This week, I had the privilege of interviewing Fr. Chad Ripperger, superior of the Society of the Most Sorrowful Mother (aka Doloran Fathers) and world-renowned exorcist, about mental health and how to approach healing from a Thomistic perspective. Some of the questions we covered include:

- How does modern psychology's understanding of man differ from what Fr. Ripperger calls "the Thomistic/realist understanding of man"?
- What is the nature of depression and how does one properly address it?
- What is a wound (in the psychological, emotional, and spiritual sense) and what is necessary for healing to occur?
- How does one go about finding a good counselor?
- What is the difference between diabolic and psychological obsession? Can a person be dealing with a mixture of both at times?
- What are the main things that average Catholics can do to protect themselves and their loved ones from diabolic obsession?
- What is Our Lady's role in the process of healing?

Our discussion is based largely on two books written by Fr. Ripperger: *Introduction to the Science of Mental Health* and *Dominion: The Nature of Diabolic Warfare*, both available from Sensus Traditionis Press. In addition to these titles, I also highly recommend Deliverance Prayers, a book of prayers compiled by Fr. Ripperger specifically for the laity and which includes prayers for healing.

If you know someone who struggles with depression, anxiety, or other mental health issues, please share this interview with them. It could prove to be life-changing.

(For those who prefer to watch on YouTube, see here.)

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