

**PSYCHIATRIC CRISIS: IMPLICATIONS FOR
PASTORAL CARE AND COUNSELLING.**

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By

JOHNSON OLUSOLA OLATUNJI

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ABSTRACT

This essay titled “Psychiatric Crisis: Implication for pastoral Care and Counselling” intends to spur both the Pastoral Care givers and the Church towards the need of their care giving ministry: and thereby encouraging development of programmes to dispenses these needs. In accomplishing this objective, the study presents the potentials of Pastoral Care and Counselling as effective remedy to the menace of mental illness, it equally advocates for the education of persons on the subject of Psychiatry so as to identify the demands of this scourge on the individuals

The essay has five chapters. Chapter one deals with the statement of the problem, the statement of the purpose of the essay, the relevance of the essay for research, delimitation; definition of key terms and the organization of the essay.

Chapter two examines some cultural beliefs about mental illness and also presents the biblical view, it identifies the types of mental illnesses and some of the cursive factors of the ailment.

Chapter three examines the role of the Pastoral Care Giver to the mentally sick, it also enumerates uniqueness of the discipline of Pastor Care and Counselling.

Chapter Four examines the role of the church to the mentally sick. It identifies reasons why some mentally sick victims failed to regain wellness and the ways of continuous *ministering to this category of people*.

Chapter Five contains the proffered recommendations which the writer deduced from the essay findings. It is the writer’s personal conviction that the diligent observance and application of these measures will significantly effect recovery to wholeness to the patients of mental illness.

CONCLUSION

Mental illness is found to be one of the prevailing illnesses which affects a substantial number of the peoples in the world²⁰, as grave as this development on the society, so is the implication for Pastoral Care and Counselling.

It has been advised that Mental Health Care services workers understand the systems of practice of “alternative medicine” for the sake of the fact that “more than half of the patients that go to the mental health institutions for treatment also consult other available treatment system which uses diagnostic treatment system different from the western type of medical practice²¹.”

Objectively, this work has strongly advocated for the need of proper recognition and integration of Pastoral Care and Counselling into the Mental Health network not necessarily as an “alternative Medicine” but rather as the most suitable and inevitable complimentary system of mental health alongside western medicine. The writer has moderately presented the features of mental illnesses, the provision of Pastoral Counselling and the ways of it’s adaptation to foster mental health.

As a trained agent of wellness, the Pastoral Counselor who is an integral part of the psychiatric healing team is shouldered with the tasks of dispensing pastoral attention to the mental patients, their relatives, educating the faith commentary on moral, ethical and social issues and helping all to have a borderline for mental health.²² Thus “it is the conviction of the writer that pastoral counseling theory and practice are at a crossroads and must turn a corner if they are to respond to the opportunity for a renewal ministry of enlarged dimensions. If

²⁰ Ebie J. C. “Why should Nigeria Bother About Psychiatry” Mental Health in Africa (Ibadan: University Press, 1982), p. 137

²¹ Michael Ekpo ed; Mental Health Handbook for Primary Health Care Workers (Nigeria: Zat - Tonto Printing Ltd., 1996) p.7

²² Howard J. Clinebell Jr. Basic Types of Pastoral Counselling. P. 17.

the corner can be turned, a new chapter will begin in the church's ministry to the heavy – laden. This new chapter can be without equal in the history of our faith.