

# BIPOLAR DISORDER: SADDLING MOOD SWINGS

## PART 2

**CONTRAINDICATION VS INDICATION:**<sup>1</sup> A contraindication is the opposite of a medical indication. An indication is a valid reason to use a treatment, while a contraindication is a specific situation, symptom, or factor that makes a treatment or procedure dangerous or inadvisable for a patient. In the context of bipolar disorder, “contraindication” typically refers to substances that can destabilize mood, trigger manic episodes, or interfere with medication. The following are some examples.

### 1. Corticosteroids (e.g., Prednisone)

Corticosteroids are well-documented triggers for psychiatric symptoms, often referred to as *medication-induced bipolar disorder*.

- **Trigger for Mania:** These drugs can cause euphoria, racing thoughts, and severe agitation, even in people without a history of mental illness. For those with existing bipolar disorder, the risk is significantly higher.
- **Dose-Dependency:** Risks increase with high doses (e.g., >40 mg/day of prednisone) and long-term use.
- **Withdrawal Risks:** Suddenly stopping steroids can also mimic depressive episodes.

### 2. Stimulants (Caffeine and Others)

- Stimulants directly impact the central nervous system and can quickly lead to mood destabilization.
- Caffeine can trigger manic episodes and elevate anxiety. It also impairs sleep. Since sleep deprivation is a primary trigger for mania, caffeine has a double impact on instability.
- Caffeine can interfere with medications. It competes for enzymes needed to metabolize certain antipsychotics (like clozapine), potentially leading to toxic buildup. It can also lower lithium levels in the blood due to its diuretic effect.
- OTC (Over The Counter) Decongestants: Ingredients like pseudoephedrine (found in Sudafed) have stimulant properties similar to caffeine and can trigger mood swings.

NOTES:

### 3. Other Key Contraindications:<sup>1</sup>

- **Antidepressants:** Using antidepressants (like SSRIs or tricyclics) without a mood stabilizer is a major risk, as it can cause a “manic switch” or rapid cycling.
- **Alcohol:** It is a depressant that worsens mood swings and can interact negatively with lithium.
- **Natural Supplements:**
  - St. John's Wort & SAME (often suggested for helping with depression): Both are known to induce mania.
  - Ginseng: May increase antipsychotic levels in the blood to dangerous levels.

### Best Treatment for Bipolar Disorder:<sup>2</sup>

From a standard clinical perspective, combining medication and psychotherapy (“talk therapy”) is generally the most effective approach. It’s considered the “gold standard.”

For me (Tim Reside), integrating psycho-spiritual therapy is the best therapeutic approach for addressing both psychological and spiritual needs. It more fully supports holistic well-being. This method targets chemical imbalances while equipping me with coping skills that highlight how faith and natural resources working together foster resilience and health.

If you can’t find a Christian psycho-spiritual therapist, look for a psychotherapist who respects your spirituality as a Christian and who will honor integrating your spiritual journey into your learning how to best frame and cope with your mental and emotional health challenges. There are Christian and non-Christian therapists alike who do not advertise as psycho-spiritual therapists but nevertheless serve the essential concept.

### NOTES:

### Key Realities of Spiritually Integrated Therapy:<sup>2</sup>

- **Competence over Common Faith:** A therapist does not need to share your specific faith to be effective. What matters is their **responsiveness** to your values and their training in “spiritual diversity.”

- **Implicit vs. Explicit Integration:** Many therapists practice **implicit integration**, where they don't overtly discuss theology but demonstrate "Christlike compassion," empathy, and non-judgmental listening that aligns with Christian values.
- **The Power of Advocacy:** You are encouraged to be a proactive advocate for your faith in the therapy room. Telling a therapist early on that you are a Christian and asking how that affects their treatment can help you gauge their respect for your spirituality.
- **Clinically Sound, Spiritually Respectful:** Competent secular therapists often view spirituality as a tool for healing. They can use evidence-based strategies, like reframing negative thought patterns, which often complement biblical principles like "renewing your mind" (Romans 12:2).

