



**School of Counselling  
Handbook**

## **Certificate and Diploma in Counselling and Theology**

*The school has yet to offer this program. Those interested should contact the Dean of the school.*

<b>Validation</b>	<b>University of Wales</b>	
<b>Award</b>	<b>Certificate in Higher Education in Counselling and Theology</b>	<b>Diploma in Higher Education in Counselling and Theology</b>
<b>Credits</b>	120 credits at Level 4	120 credits at Level 4 120 credits at Level 5
<b>Duration</b>	Full-time : 1 year Part-time : Up to 3 years	Full-time : 2 years Part-time : Up to 6 years

One credit is considered the equivalent of 10 hours of notional learning. This includes both contact time as well as self-study.

### **1.1. General Aims**

- Train and equip competent students who will be able to counsel effectively in the modern context, whether as clergy or laity.
- Equip students to have a sound understanding of the Bible and Christian theology.
- Equip students with the skills for sound Bible exposition and the ability to apply Biblical principles to practical living.
- Equip the students with counselling skills for Christian ministry and mission.
- Provide a foundation for further learning, whether at post-graduate level or in life-long learning.
- Provide a learning environment where students are exposed to various Christian traditions

### **1.2. Admission Requirements**

The Candidate should fulfil the following requirements

- Be at least 18 years old on the date of admission.
- Have obtained a GCE 'A' level certificate (two 'A' level passes and two 'AO' level passes) or its equivalent.
- Have obtained a TOEFL score of 560 or an IELTS score of 6.0 (or the equivalent).
- Mature students (above 21 years of age) without the relevant qualifications but with relevant experience may be allowed provisional entry into the Certificate program.

### 1.3. Curriculum

	<b>Year 1 (Level 4)</b>	<b>Year 2 (Level 5)</b>
Gen	Research and Report Writing Introduction to Psychology OR Introduction to Sociology	Church History Introduction to Psychology OR Introduction to Sociology
Bible	OT Survey NT Survey Hermeneutics	<b>Choose 2 electives</b>
Theo	Pentecostal Foundations Theology 1	Theology 2 Theology 3
Counselling	Introduction to Counselling Understanding Human Development Counselling Models and Approaches Group Dynamics Experiential Group	Working with Couples and Families Basic Counselling Skills Practicum with Group Supervision (20 credits over 2 terms)  <b>Choose 2 electives</b>

Each module is worth 10 credits unless stated.

Modules under General, Bible and Theology are offered by the School of Divinity (SOD).

Students may select from the Counselling Electives listed below as and when they are offered

- Pastoral Counselling (offered by SOD)
- Crisis Management
- Working with Adolescents
- Inner Healing and Deliverance

## 2. Post-graduate Diploma in Counselling

The School of Counselling offers the following academic programmes at post-graduate level:

<b>Validation</b>	<b>University of Wales</b>
<b>Award</b>	<b>Post-graduate Diploma in Counselling</b>
<b>Credits</b>	120 credits at Level 7
<b>Duration</b>	Full-time : 1.5 year Part-time : Up to 5 years
<b>Recognition</b>	<b>Singapore Association for Counselling</b>

One credit is considered the equivalent of 10 hours of notional learning. This includes both contact time as well as self-study.

### 2.1. General Aims

- Provide students with an intermediate pre-professional training.
- Provide a foundation for continued education at the Masters level or in life-long learning.
- Provide a stimulating and creative learning environment where students learn and develop the core clinical skills.
- Train and equip students who will be competent in skills, and culturally sensitive and ethical in practice.
- Train and equip ministry practitioners to be more skilful and competent counsellors in churches and Christian organizations in the post modern context.

### 2.2. Admission Requirements

The Candidate should fulfil the following requirements

- Be at least 21 years old on the date of admission.
- Have obtained a bachelor degree in theology or religious studies
- Have obtained a TOEFL score of 560 or an IELTS score of 6.0 (or the equivalent)
- Clear the admission interview

Candidates who have obtained a bachelor degree in an unrelated discipline may be admitted upon satisfactory completion of certain academic deficiencies at undergraduate level.

Mature Candidates who are above 25 years of age and have been in a similar field for at least 3 years may also be admitted upon satisfactory completion of certain academic deficiencies at undergraduate level.

