EFT
- EMDR
- Interpersonal Therapy (IPT)
- Mindfulness
- Meditation
- Psychodynamic Psychotherapy
- Motivational Interviewing (MI)

Spiritual

- God
- Jesus Christ
- Holy Spirit
- Bible

SPEARS WORKSHEET

STIMULI:



PERCEPTION:



	Deconstruction	Reconstruction
	OLD WAY= Me-centered	NEW WAY= God-centered and God-directed
Rubik's Cube		
Greatest Perceived Need		
Greatest Perceived Threat		
Life Depends On		
Confidence		
Motivation		

EMOTIONS:



Volume	E =	T =	Volume	E =	T =
--------	-----	-----	--------	-----	-----

ASSESSMENT:

Use GPN, GPT, LDO, C, M to assess options and pros/cons; also effects on Spirit, Mind, Body



Decon

Recon

Options	Pros	Cons
1.	1.	1.
2.	2.	2.
3.	3.	3.

RESPONSE:



SUMMARY THOUGHT:

Deconstruction	Reconstruction
Deconstruction	Reconstruction

PAIN:

Old Beliefs	New Beliefs

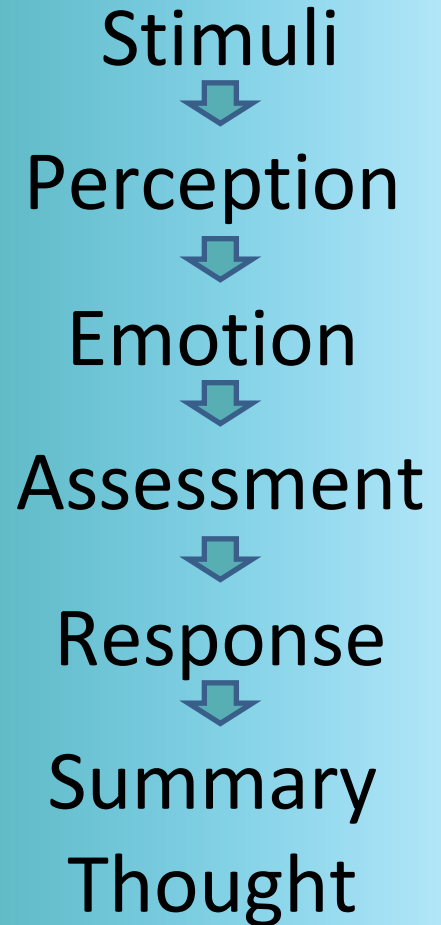
Viktor Frankl, MD

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”



SPEARS

- Slow the action
- All the elements
- Right sequence
- Requires thought
- Requires intention
- Requires practice



Stimuli

- Stimuli is anything that acts on or mobilizes your coping mechanisms
- All stimuli is neutral
- WHY? God is sovereign
 - Parent/Coach/Teacher
 - Lemons to Lemonade

