

Gospel Therapy

Workshop Promotion Materials

The next three pages contain three styles of 8½ x 11 bulletin inserts pages. Print the same page front and back, then cut sheets in half.

8½ x 11 full sheet posters are available in a separate .pdf file

First Page Style for Black and White Printers & Copiers

Second Page. Full Color Style for Color Lasers or Inkjet

Third Page. Style for Colored Paper in a Color Lasers or Inkjet
Preferred Paper Colors Are Ivory, Buff or Yellow to Compliment the Book

**Print only the page which
fits your printing situation.**

“Gospel Therapy”



A New Vision of Life Through Christ

© Rev. Daniel Lee Krueger ~December, 2005

**A Workshop Designed to Help People
Understand and Address the
Physical, Mental, and Spiritual Components of
Depression and Anxiety**

Saturday ~ May 5th, 2007

9:00 a.m. - 3:00 p.m.

Cost: \$22.00 (Includes Book and Lunch)

**Location: Our Redeemer Lutheran Church
2145 John F Kennedy Rd. Dubuque, IA 52002**

**For More Information or to Register Online Go to
www.gospeltherapy.com**

Or Call Our Redeemer Lutheran at (563) 588-1247

Workshop Schedule

8:30 - 9:00 a.m.	Registration
9:00 - 9:15 a.m.	Welcome and Opening Devotion
9:15 - 10:30 a.m.	Our Bodies and our Mood. (Understanding how drugs, diet, sleep, exercise, affect our brain)
10:30 - 10:45 a.m.	Break
10:45 - 11:45 a.m.	Life Styles and Choices that affect Mood
11:45 - 12:45 p.m.	Lunch
12:45 - 1:45 p.m.	Part I: Defining Thinking Styles and their Gospel Solutions
1:45 - 2:00 p.m.	Break
2:00 - 3:00 p.m.	Part II: Defining Thinking Styles and their Gospel Solutions

What Is “Gospel Therapy”

Roughly 9.5% of American adults currently have a depressive disorder. The overwhelming majority of people treated for mood disorders such as depression and anxiety use a “medication only” approach. Research estimates that roughly 75% - 80% of patients will relapse with this approach, while patients receiving drug and cognitive therapy lower their relapse rate to 25% - 40%.

“Gospel Therapy” begins with the premise that body, mind, and spirit can not be treated separately. “Gospel Therapy” does not dismiss drugs as a piece of the treatment puzzle for mental health, but it recognizes that mental health involves the whole person: body, mind and spirit. A portion of the “Gospel Therapy” program focuses on diet, sleep, and exercise as components of mental health.

- Serotonin, the target of most depression and anxiety medications, is made from an “essential” amino acid that must be present in your diet.
- Every nerve cell and brain cell in your body is shielded by a layer of fat. Your body can not make this fat, and the average American diet is deficient in this particular type of fat.
- Several recent studies have shown how sleep and exercise patterns have a direct correlation with depression and anxiety symptoms.

“Gospel Therapy” draws on the resources of secular psychology which has identified “Cognitive Therapy” as an effective tool in combating depression. Both treatments produce physical changes in the brain, but in different ways.

- “Anti-depressant” therapy alters brain chemistry in a way that decreases your emotional response to stimulation, including sadness and joy.
- “Cognitive Therapy” changes how your brain interprets life, and deals with sad thoughts. Instead of emotions being dampened, they are dealt with in a more appropriate way.

“Gospel Therapy” addresses the same thinking styles identified in secular cognitive therapy, but gives unique answers rooted in the “Good News” about Jesus. “Gospel Therapy” provides answers to problems the world can’t resolve.

Sigmund Freud once said that if a patient, “represents his ego to us as worthless, incapable of any achievement and morally despicable . . . He must surely be right in some way.” The Christian faith is fundamentally about hope for the hopeless, forgiveness for the guilty, and rest to the weary. The Gospel of Jesus offers hope and certainty in ways that secular psychology can not offer.

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