

绿洲丰盛家庭中心



## Oasis Family Life Enrichment Centre

422-A TELOK BLANGAH ROAD, SINGAPORE 098848  
Website: [www.oasisflec.org.sg](http://www.oasisflec.org.sg), Email: [oasisflec@gmail.com](mailto:oasisflec@gmail.com) Tel:  
62747480 Fax: 62760024

# PROSPECTUS FOR CHRISTIAN COUNSELLING COURSES 2010

# CONTENTS

Preamble of Christian Counsellors Training Ministry .....	3
Introduction to the Courses .....	4
Profile of Trainers .....	8
Accreditation .....	10
Application Form .....	11

## **Preamble of Christian Counsellors Training Ministry**

Though some Christians have turned to their church for counselling, however they have found that there aren't sufficient trained Christian counsellors available to help. Others might have sought help from professionals but have always found that the problems have become too serious to solve easily. It is imperative for churches today to equip lay people especially those who would like to serve as group leaders and in the area of a caring ministry in the church, so that help may be rendered to those who need it before it is too late.

In response to the dire situation in the Christian community, Oasis Family Life Enrichment Centre gathered a group of like-minded professional Christian counselors and family therapists to set up a Christian Counsellors Training Ministry.

The aim was to train as many lay people as possible, to serve as competent Christian counsellors, who would work along side with the pastors as fulltime or part time staff or volunteers.

We are working closely with the Association of Christian Counsellors of Singapore (ACCS) to promote and champion the cause of our Lord Jesus Christ in the area of counselling our "emotionally, psychologically or spiritually wounded brothers and sisters in Christ". All those who complete the training programme, will be eligible to be registered as members of ACCS.

## **Introduction of the Courses**

**Four separate Certificates in Christian counselling courses are offered:**

- |      |  |             |
|------|--|-------------|
| I.   | Certificate in Basic Christian Counselling                     | (6 modules) |
| II.  | Certificate in Basic Skills Training for Christian Counselling | (35 hours)  |
| III. | Certificate in Counselling Life Issues                         | (6 modules) |
| IV.  | Certificate in Mental Health Counselling                       | (6 modules) |

### **I. CERTIFICATE IN BASIC CHRISTIAN COUNSELLING**

#### **Module 1. Comparative Study of Secular & Christian Counselling**

- Secular vs. Christian Counselling
- Use of Scriptures in Counselling
- Role of the Holy Spirit in Counselling

#### **Module 2. Spiritual Foundation in Christian Counselling**

- A Counsellor's Personal Time with God
- A Counsellor's Christ-Like Personality
- A Counsellor's Victorious Christian Life

#### **Module 3. Counselling Psychology**

- Anatomy of the Brain
- Application of Brain Functions in Counselling
- Theories of Perception, Learning
- Memory, Motivation & Emotion

#### **Module 4. Counselling Skills**

- The Counselling Process
- Attending Skills
- Listening & Questioning Skills

#### **Module 5. Counselling Methods**

- Problem-Solving Approach
- Rational Emotive Approach
- Reality Approach

- Behaviour Approach
- Cognitive Approach

#### **Module 6. Legal and Ethical issues in Counselling**

- The rights of counselees and the law
- The Parens Patriae and Diminished Capacity Plea (Durham Law)
- Ethical codes and confidentiality in counselling

## **II. CERTIFICATE IN BASIC SKILLS IN COUNSELLING TRAINING**

- Listening skills
- Strengthening of one's inner being
- Identifying traits of counselees
- Verbatim Analysis
- Case studies

## **III. CERTIFICATE IN COUNSELLING LIFE ISSUES**

#### **Module 1. Marriage Counselling**

- A normal Christian Marriage
- Managing marital conflicts
- Systemic Approach to Marriage Counselling

#### **Module 2 Family Counselling**

- Understanding of a healthy Christian Family Structure
- Family life-cycle and transitional changes
- Understanding of Personality traits and coping with behavioural patterns

#### **Module 3 Counselling Those with Guilt Problems**

- The different types of guilt
- The causes of guilt and its adverse effects
- Methods for counselling those with guilt problems

#### **Module 4 Counselling Those with Addiction Problems**

- Familiarization of the drug culture

- A Field trip to a Drug Rehabilitation Centre
- Counselling with an addict's family
- Developing a support network to prevent relapse

### **Module 5 Grief Counselling and Crisis Counselling**

- Attitudes and beliefs concerning dying and death
- The grief process and grief counselling
- Understanding crisis
- Ways to counsel in a crisis

### **Module 6 Counselling Children Disorders - Attention Deficit Hyperactive Disorder and Conduct Disorder**

- Descriptions of Attention Deficit Hyperactive Disorder and Conduct Disorder (DSM-IV)
- Genetic, environmental and other factors leading to above disorders
- Psychotherapies for above disorders

## **IV. CERTIFICATE IN MENTAL HEALTH COUNSELLING**

### **Module 1. History of Psychology & Treatment of Mental Disorders**

- A brief survey of the history of psychology and the treatment of mental illnesses
- An evaluation the major theoretical systems
- An understanding of behaviourism, psychoanalysis, cognitive science and other branches of psychology

### **Module 2. Clinical Diagnosis and Interview**

- Clinical interview, assessment, judgment and intervention
- An understanding of therapeutic alliance, client's readiness, Client's resistance, transference and counter-transference
- The identification of psychopathologies

### **Module 3. Basic Understanding of Psychopharmacology**

- The use of biotherapy in treating psychological disorders
- The pharmacokinetic and pharmacodynamics of drugs
- The effects or side effects of psychological drugs