Stimuli



Perception



Emotion



Assessment



Response



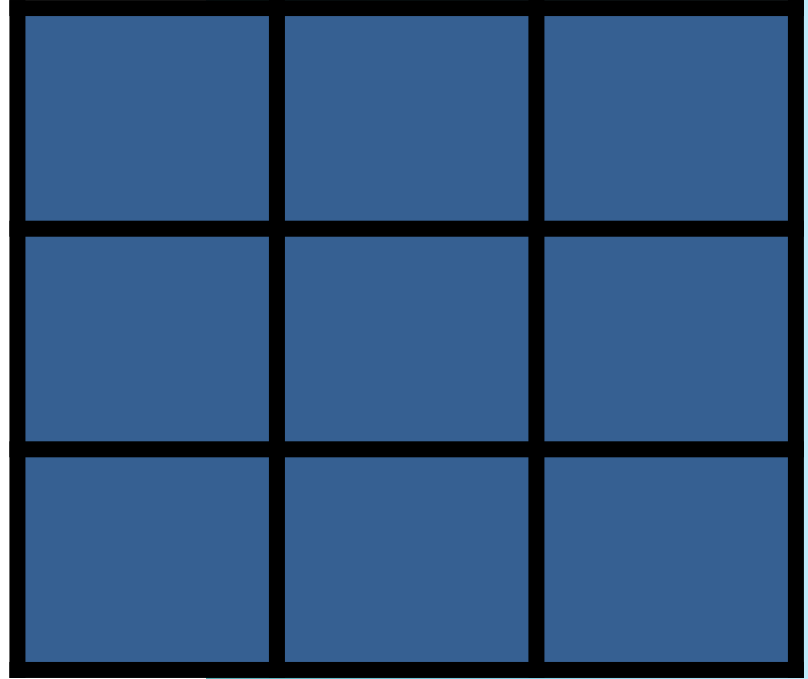
**Summary
Thought**

What word do
you see?

GOOD

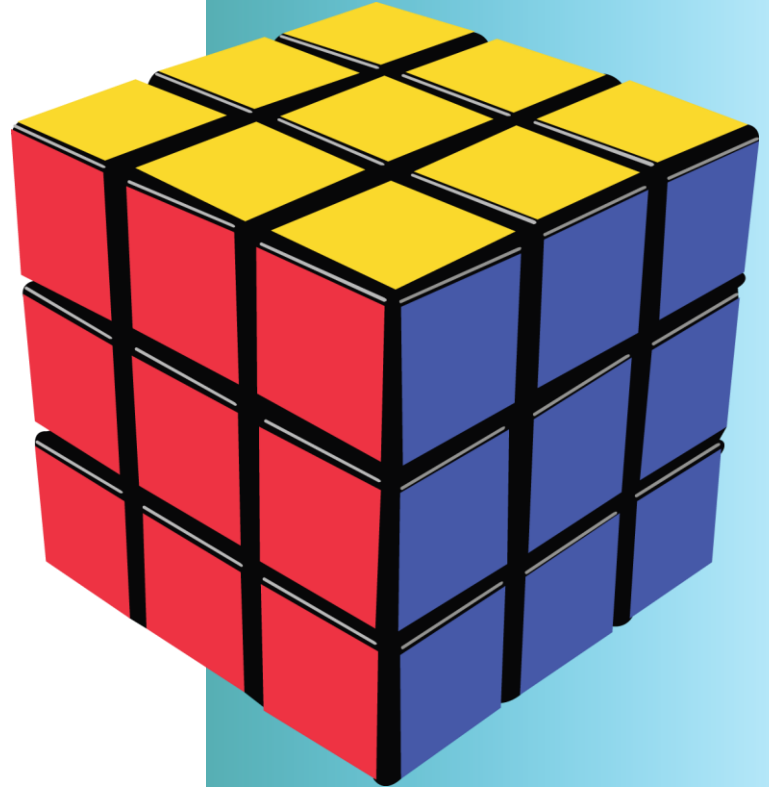
TEST!

- How many squares are there?
- Hint: What is the most important question?
- Is this the only way to view this?



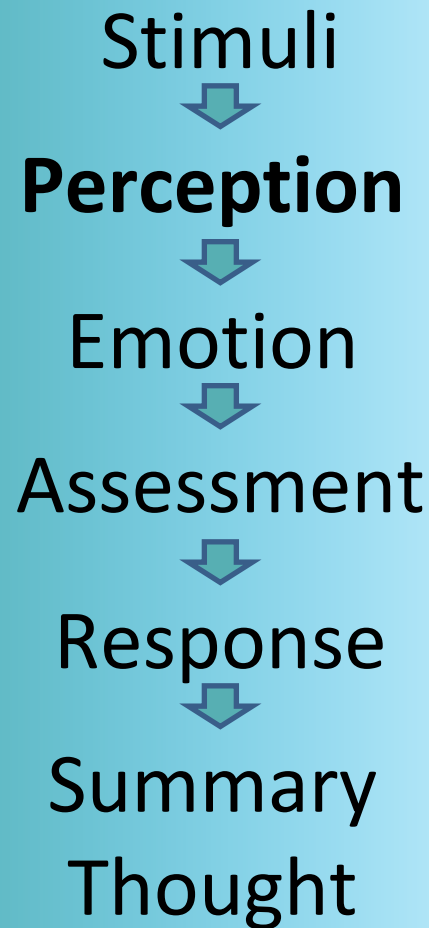
Perception Exercise

- **Things are not always as they seem: 84!**
- Assumptions
- Jumping to conclusions
- Knee-jerk reactions



