

Course 1 – Biblical foundation in Christian Counselling (9 hours)

Course Description

This module introduces Christian counselling in light of the prevailing secular counselling approaches. It compares and contrasts them and presents Christian counselling as effectiveness in today's secular world. Christian counselling has the added edge as it involves God in the therapeutic process. God being man's Creator and Sustainer can and will surely remedy man's woes.

The Christian counselling process will incorporate psychological principles but fitting them within the theological framework of the Christian faith. In the event of a conflict, then scripture will prevail as real truth comes only from God alone. At times psychologists borrow scriptural principles and claim as their own without giving credit to God.

Hence a. proper integration of secular models and biblical principles is extremely important as there is much to learn from them as all truths is God's truth. Students will be guided in the integration so as to get maximum therapeutic benefits in counselling.

Christian counselling makes use of the scriptures as part of the therapeutic process. It involves the guidance of the Holy Spirit and prayers. As in the case of demonic oppression and/or possession, deliverance procedures will have to be used, which may or may not involve the pastor/s.

Course 2 Spiritual Formation

Course Description

This modules helps students building a spiritual foundation to do God's work in the area of pastoral care i.e. Christian Counselling. It will provide the students with the principles in the four important aspects of a vibrant Christian's life.

The first aspect is the disciple's personality is his understanding of his carnal and spiritual personas. He will be shown how he unwittingly allows his "flesh-gate" to be open for Satan to establish strongholds in his life.

The second aspect helps the student to the Disciple's Cross which represents the areas in a Christian's life. It involves cultivating a prayerful life, a daily study of God's Word, regular fellowship with other Christians and witnessing for the Lord as a lifestyle.

The third aspect is the disciple's victory in which students will learn how he can live a victorious Christian life by closing the "flesh-gate" and opening the spirit-gate. Through the use of prayer and complete dependence on the Holy Spirit a disciple can triumph over the Evil One and quench all his fiery darts.

Course 3 Introduction to Counselling Psychology (12 hours)

Course Description

This module introduces psychology as a scientific study of behaviour. A brief study of the anatomy of the brain and its functions will be taught. The application of this study to the various aspects of counselling will be explained to the students as the course progresses.

An overview of other aspects of psychology related to counselling listed will be discussed. This would give students foundational knowledge in counselling psychology which will prepare them for the further study on mental health issues and the intervention to use in counselling.

The study of the brain and its functions would provide students an understanding of the development of abnormal behaviour. A brief summation of the imbalance of brain chemistry causing psychological disorders like depression, anxiety problems will be rendered.

The study of other brain functions like perception, emotion, motivation, learning and memory will provide the background for the understanding of the development of cognitive distortions which leads to psychological disorders.

Course 4 Basic Counselling Skills (12 hours)

Course Description

This module introduces the basic skills required for counselling as well as the process of counselling. Basic attending skills (SOLER), listening skills, questioning skills, paraphrasing skills, summarisation skills will be taught.

Hands-on learning through role-play will be used to familiarise with students attending, listening and questioning skills. This will enable students to confidently use them in their counselling practice in the future.

The counsellor and the counselling practice will be discussed so as to highlight that one is entering the counselling profession with the right motive. The process of counselling which a counsellor has to take the counselee to ensure doing a thorough job in counselling will also be discussed.

Finally, students are taught the core-conditions in counselling, which are indispensable in the counselling profession. This would put the counsellor on the

right path to form the therapeutic alliance with the counselee right from the start.

Course 5 Counselling Theories (9 hours)

In order to get started in the counselling practice, three simple-to-use counselling models will be taught to students. Practical sessions through role-play will be used in order to give students sufficient practices to be confident enough to practise counselling after it.

The first model is Problem-Solving Model, this model focuses identifying the counselee's problem and then work together with him/her to resolve it. The approach is based on the acronym P.A.D.I.

The second model is Reality Therapy which centres the reality of life and how to work a strategy to resolve the problem faced by the counselee realistically. This model is very suitable to lower educated people and students.

Lastly is Cognitive-Behavioural Therapy which examines the possible cognitive distortions the counselee may have. After identifying them, the counsellor will proceed to cognitive restructuring to correct the faulty thinking and replace them with normal cognition.

Course 6 Ethical and Legal Issues in Counselling (9 hours)

Course Description

This module exposes students to ethical and legal issues in the counselling profession so as not to get into any ethical or legal entanglement. It takes into consideration of the coming licensure of counsellors in Singapore which hold counsellors accountable for malpractice. The course of the study will discuss the following issues.

