



## **Psychology and Brain Research**

The foundations of man's existence are based on God's Word. The study of psychology itself does not have an anti-Christian bias, as some believe. It is like any other scientific study. Geology, paleontology, anthropology, archaeology, physiology and psychology all try to understand God's creation or deny His existence.

Psychology is a relatively young science. It is only about a century old, but the word "psychology" is very popular. One might suppose that everybody who speaks English knows what it means. Yet the Science of Psychology is quite different than most individuals believe. Perhaps the best possible definition of psychology is "the science attempts to explain observable behavior and its relationship to the unseen mental process that goes on inside the organism and to external events in the environment."

This definition covers a wide range of subject matter. Man's effort to understand human behavior goes back centuries. The Greeks tried to predict behavior through oracles. All civilizations have had soothsayers, witch doctors or wise men that individuals looked to for guidance and understanding. Everyone knows the value of good advice, listening to those who are wiser and able to give us the benefit of their experience. The books of Proverbs and Ecclesiastes give advice and ask searching questions about the meaning of life.

The most prominent of early American psychologists was William James. In his late twenties he suffered a severe mental breakdown and went through a long period of depression in which he seriously considered committing suicide. He recovered largely through what he called "an achievement of the will."

James contributed some valuable observations on aspects of human experience, such as habits, emotions, spiritual experiences and feelings, and mental disturbances. He was interested in the broad pattern of human striving; goals and ambitions, including spiritual goals..

John Watson, in about 1913, founded the School of Behaviorism or Reductionism. He declared the "mental life" could not be seen, therefore could not be studied scientifically. He believed that everything we do is predetermined by our past experiences. To him, all human behavior is a series of events in which the stimulus and an event in the environment produces a response or some physical reaction

Another movement that originated in Europe apart from psychology, but had a profound influence on psychological thinking was the School of Psychoanalysis, founded by Sigmund Freud. Freud's contributions were mainly based on his self-analysis.

Carl Rogers and Abraham Maslow were called the third force in psychology. Rogers went to the Union Theological Seminary. He wrote *Client-Centered Therapy* and *On Becoming a*



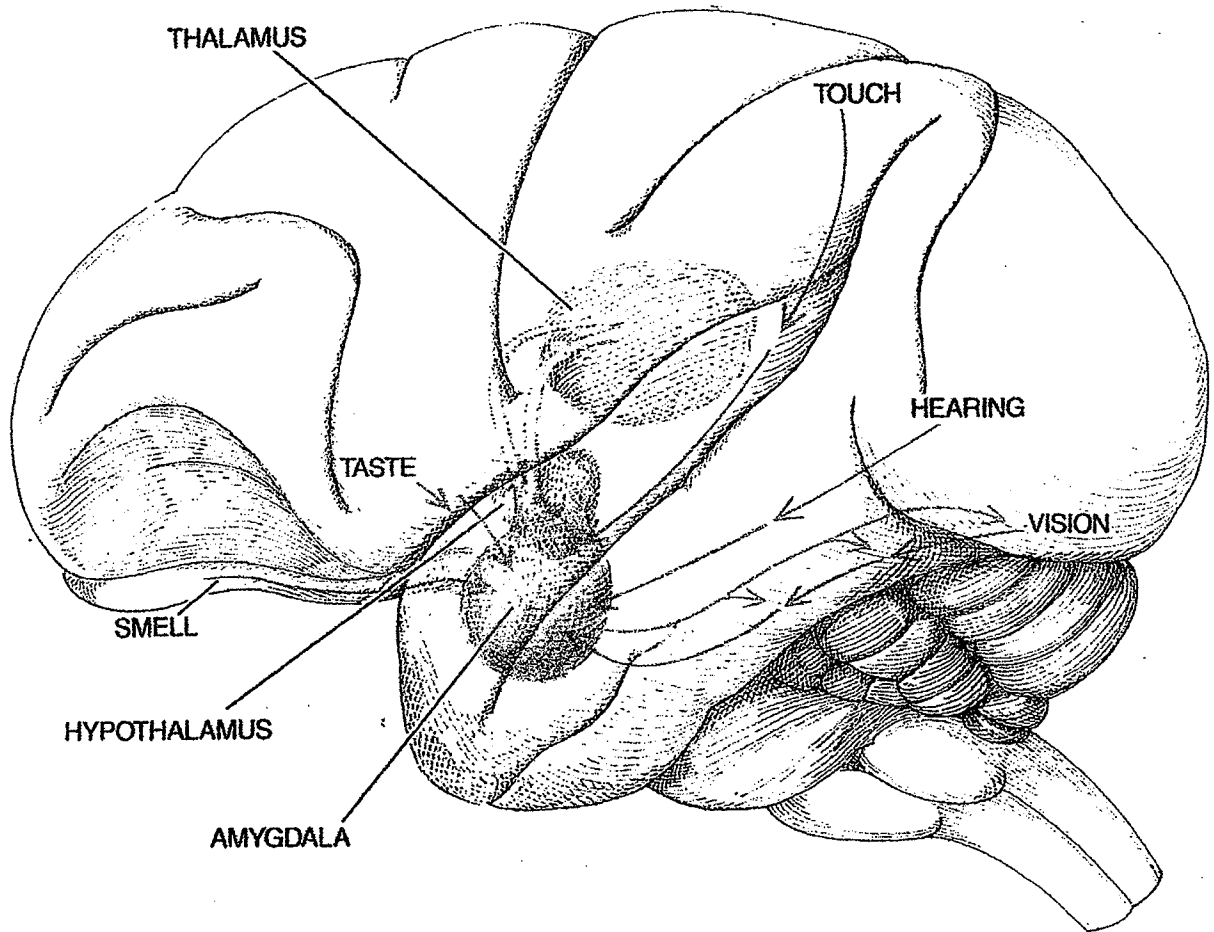
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*Person.* The central theory was that people have self-structure and they need to change if improvement is to occur.