Perception

- Perception is what really drives the decision-making process
- Unconscious
- Mind is fast and powerful
- Devil Dogs
- Adversary with a Strategy
 - Deception
 - FOO



SPEARS WORKSHEET

STIMULI:



PERCEPTION:

	Deconstruction	Reconstruction
	OLD WAY= Me-centered	NEW WAY= God-centered and God-directed
Rubik's Cube		
Greatest Perceived Need		
Greatest Perceived Threat		
Life Depends On		
Confidence		
Motivation		

EMOTIONS:



Volume

E =

T =

Volume

E =

T =

ASSESSMENT:

Use GPN, GPT, LDO, C, M to assess options and pros/cons; also effects on Spirit, Mind, Body

Decon

Recon

Options	Pros	Cons
1.	1.	1.
2.	2.	2.
3.	3.	3.
1.	1.	1.
2.	2.	2.
3.	3.	3.

RESPONSE:



SUMMARY THOUGHT:

Deconstruction	Reconstruction
Deconstruction	Reconstruction

PAIN:

Old Beliefs	New Beliefs

Filters

GPT

- Greatest Perceived Threat

GPN

- Greatest Perceived Need

LDO

- Life Depends On

C

- Confidence

M

- Motivation

Emotions

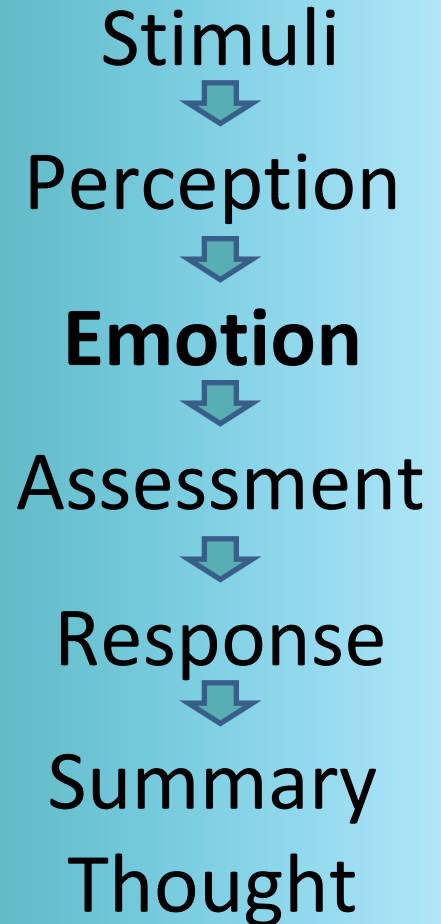


God has lots of emotions!

- Anger – Mat 23, Mark 3, John 2, 2 Kings 24
- Jealousy – Exodus 20, Deut 6
- Sad/Wept – Luke 19, John 11, Heb 5
- Troubled – John 12
- Forsaken – Matt 27
- Abandoned – Matt 27
- Tempted – Matt 4
- Worried – Luke 22