The ethical codes spelled by professional bodies or associations, the need for professionalism in the practice, the counselee's rights of confidentiality, rights to refuse treatment or hospitalisation etc.

Student will be enlightened on what possible legal actions can be taken by against the counsellor for malpractices e.g. breach of confidentiality etc. except for cases that have criminal intents, like to kill oneself, others or the destruction of properties.

It also introduces students to the various professional bodies in the counselling profession like American Psychological Association, Singapore Psychological Association, Singapore Association for Counselling and Association of Christian

Counsellors of Singapore and their significance in the counselling practice.

Course 7 Basic Marriage and Family Counselling - Pt 1 (9 hours)

Course Description

Detailed discussion on life-cycle transitions will be done in the first part of the course to. The understanding of these life-cycle transitions would provide insights about the causes of marital and familial problems which usually result from the mishandling of these transitions.

Critical Issues like communication skills, intimacy, conflict resolution, anger, forgiveness will be dealt with in the duration of the course to give students insights into these subtle and negative dynamics causing marital woes and family conflicts.

Finally, highlighting that the importance of goal setting must be done together with the counselee/s, otherwise the course of counselling may be aimless. However these goals have to be set within the limits of the counselee/s capability or willingness to do.

Course 8 Basic Marriage and Family Counselling - Pt 2 (9 hours)

Course Description

This module surveys the various approaches and contemporary theories in marriage and family counselling. Appropriate intervention strategies would be suggested which are useful in resolving the marriage or family issues the couple or family is facing.

The approaches taught will help students to work out suitable intervention strategies based on what they have learned in Part I, i.e. the causes of the marriage and family problems. Budding counsellors can work with models or approaches of counselling that they are most comfortable with.

The use of genogram would be introduced to trace family influences and even genetic hereditary factors to understand the causes and developments and the problems or conflicts in couple or family relationship.

Course 9 Addiction Counselling (9 hours)

Course Description

This module begins with the drug scene in Singapore and a familiarization of the drug culture. A field trip to a Drug Rehabilitation Centre, interviews with addicts will be conducted and de-briefing of the visit in the class.

Appropriate counselling approaches will be discussed in the dealing with counselees with various addiction problems e.g. food addiction, dieting, eating disorders, alcohol, drug, gambling addictions and compulsive behaviours.

There will be a need to address the rehabilitation issue in drugs and alcohol addiction as complete recovery can only come about when detoxification is done. The ethical/legal implications of addicts seeking help would be considered so as the counsellor would not get entangled with the law. The use of group therapy and further help from support group like the Alcoholic Anonymous would be needed in addition to counselling.

Counselling will be also extended to the victim's family members so as to develop a supportive but firm family environment to prevent relapses. As such a brief study of family system and its dynamics will be covered to provide students with an understanding of the family's role in the addiction recovery process

Course 10 Counselling Those with Guilt Problems

Course Description

This module begins with the discussion on the different types of guilt people experience in life. From the seemingly harmless, to those that can develop into psychological disorders if nothing is done about them. The adverse effects of guilt will also be examined in depth as well as the ways to stop it before it reaches the point of being pathological.

In order to intervene effectively, there is a need to understand the causes of guilt. It would enable the counsellor to identify them eradicate them early. More importantly, is that student will be taught the appropriate method/s of counselling people with guilt problems

The final section of the course will focus on the preventive measures that people can take at the initial onset of guilt and thus prevent it from developing pathologically.

Course 11 Counselling Those with Single Issues

Course Description

This module looks into the various issues singles struggle with in life. It examines the various reasons of singleness from the individual standpoint as well as from a national perspective. More specifically, how singleness affects the lives of Christians and the church as a whole.

Unique approaches of counselling will be taught to students to deal with the special needs of single people. Their problems range from their loneliness to their sexual needs which are the relevant problems confronting single people today.

The final section of the course is on counselling singles, it deals with those who are seeking help in dating other Christian singles with the hope of getting “hitched”. Various Christian agencies and church activities that are catering to Christian singles will be highlighted.

Course 12 Grief Counselling

Course Description

This module clarifies attitudes and beliefs concerning dying and death. It also exposes students to the wide spectrum of grief in life and identifies the grief process i.e. the stages of grief a grieving person would have to go through to complete the grief cycle (DABDA).

The understanding of the grief cycle would enable counsellors to guide the grieving person to go through the process properly. This is to prevent the griever from being fixated at any stage which would otherwise lead to pathological problems.

The final part of this course explores ways to counsel the grieving person/s about the grim reality of suffering and death. It would also help them to come to terms with suffering and death as part and parcel of life.