The developmental psychology of Eric Erickson, Jean Piaget and Lawrence Kohlberg has had a significant impact in the field. "We are all unavoidably meaning makers. The filters and lenses through which we view people need to be upgraded as they change with our development throughout our lifespan. Personality psychologists variously call the zone, where meaning is made, "the self." The word "self" in all the ancient languages, selfa, sieva, means "in the image of;" either in the image of God or in the image of the world. People see the same thing different ways and, at the same time, see different things.

**What do you see  
in this picture?**

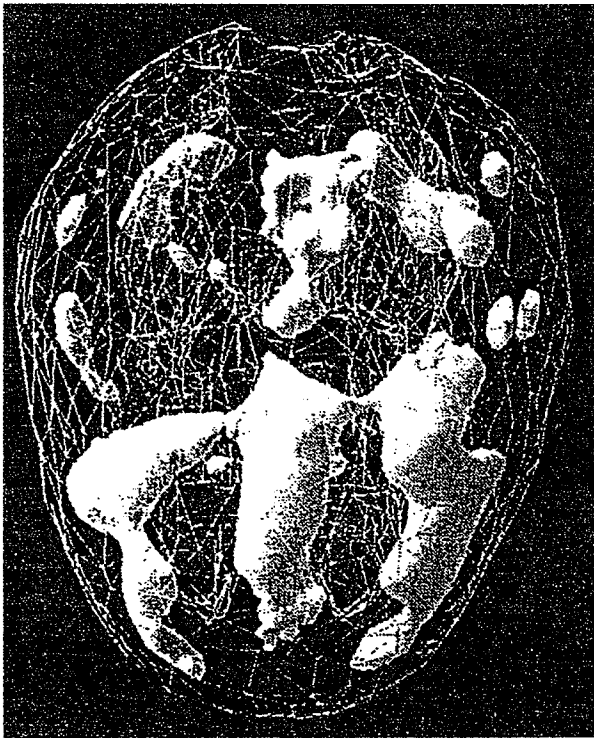




## The Human Brain

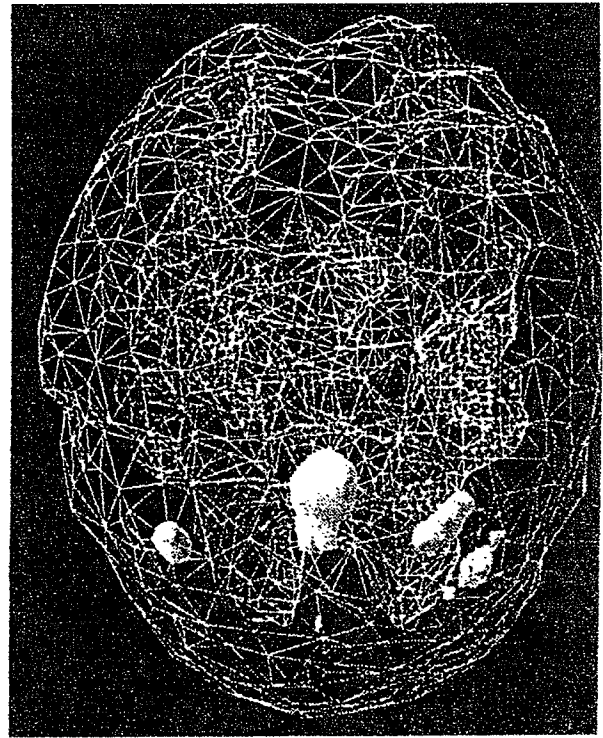
## SPECT Scan

**Before Treatment**



Marked hyperfrontality, increased  
anterior cingulate and lateral  
prefrontal cortex activity