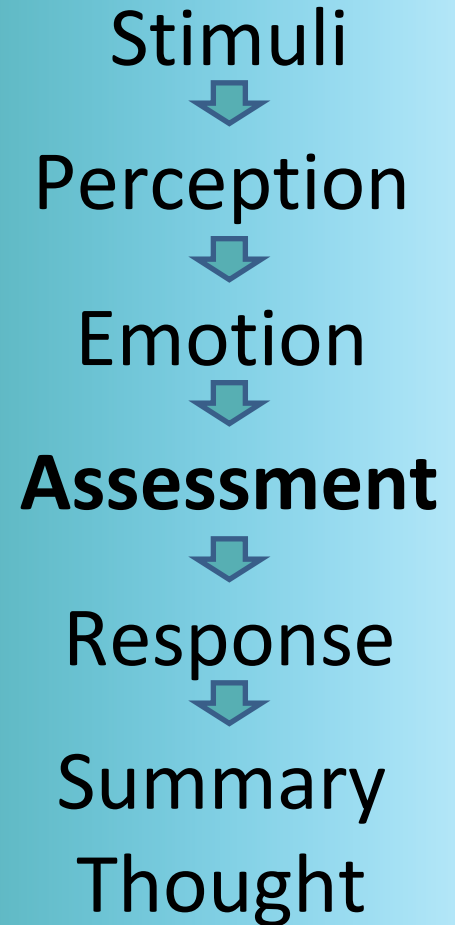
Emotions

- Warning system
- Not a decision-making system
- Distort reality
 - Court – Lynch mob mentality
 - Doctors
- Volume Buttons – Athlete, Cancer
- Biblical truths, psych skills, psych meds soothe



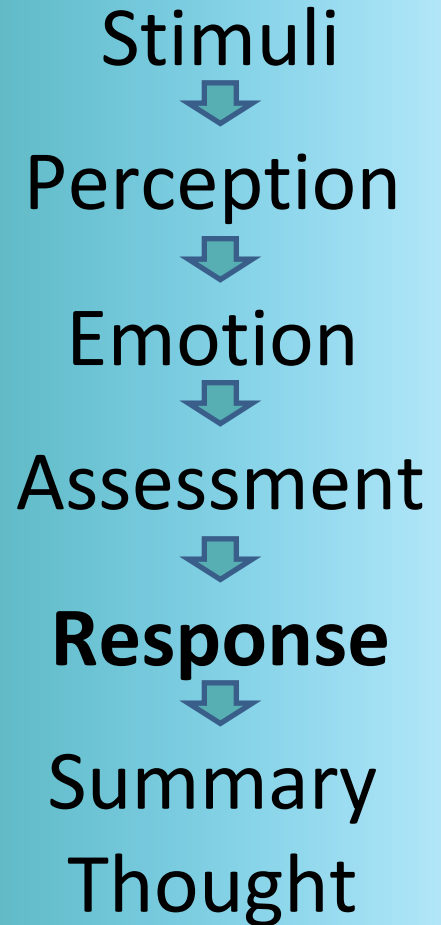
Assessment

- Tiger or Man
- Options
 - Don't jump at first option
 - Pros and Cons
 - Weigh pros and cons using the filters (GPT, GPN, LDO, C, M)
 - SMB Damage/growth
 - Motivators
- Sometimes a combo of options



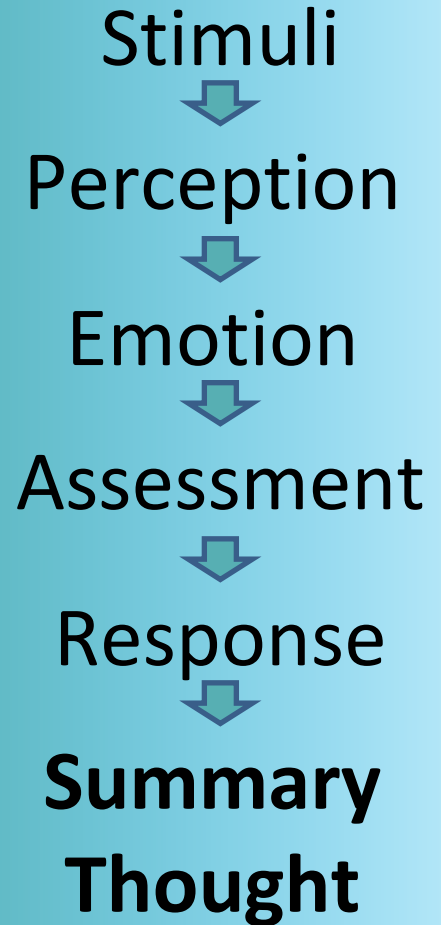
Response

- We need a relationship with God
- We need to put on the Armor of God
- Is this helping me or others become more Christ-like?
- WWJD?
- Mark 12:30
- HS on the throne



Summary Thought

- After review of each element
- Celebrate our successes, and learn from our failures
- Are my responses working for long term health
- **Heart Change**
- Self-reflection and assessment is paramount
- **Autopsy**