## Curriculum

1 <sup>st</sup> Year	2 <sup>nd</sup> Year
<p><b>Foundational Courses</b></p> <ol style="list-style-type: none"> <li>1. Foundations of Counselling</li> <li>2. Self of the Counsellor</li> <li>3. Human Development</li> </ol> <p><b>Theory Courses</b></p> <ol style="list-style-type: none"> <li>1. Theories &amp; Approaches in Individual Counselling</li> <li>2. Theories &amp; Approaches in Marital &amp; Family Counselling</li> <li>3. Theories &amp; Approaches in Group Work</li> </ol> <p><b>Professional Courses</b></p> <ol style="list-style-type: none"> <li>1. Appraisals, Tests &amp; Assessments</li> <li>2. Professional Ethics</li> </ol> <p><b>Skills Courses</b></p> <ol style="list-style-type: none"> <li>1. Core Clinical Skills (Part 1)</li> <li>2. Core Clinical Skills (Part 2)</li> <li>3. Practicum with Supervision (20 credits)</li> </ol>	Continuation of "Practicum with Supervision"

Each module is worth 10 credits unless otherwise stated.

### 2.3. Academic deficiencies

Candidates without background in theological or religious studies are required to complete the following modules at undergraduate level:

- Theology 1
- New Testament Survey
- Old Testament Survey
- Christian Ethics
- Introduction to Psychology

### 3. Master of Arts Programmes

The School of Counselling offers the following academic programmes at post-graduate level for students who have completed the Post-Graduate Diploma in Counselling with TCA College School of Counselling or its equivalent degree from other Universities or institutions of higher learning.

<b>Validation</b>	<b>TCA College</b>
<b>Award</b>	<b>Master of Arts in Counselling</b> <b>OR</b> <b>Master of Arts in Marriage &amp; Family Therapy</b>
<b>Credits</b>	60 credits at Level 7
<b>Duration</b>	Full-time : 1.5 year Part-time : Up to 3 years

One credit is considered the equivalent of 10 hours of notional learning. This includes both contact time as well as self-study.

#### 3.1. General Aims

- Provide students with specialised, professional training to be counselling practitioners and contribute to the counselling fraternity in Singapore.
- Provide a stimulating and creative learning environment where students learn from faculty and counselling professionals beyond core clinical skills
- Train and equip practitioners who will be competent in skills, and culturally sensitive and ethical in practice.
- Train and equip ministry practitioners to be more skilful and competent counsellors in churches and Christian organizations in the post modern context.

#### 3.2. Admission Requirements

The Candidate should fulfil the following requirements

- Be at least 25 years old on the date of admission.
- Have obtained a Post-graduate Diploma in Counselling (University of Wales) or its equivalent or Masters Degree in a related field of study.
- Applicants with an equivalent Post-graduate Diploma in Counselling or Masters Degree in a related field will go through a matriculation process and be required to do Directed Studies (an additional 30 credits) in order to fulfil the minimum of 90 credits to graduate with a Masters Degree from TCA College.
- Have obtained a TOEFL score of 560 or an IELTS score of 6.0 (or the equivalent)
- Clear the admission interview

### 3.3. Academic deficiencies

Candidates without background in theological or religious studies are required to complete the following modules at the undergraduate level:

- Theology 1
- New Testament Survey
- Old Testament Survey
- Christian Ethics
- Introduction to Psychology

### 3.4. Directed Studies (30 Credits)

This is a directed self-study (only for applicants with an equivalent Post-graduate Diploma in Counselling or Masters Degree in a related field) of a particular subject of interest in the area of marital and family therapy or general psychology/counselling that is not offered in the curriculum. The student will have to make a proposal of the research topic/project to the program coordinator and Dean, subject to the approval of both. A faculty member will be assigned to guide, direct and evaluate the study.

### 3.5. Curriculum – Master of Arts in Counselling

<b>1<sup>st</sup> Year (120 Credits)</b> <b>Required Modules for the</b> <b>Post-graduate Diploma in Counselling</b>	<b>2<sup>nd</sup> Year (60 Credits)</b> <b>Advanced Modules for the</b> <b>Master of Arts in Counselling</b>
Foundations of Counselling Self of the Counsellor Human Development Theories & Approaches in Individual Counselling Theories & Approaches in Marital & Family Counselling Theories & Approaches in Group Work Appraisals, Tests & Assessments Professional Ethics Core Clinical Skills I Core Clinical Skills II Practicum with Supervision (20 credits)	Family Life Education Spirituality and Counselling Social & Multi-cultural Issues in Counselling Divorce & Remarriage Addiction Counselling <b>Electives:</b> Counselling Children Youth Development Psychopathology

Each module is worth 10 credits unless otherwise stated.