#### **Module 4. Counselling Exogenous and Endogenous Depression**

- Descriptions exogenous and endogenous depression (DSM- IV)
- Counselling exogenous depression
- Prevention of exogenous depression
- Psychotherapy program for endogenous depression

#### **Module 5. Counselling General Anxiety Disorder and Obsessive and Compulsion Disorder**

- Descriptions of Anxiety Disorders (DSM-IV)
- Genetic, environmental and other factors leading to above disorders
- Psychotherapies for above disorders

#### **Module 6. Counselling Agoraphobia, Phobias and Panic Attack**

- Descriptions of Agoraphobia, Phobias and Panic Attack (DSM IV)
- Genetic, environmental and other factors leading to disorders
- Psychotherapies for above disorders

**\* A Diploma in Christian Counselling will be jointly awarded by Oasis Family Life Enrichment Centre and Association of Christian Counsellors of Singapore, to students who have successfully completed all the modules of the training courses.**

*Interested parties are invited to register online for the course and they can join at the beginning of any module of the course as the course is conducted cyclically.*

Class will be conducted at the centre or otherwise advised from 7:30 pm to 10:00 pm as scheduled:

Date	Course	Module	Instructor
28 Jan. 4,18 Feb.	Comparative Study of Secular and Christian Counselling	1	Spencer Lee
25 Feb. 4,11 Mar.	Spiritual Foundation in Christian Counselling	2	Spencer Lee
18,25 Mar. 8 Apr.	Counselling psychology	3	Spencer Lee
15, 22,29 Apr.	Counselling Skill	4	Spencer Lee
16,13, 20May	Counselling Methods	5	Spencer Lee

3,10,17 June	Legal and Ethical Issues in Counselling	6	Spencer Lee
--------------	---	---	-------------

**Course fee \$300.00, Course Material: \$20.00**  
**Cheque payable to "OASIS FLEC"**

**PROFILE OF TRAINERS**

**1. Dr. Spencer Lee**



**Academic Qualifications**

PhD. (Christian Counselling), Masters in Christian Counselling, Masters In Christian Studies, Bachelor in Theology and Bachelor of Ministry

**Ministry Experience**

Upon graduation from Baptist Theological Seminary, Dr Lee worked as an Asst Pastor in a local Church. Six years later, he joined the Methodist Church as a Pastoral Team member. He has served in 3 different Methodist Churches.

Prior to going back to his present church work, Dr Lee was working as a full-time counsellor in Covenant Family Service Centre for about 3 years. Presently, Dr Lee works as a Resident Counsellor in Christ Methodist Church. He has also been serving as the Chairman of Family Life Ministry for the past five years.



**2. Rev SAM KUNA**

Rev Sam Kuna is an Ordained Minister with the Assemblies of God of Singapore. He studied Psychology (BA) and Marriage and Family Therapy (MA) and is the immediate Past President of the Singapore Association for Counselling.

Rev Kuna has been involved in the work of Teen Challenge (Singapore) since 1978 starting as a volunteer and has served and still serving as its Executive Director for a total of 18 years.

### 3. Dr VICTOR TAI



Dr Victor F L Tai, BA(Hons), MSc, PhD. is the Senior Consultant Psychologist, Adam Road Hospital and Senior Management Consultant, Psyscan Consulting Int'l . He has lectured and trained several thousands of executives, managers and professionals from numerous organizations. He served as Chief Psychologist at the Ministry of Defence for nearly ten years.

He has also served as President of the Singapore Psychological Society and Deputy Chairman of the Singapore Professional Centre. He was a founding member of the Singapore Society for Executive Health and the Singapore Society of Counselling. He has written or edited two books on Child Development and a book on Drug Abuse.

### 4. Rev. Dr. Francis Ngoi



**Rev. Dr Francis Ngoi** has been a pastor of Methodist Church in Singapore for more than 25 years. He received his master of ministry in pastoral care from Trinity Theological College, Singapore in 1978; Doctor of Ministry in Personality, Culture and Religion from Boston University in 1990 and professional Diploma in Marriage and Family Therapy from Institute of Family Therapy, London in 1996.

Besides his pastoral ministry he also served as a part time lecturer of pastoral care and supervisor of clinical pastoral care training. He was then appointed to spear head the Oasis Family Life Education Centre in Singapore in 2002. Through eight years of research and experiment, he has integrated basic biblical principles and years of experience in shepherding, lecturing, counseling, personality development, behavioral traits and systemic theories as his building blocks for family life education. A series of family life enrichment programmes, designed and written, have proven to be effective.

He is the director of Oasis Family Life Enrichment Centre, vice-president of the Association for Christian Counselors in Singapore, an active member of the Association for Marital and family Therapy and is licensed to solemnize marriages in Singapore.

He has also published several tool books for small group meeting and family altar. They include 4 books of 'The Light of Life Series', 'Philosophy of Parish Group Ministry', 'Guide to Christian Family Life', 'Family Altar I' and 'Family Altar 2'

## **Accreditation**

The objective of the Christian Counsellors Training Course is primarily to equip Christians for the Christian counselling ministry in the local church.

However we do not compromise the quality of our training as our trainers are very qualified people with sound theological and psychological training (see trainers' profile). Our programmes are comprehensive and require a compulsory 30-hour practicum. The quality of the programmes is almost equivalent to any certificate and diploma in counselling offered in most universities or theological colleges. Perhaps the only difference is that our students are not required to take any examination, however they have to write reflection papers for all the courses they take.

Though the Christian Counsellors Training Course are not accredited to any university or theological college it has the recognition of the Association of Christian Counsellors of Singapore which a Christian professional counselling body set up to promote and regulate the standard of Christian counseling in Singapore.