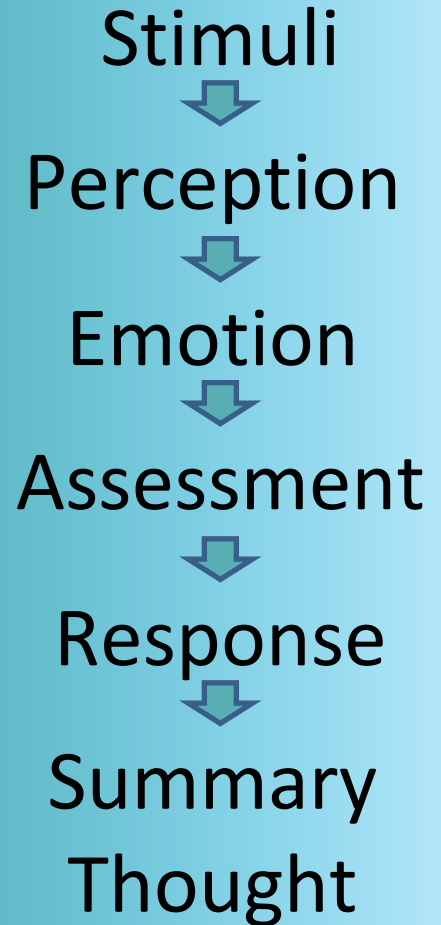


Driving force for dysfunction

PAIN

Old Beliefs

New Beliefs



Main Problem

Old Beliefs - Lies

Negative feelings are bad

I am all alone

We can't endure negative feelings

We only have skills and of 8 yo

Talking about them is bad

One variable is same, so all are same

New Beliefs - Truth

Negative feelings = warning system

Jesus is with me, hook his yoke

We can endure and grow;
God will meet us and give peace
We have skills and of an adult

Talking about them is good

One variable is same, so only one is same

SPEARS WORKSHEET

STIMULI:



PERCEPTION:



	Deconstruction	Reconstruction
	OLD WAY= Me-centered	NEW WAY= God-centered and God-directed
Rubik's Cube		
Greatest Perceived Need		
Greatest Perceived Threat		
Life Depends On		
Confidence		
Motivation		

EMOTIONS:



Volume	E =	T =	Volume	E =	T =
--------	-----	-----	--------	-----	-----

ASSESSMENT:

Use GPN, GPT, LDO, C, M to assess options and pros/cons; also effects on Spirit, Mind, Body

	Options	Pros	Cons
Decon	1. 2. 3. _____	1. 2. 3. _____	1. 2. 3. _____
Recon	1. 2. 3.	1. 2. 3.	1. 2. 3.

RESPONSE:



SUMMARY THOUGHT:

Deconstruction	Reconstruction
Deconstruction	Reconstruction

PAIN:

Old Beliefs	New Beliefs

Jesus' Psychospiritual Healing Rx

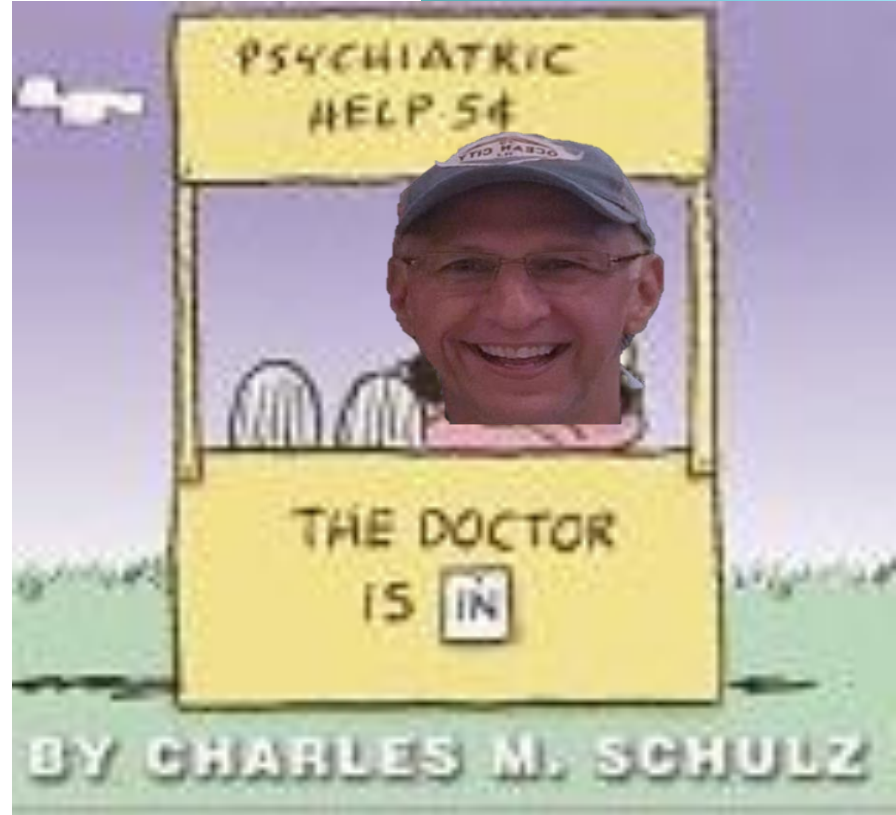
Lest they should see with their eyes, and hear with their ears, and understand with their heart and turn, and I would heal them.'