### 3.6. Curriculum – Master of Arts in Marital & Family Therapy

<b>1<sup>st</sup> Year (120 Credits)</b> <b>Required Modules for the</b> <b>Post-graduate Diploma in Counselling</b>	<b>2<sup>nd</sup> Year (60 Credits)</b> <b>Advanced Modules for the</b> <b>Master of Arts in Marital &amp; Family</b> <b>Therapy</b>
Foundations of Counselling Self of the Counsellor Human Development Theories & Approaches in Individual Counselling Theories & Approaches in Marital & Family Counselling Theories & Approaches in Group Work Appraisals, Tests & Assessments Professional Ethics Core Clinical Skills I Core Clinical Skills II Practicum with Supervision (20 credits)	Advanced Marital & Family Therapy Gender and Sexuality Counselling Children Divorce & Remarriage Addiction Counselling Psychopathology MFT Practicum

Each module is worth 10 credits unless otherwise stated.

## Brief Module Descriptors

### **3.7. Undergraduate Modules: Certificate and Diploma in Counselling and Theology**

#### **WCEEX40010                      Experiential Group**

This course provides small group learning experience to facilitate self disclosure, self awareness and communication skills; to work with the “here-and-now” (what is going on in this group).

#### **WCELB50010                      Basic Counselling Skills**

This module introduces the basic counselling skills such as attending and questioning skills. These skills will be demonstrated and reinforced by group practice and role play. A problem solving approach as a framework of counselling will be introduced to students. Students will have extensive practice using questions to utilize this approach in counselling.

#### **WCETH40210/ WCETH50210                      Introduction to Counselling**

This course provides an introduction and basic training in the nature and processes of counselling. Students will acquire the basic knowledge of what profession counselling is about. Counselling skills such as listening, asking questions, reflecting, summarizing and paraphrasing will be introduced and practiced during group activities. This course will also help students to develop self awareness of how their beliefs system and personal style affect the counselling relationship and counselling process.

#### **WCETH40110/ WCETH50110                      Understanding Human Development**

This course provides theoretical framework to understand human development and behaviour within a development and social context.

#### **WCETH41010/ WCETH51010                      Counselling Models and Approaches**

This course provides a survey and academic appraisal of the different theories and models of counselling. It includes psychodynamic, humanistic-existential, rational emotive behaviour therapy, cognitive, behavioural, and a post-modern solution focused approach.

#### **WCETH45010/ WCETH55010                      Group Dynamics**

This course provides group theories and group activities for students. Group experiences will be emphasized on group process and facilitation.

#### **WCETH43010/ WCETH53010                      Working with Couples and Families**

This course provides an introduction to couple and family therapy as a field of study and practice.

**WCELB50210                      Practicum with Group Supervision**

This course provides group supervision for students to be engage in real-life counselling cases. Group supervision sessions provide students with opportunities to present and share their real cases under the supervision of course supervisor. Each student has to fulfil 50 hours of case load. Approximately, 60 hours of group supervision will be provided. Cases will be presented and discussed in a group setting under the current professional and ethical codes of conduct.

**WCESK50110                      Crisis Management**

This module provides a preventive, management and aftercare plan for crisis management. The crisis includes suicide, rape, and post traumatic symptoms.

**WCESK50210                      Inner Healing and Deliverance**

This module introduces a student to and equips him/her with a methodology of Christian psycho-spiritual therapy called Inner Healing and Deliverance. The psycho-spiritual make up of the person will be discussed and a framework for analyzing a person's psycho-spiritual status will be provided. Students will be taught the skills and methodology of Inner Healing and Deliverance.

**WCESK50310                      Working with Adolescents**

This module provides descriptions of the physical, cognitive and psychosocial development of adolescents. The wider community and context that influences and challenges the adolescents' development will be explored and extensively discussed.

**3.8. Postgraduate Diploma in Counselling**

**WCEIT70010                      Foundations of Counselling**

This course covers the fundamentals of the counselling process, and seeks to provide a framework for integrating psychology and the Christian faith. Students will explore the place of psychotherapy in the Christian faith, and how Christian psychologists have integrated psychology & faith in their practice.

**WCEIT70110                      Self of the Counsellor**

This course focuses on the self, the interpersonal and the vocational factors that enables the person to be congruent, authentic and Christ-honouring in their ministry of Christian counselling. Emphasis will be placed on how our family of origin, gender and sexuality, subculture and ethnicity affects our social, emotional and spiritual growth and development. This has implications for the kind of relationships we build with others both in the context of the community of faith as well as in the ministry of people-helping.

**WCETH70010                      Human Development**

This course provides theories and a basic framework for understanding human behaviour within a developmental and social context. Various developmental stages from infancy to the conception of death, and the environmental and cultural issues faced that may contribute to the problems presented of our clients will be explored



**WCELB70210****Core Clinical Skills II**

This clinical course provides students the exposure to and demonstration of the core micro skills necessary for counselling and interviewing. It will facilitate the development of a skills and competency based approach to the counselling interview and is based on the foundational skills laid in Core Clinical Skills I.