**After Treatment**



Calming of the cingulate and PFC

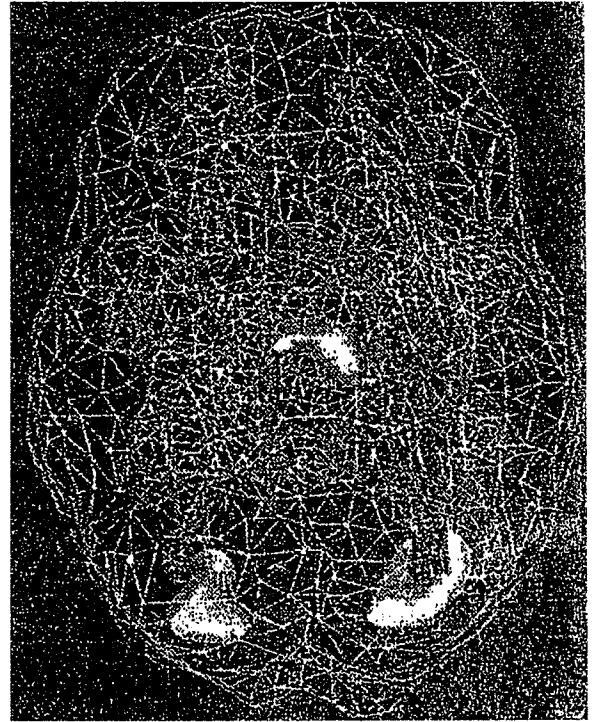


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## SPECT Scan



**Sleeping Brain**

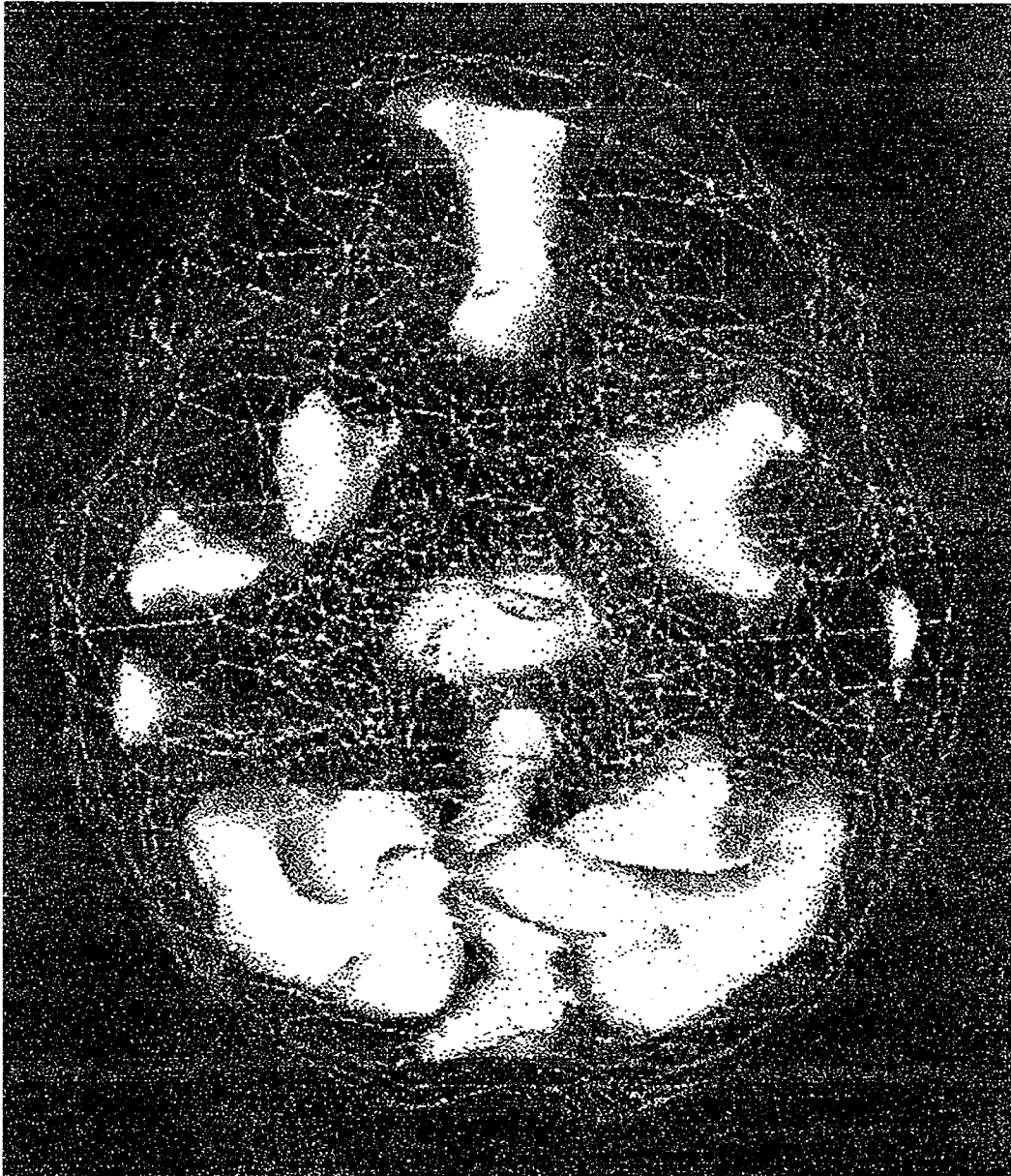


**Praying Brain**



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## SPECT Scan



### **Underside Active View**

Increased deep limbic, basal ganglia, and anterior cingulate activity