### **Finding a Spiritually Respectful Therapist:<sup>2</sup>**

If a Christian-specific counselor is unavailable, you can use these strategies to find a compatible professional:

- **Ask Direct Questions:** During a consultation, ask:
  - "Are you open to discussing religious and spiritual issues during treatment?"
  - "Can you help me draw on the healing resources of my faith (like prayer or scripture) during my treatment?"
- **Use Search Filters:** Platforms like the Psychology Today Directory allow you to filter by **Faith** (Christian) or **Spirituality** to find providers who prioritize these areas, even if they aren't exclusively "Christian therapists."
- **Look for "Spiritually-Oriented" Labels:** Some therapists use terms like "spiritually-oriented psychotherapist" or "holistic therapist" to signal that they address the connection between mind, body, and spirit.

**Seek Referrals:** Request recommendations from your pastor or a respected ministry leader for therapists known to provide spiritually affirming support.

**NOTES:**

## **When to Be Cautious:<sup>2</sup>**

- **Antagonism:** If a therapist reacts negatively to your faith or attempts to talk you out of your core beliefs, it is likely not a good fit.
- **Over-Spiritualizing:** Conversely, avoid providers (including some religious ones) who “over-spiritualize” clinical issues by suggesting you can “just pray away” a complex mental health condition like mania, clinical depression, or anxiety.

## **FAITH-INSPIRING & HOPE-SUSTAINING VERSES FOR TIM RESIDE’S BD JOURNEY**

### **Acts 20:24**

*“However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me — the task of testifying to the good news of God’s grace.”*

### **1 Corinthians 9:26-27**

*“Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body [discipline my body] and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”*

### **2 Timothy 4:7-8**

*“I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day — and not only to me, but also to all who have longed for his appearing.”*

### **Hebrews 12:2-3**

*“Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.”*

### **Hebrews 12:12-13**

*“Therefore, strengthen your feeble arms and weak knees. ‘Make level paths for your feet,’ so that the lame may not be disabled, but rather healed.”*

## END NOTES

1. **Google:** Substance-Induced Mood Disorders / NIH National Library of Medicine (<https://www.ncbi.nlm.nih.gov/books/NBK555887/>); **Google:** Surprising Medications and Supplements That Could Trigger or Worsen Bipolar Disorder / HOPE & HARMONY FOR PEOPLE WITH BIPOLAR (<https://www.bphope.com/surprising-medications-and-supplements-that-could-trigger-or-worsen-bipolar-disorder/#:~:text=Steroids%20Medications%20such%20as%20prednisone, stabilizers%2C%20some%20research%20has%20shown>); **Google:** Corticosteroid-induced manic and/or psychotic symptoms: a systematic review / Frontiers in Pharmacology (<https://www.frontiersin.org/journals/pharmacology>).
2. **Google:** 7 Proven Bipolar Disorder Treatments That Work / Pacific Neuropsychiatric Specialists (<https://pnsoc.com/blog/bipolar-disorder-treatments#:~:text=What's%20the%20best%20way%20to,symptoms%20of%20mania%20or%20psychosis.>); **Google:** Spiritual Therapy + The Benefits of Working with a Spiritual Therapist / THE HOLISTIC COUNSELING CENTER (<https://www.theholisticcounseling.center/blog/holistic-therapy/spiritual-therapy-and-the-benefits-of-working-with-a-spiritual-therapist>); **Google:** Treatments for Bipolar Disorder / WebMD (<https://www.webmd.com/bipolar-disorder/treatments-bipolar-disorder>); **Google:** Bipolar disorder / MAYO CLINIC (<https://www.mayoclinic.org/diseases-conditions/bipolar-disorder/diagnosis-treatment/drc-20355961#:~:text=The%20main%20treatments%20for%20bipolar,themselves%20or%20with%20mood%20stabilizers>); **Google:** Bipolar Disorder / NIH National Institute of Mental Health ([https://www.nimh.nih.gov/health/publications/bipolar-disorder#:~:text=Different%20medications%20may%20be%20used,Drug%20Administration%20\(FDA\)%20website%20.](https://www.nimh.nih.gov/health/publications/bipolar-disorder#:~:text=Different%20medications%20may%20be%20used,Drug%20Administration%20(FDA)%20website%20.)).

**DISCLAIMER:** The eighteen video chapters and syllabi are meant for information and education only, not clinical advice. Tim Reside is not a healthcare provider; he seeks expert guidance for his own care. Please consult medical professionals before making health decisions.