SPEARS: The Essence Space

A Therapeutic Tool Bridging Faith and Science

Karl Benzio, MD (kbenzio@gmail.com)
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.’
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
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 Psychotx
- Motivational Interviewing (MI)

Spiritual
- God
- Jesus Christ
- Holy Spirit
- Bible
SPARS WORKSHEET

STIMULI:

PERCEPTION:

<table>
<thead>
<tr>
<th>Public's View</th>
<th>Perception Needed</th>
<th>Perceived Threat</th>
<th>Life Dependence</th>
<th>Confidence</th>
<th>Motivation</th>
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EMOTIONS:

<table>
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<tr>
<th>Volume</th>
<th>E</th>
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ASSESSMENT:

Use GAP, GPT, LOG, C, M to assess options and pros/cons; also assess on Spirit, Mind, Body

<table>
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RESPONSE:

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SUMMARY THOUGHT:

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PAIN:

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<th>Old Beliefs</th>
<th>New Beliefs</th>
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“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
  ↓
Perception
  ↓
Emotion
  ↓
Assessment
  ↓
Response
  ↓
Summary
  ↓
Thought
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
What word do you see?
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
**Stimuli:**

**Perception:**

<table>
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<td>OLD WAY: Me-centered</td>
<td>NEW WAY: God-centered and God-directed</td>
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- Public's Cube
- Greatest Perceived Need
- Greatest Perceived Threat
- Life Depend on
- Confidence
- Motivation

**Emotions:**

| Volume | E = T = | Volume | E = T = |

**Assessment:**

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

**Response:**

**Summary Thought:**

**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

Stimuli

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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

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**Response:**

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Reconstruction

**Summary Thought:**

Deconstruction

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THANK YOU!

Happy to answer any questions

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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
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