THANK YOU!

Happy to answer
any questions

Kbenzio@gmail.com



Deconstruction

S – “Screen Door is Broken”

P – Rubik – Intruding on my agenda for the day

GPT – not good enough, incompetent, not in control

GPN – control, competency, power, authority

LDO – me being in charge to minimize pain

C – my ability to control and manipulate, verbally argue, control
= power = soothing

M – not feel the pain, be in charge or in control, do what I want
to do when I want to do it

Deconstruction

E – incompetent, worthless, failure, poor husband, falling behind, angry

E Volume = 8 T Volume = 1

A – ignore, yell (leave me alone, I'm busy), shift blame(you and girls broke it), pick on her (laundry not done),

pros/cons based on my filters/motivators

R – ignore, then blame them

Deconstruction

ST – got her off my back and on a different topic, get to do my agenda and watch the game

Pain – incompetence, no control, exposed, out of agenda

old beliefs: I'm a little kid, people telling me what to do,
blaming me, I'm responsible for their feelings, this will ruin my
day and all my other activities

Reconstruction

Pain – new beliefs:

- Neg feelings are only warning system
- God is sharing my yoke
- God provides peace and comfort
- I'm an adult
- Won't last long
- He brought this for a reason for my growth so embrace it
- Opportunity to grow (person and in my marriage)

Reconstruction

S – “Girl’s Shower Faucet is Broken”

P – Rubik – Opportunity and chance to serve my wife

GPT – dishonoring God, Flesh on throne, out of God’s will

SMB impact, hurting my wife

GPN – God’s will, please God, SMB growth, fruit of Spirit,

LDO – Mind of Christ – SMB growth, Ambassador

C – God’s promises, Love, Forgiveness, Character, Instruction,
His plan has worked in the past

M – SMB growth, Fruit of Spirit, giving back to God

Reconstruction

E – interested, curious, connected to wife, slight excitement, slight financial worry but know God provides

E Volume = 3.5 calming to 1.5

T Volume = 8

A – “wait till I am finished”, teamwork, check it out, call handyman, check our budget, go to home depot together

pros/cons based on my filters/motivators

R – ask her to wait 15 minutes then we check it together, agree we can live with it but if it gets worse, call handyman for advice

Reconstruction

ST – honored God, wife, myself, SPEARS was good, SMB +,
fruit of spirit, no fruit of flesh

Pain – not much relational and was able to rely on God to see
me through the slight disruption and financial concern

Summary

- Jesus started a BH Revolution – for your freedom, peace, joy
- Psychiatric Science is a great spiritual tool
- Decision-Making Skills the Key to Practical Theology
- DM SPEARS Mechanics truly allow us to
 - Slow the mind down
 - Take every thought captive to the obedience of Jesus
 - Apply the Bible accurately and thoroughly
 - Be more intentional and autopsy your decisions
 - Reveal and restore our ESSENCE

Final Encouragements

Isaiah 26:3 – He gives him perfect peace
whose mind is fixed on Thee, because he
trusts You.

Decisions determine your life, so choose well.

THANK YOU!

Happy to answer
any questions

