

Prozac in the Pew

Some Christians Feeling Bad about Feeling Good

PORTLAND, Ore., Sept. 30 /Christian Newswire/ -- In a part of the country known for its gray and rainy skies, two local Christian doctors, Gary Lovejoy, Ph.D., and Gregory Knopf, M.D., are attempting to shed some light on the darkness of depression and how to treat it. Those efforts include the release of their new book, *Light on the Fringe: Finding Hope in the Darkness of Depression*, and the development of "Breakthrough" seminars aimed at helping those who are suffering with it.

Although depression affects 120 million people worldwide today, in biblical days it also could be found in many of God's faithful servants. There are many Christians with clinical depression living in its hellishness believing that, because they are unhappy, they are spiritual failures.

Both Drs. Lovejoy and Knopf have witnessed the confusion, pain, and frustration that comes when Christians ask, "Is my depression a symptom of my spiritual condition?" They have heard talk from the pulpit that paints depression as the result of sin, lack of faith, or even a demonic influence. It's no wonder, then, that many Christians choose to keep their battle with depression private. This shame continues to create a stigma around depression--preventing the 90% that could be helped by medication and counseling from receiving it.

In *Light on the Fringe*, to be released in October, Lovejoy and Knopf provide a medical and psychological look at depression through the eyes of two doctors who have spent over 30 years not only studying the research, but also reflecting on their clinical experience and searching their Bibles for answers as well.

"Sometimes," says Dr. Lovejoy, "Christians regard any emotional battle as a sign of spiritual deficiency, which prompts them to hide their depression for fear they'll be rejected. What would happen if rather than avoiding those who are hurting or 'in a bad place,' we actually came along side them with encouragement to seek help by counseling or medical treatment?"

Light on the Fringe offers a medically up-to-date, psychologically vibrant, and theologically sound perspective on the alarm system depression really is. According to Lovejoy, "Understanding what God has to say about depression and how He responds to us when we are struggling with it tells us much about the God we serve. It also tells us how we can use the experience of depression as a vehicle of growth that will, in time, strengthen our relationships with others and deepen our faith in God."

Knopf adds, "Our emotional signals are a part of the divine image God gave us. Any warning system, such as depression, though unpleasant to experience, is meant to guard that image."

Other topics in *Light on the Fringe* include the negative and inaccurate stereotypes of depression, the difference between humility and low self esteem, change-resistant people, efficient worrying, the problem with carrying grudges, and much more. *Light on the Fringe* has a foreword by Christian psychologist and author Dr. Gary Smalley, and also includes a Commonly Asked Questions section, the Hamilton Survey for Emotions and Physical Wellness, an Irrational Beliefs test, a Medication Overview, and a Treatment Guide for Patients with Depression.

Dr. Knopf has also authored a medical guidebook titled *The Christian's Guide to Depression and Anti-Depressants: Clearing up the Confusion*. In this helpful booklet, to be released this September, is detailed information in layman's language about the medical factors, conditions, and risk factors that may lead to depression. It also includes up-to-date information about current assessment tools.

According to the doctors, we need not fear depression, nor should we use it as a weapon to pronounce judgment against ourselves. These reactions only undercut the real meaning of the valuable experience of depression.

Light on the Fringe: Finding Hope in the Darkness of Depression
By Gary Lovejoy, Ph.D., and Gregory Knopf, M.D.

ISBN-13: 978-0-9842177-0-0

Pages: TBD

Size: Trade paper

Price: \$14.99

The Christian's Guide to Depression and Anti-Depressants: Clearing up the Confusion

By Gregory Knopf MD

ISBN:

PAGES: TBD

Size: 5 x 7 1/4 paper

Price: \$4.99

For more information about the Breakthrough Seminars or In The Light Communications

http://rs6.net/tn.jsp?et=1102737160707&s=18155&e=001WwTNZuW34soXS-N8xQGw3b0idOhqo99at_NOCqdO10udXNtrHk6MRiQzNRxM-hF8bb5U_aWaTzbipL4cBgf57tFI1_dmoJQyCbQU2rvCo5Cr_RsxMaYuDz27f_qjS85.