**WCELB70320****Practicum with Supervision**

This course involves experiential learning, alternating between agency setting, classroom work and individual review and reflection. Students are expected to apply their theoretical learning and knowledge base acquired to the clients and families under their care in line with current professional and ethical codes of conduct of the Singapore Association for Counselling.

**3.10 MASTERS OF ARTS PROGRAMME MODULES****TCETH73110****Advanced Marriage & Family Therapy**

Students will explore more in depth and specifically the intervention skills of a couple of prominent approaches as introduced in the course, *Theories and Approaches in Marital & Family Counselling*. This will cover the assessment, case conceptualization, goal formulation, treatment planning, interventions, and termination in marital and family therapy. Systemic skills and techniques will be practiced in class

**TCETH73210****Gender & Sexuality**

This course focuses explicitly on the issues of gender roles and the changing norms of gender and sexuality in modern society. Special emphases will be given on sexual issues like homosexuality, premarital and extra-marital problems, pornography, rape, sexual abuse and co-habitation.

**TCETH73310****Divorce & Remarriage**

This course is designed to provide an understanding of the major changes involved in family systems which undergo the processes of divorce and reconstitution. Students will learn the causes and dynamics of divorce with emphasis placed upon therapeutic interventions which can assist families during such times of major disruption and reorientation. Challenges of coping in a single-parent situation will also be explored.

**TCETH73410****Counselling Children**

A course that looks into the issues related to childhood and adolescent disorders. A conceptual framework for working such clients will be also introduced, along with a review of approaches developmentally appropriate for assessment, treatment-plan formulation and implementation.

**TCETH73510****Addiction Counselling**

This course is designed for marriage and family therapist and master level counsellors & professionals and presents an overview of substance use disorders and other behavioural and process addictions, assessment, prevention, and treatment/relapse management.

Behavioural models and techniques including individual, family, group, and community interventions are reviewed. The course may include understanding of experiential components, including motivational interviewing, harm reduction interventions, and local halfway house models.

**TCETH73610                      Psychopathology**

In this introductory course students will be introduced to the clinical features, causes and treatment of common psychiatric disorders. Specially designed for counsellors, the contents include mental state examination and assessment for suicide risk. Students would also be introduced to the classification of mental disorders in DSM-IV.

**TCELB73710                      Advanced Practicum in MFT with Supervision**

This advanced Practicum in Marital & Family Therapy will expose students to using various models like Cognitive Behavioural Therapy, Systemic Therapy, and Narrative Therapy with couples and families. Students are expected to apply their theoretical learning and knowledge in family systems acquired through simulated role plays and interviews to the couples and families under their care in line with current professional and ethical codes of conduct of the Singapore Association of Marital & Family Therapists.

**TCETH72010                      Integration of Psychology and Theology**

This course is designed to facilitate the process of theoretically integrating Christian beliefs with the science of psychology. It will deal with various topics such as, the nature of personhood, health and healing, abnormal behaviour and sin, and address important issues in the integration of psychology and theology. Students will engage in thoughtful discussion on difficult integrative topics and develop their own perspectives and convictions regarding integration.

**TCETH72110                      Social and Multicultural Issues in Counselling**

This course seeks to introduce and provide students with a practical understanding of counselling in a fast-changing global and multicultural environment like Singapore. Multiculturalism to the counsellor is largely defined as the professional disposition to acknowledge and appreciate cultural diversity. The student will discuss and engage with various aspects of gender, race, ethnicity, religion, ability, sexual orientation, social class, age, national origin, and unique experiences over the course of life.

**TCETH72310                      Spirituality & Counselling**

This course introduces the integration of spirituality in counselling. Topics covered will include assumptions about human nature and sources of truth, the use of spiritual resources, (prayer and inner healing, the Scriptures, referral to church or para-church groups and lay counsellors), dealing with spiritual issues in counselling, and intrapersonal integration and the spirituality of the counsellor and client. The course will also deal with the fundamentals of the counselling process, which in turn seeks to provide a framework for faith-based counselling.

**TCETH72410****Family Life Education**

This course looks at the changing family life-cycle. It examines the foundation and pillars of marital and family life from an integrated, holistic perspective, blending biblical principles with the social sciences. It also deals with current issues of gender role changes, dual-career families, divorce and remarriage, etc., and its implications for the ministry.

**TCETH72510****Youth Development**

This course will introduce students to the developmental period of adolescence. The theory and research of positive youth development will be the lens through which this developmental period is examined. The course will emphasize how the developmental tasks of this life stage are influenced by (and influence) family and home, school, peers, and other contextual forces. The course will help students recognize and become familiar with the major issues and transitions adolescents face growing up in a fast paced city like Singapore and in this globalized culture.