



**School of Counseling
Program Catalog 2018**

OVERVIEW

Master of Arts in Counseling

The Master of Arts in Counseling program prepares Christian counselors with the knowledge, skill, and insight to practice counseling in churches or clinical settings within the social service sector, education sector, community counseling services and private practice.

The curriculum integrates the Christian faith and values, biblical, psychological and counseling theory, personal spiritual formation and professional practice. Students are expected to engage in their own personal counseling for their own growth.

The Master of Arts in Counseling (MAC) has been recognized by SAC since November 2013 (The Postgraduate Diploma in Counseling which preceded the MAC was recognized by SAC since January 2011).

The Master of Arts in Counseling at TCA College was approved for inclusion on the International Registry of Counselor Education Programs (IRCEP), an international affiliate of CACREP from July 2014 through December 31, 2021.

Master of Arts in Pastoral Counseling

The Master of Arts in Pastoral Counseling prepares the Christian minister and/or practitioner to be competent pastoral counselors who are both theologically informed and clinically skillful within churches and Christian organizations.

The pastoral counselor will be able to integrate Christian, biblically oriented, Holy Spirit-led counseling within a culturally sensitive, professional, and ethical practice.

Unique Features

It is focused on **Christian faith-integration** – students benefit from engaging in discussions of spirituality, spiritual direction and are expected to do their own faith integration.

It is focused on **skills** – experienced Christian faculty who are professional practitioners pass on valuable experiences and insights in counseling through class instruction, role and 'real' play, and through personal and group clinical supervision.

It is focused on **relationships** – small class sizes encourage close interaction and create personal relationships.

Employment Opportunities

Our graduates pursue professional counseling in the following areas:

- Social service sector
- Education sector
- Community counseling
- Private practice
- Church-based counseling
- Pastoral counseling

Master of Arts in Counseling

The School of Counseling offers this academic program as a master's degree for students who have completed a bachelor's degree or its equivalent from other universities or institutions of higher learning.

Credits	54 credits at Level 7
Duration	Part-time (local): Up to 5 years Full-time (international): 3 years
Recognition	Singapore Association for Counselling International Registry of Counsellor Education Programs

Three credits are considered the equivalent of 100 hours of notional learning. This includes contact time, project work, research as well as self-study.

General Aims

- Provide students with specialized, professional training to be counseling practitioners and contribute to the counseling fraternity in Singapore.
- Provide a stimulating and creative learning environment where students learn from faculty and counseling professionals beyond core clinical skills.
- Train and equip practitioners who will be competent in skills, culturally sensitive and ethical in practice.
- Train and equip counseling practitioners to be more skillful and competent counselors in churches and Christian organizations in the postmodern context.

Master of Arts in Pastoral Counseling

The Master of Arts in Pastoral Counseling (MAPC) is offered by the School of Counseling at TCA College for students who plan to pursue careers in church-related vocations. The MAPC develops students' clinical counseling skills that will enhance their ministry as pastors, as full-time counselors or para-counselors in churches, or as counseling professionals in Christian agencies and VWOs.

Credits	60 credits at Level 7
Duration	Part-time: Up to 5 years

Three credits are considered the equivalent of 100 hours of notional learning. This includes both contact time as well as self-study.

General Aims

- Train and equip practitioners to be competent pastoral counselors who are both theologically informed and clinically skillful within churches and Christian organizations.
- Train and equip practitioners who will be able to integrate Christian, biblically oriented, Holy Spirit-led counseling within a culturally sensitive, professional, and ethical practice.

- Provide a stimulating and creative learning environment where students learn from faculty and counseling professionals. Faculty consists of practitioners from the School of Theology and the School of Counseling while counseling professionals contribute their expertise as adjunct lecturers.
- Provide students with specialized, professional training to be counseling practitioners and contribute to the counseling fraternity.

Admission Requirements for MAC and MAPC Applicants

The candidate should fulfil the following requirements:

- Be at least 25 years old on the date of admission.
- Be a born-again believer with a genuine desire for Christian service.
- Have obtained a bachelor's degree in any field from a recognized university/institution or Bible School/College.
- Have obtained a TOEFL score of 550 or an IELTS score of 6.0 (or the equivalent).
- Clear the admission interview.
- MAPC applicants with an equivalent Postgraduate Diploma in Counseling or a master's degree in a related field will go through a matriculation process and may be required to do Directed Studies in order to fulfil the minimum of 30 credits to graduate with a master's degree from TCA College.

Academic Requirements/Pre-requisite Courses for MAC and MAPC Applicants

Candidates without a background in psychology, bible, or theology are required to complete the following courses at the undergraduate level. Exemptions will be given to candidates who are able to show transcripts of the same topic or its equivalent taken at an undergraduate level.

- Christian Ethics (Credit)
- Introduction to Psychology (Credit)
- Old Testament Survey (Audit)
- New Testament Survey (Audit)
- Each course listed in the curriculum below is worth 3 credits unless otherwise stated.
- Students are required to progress through all courses listed below and maintain a Grade Point Average (GPA) of 2.7 in order to graduate from the MAC or MAPC.

MAC Curriculum

Theoretical Foundations

1. Foundations of Counseling
2. Self of the Counselor
3. Human Development
4. Theories of Individual Counseling
5. Theories of Marital and Family Counseling
6. Theories of Group Work



Clinical Foundations

7. Professional Ethics
8. Appraisals, Tests and Assessments
9. Core Clinical Skills I
10. Core Clinical Skills II
11. Psychopathology



Specialization Courses

12. Family Work: Assessment and Conceptualization
13. Spirituality and Counseling
14. Addiction Counseling*
15. Counseling Children*
16. Divorce and Remarriage*
17. Gender and Sexuality*

*Students will choose any three of four course options from 14-17.



Capstone Course

18. Practicum with Supervision over Two Terms (6 credits)



Students graduate with a Master of Arts in Counseling (MAC).

MAPC Curriculum

Academic and Biblical Foundations

- Introduction to Psychology
- 1. Old Testament Foundations
- 2. New Testament Foundations
- 3. Hermeneutics
- 4. Christian Ethics
- 5. Christian Doctrine
- 6. Pastoral Counseling
- 7. Issues in Pastoral Counseling
- 8. Spiritual Formation and Christian Character



Theoretical Foundations

- 9. Foundations of Counseling
- 10. Self of the Counselor
- 11. Human Development
- 12. Theories of Individual Counseling
- 13. Theories of Marital and Family Counseling
- 14. Theories of Group Work



Clinical Foundations

- 15. Professional Ethics
- 16. Appraisals, Tests and Assessments
- 17. Core Clinical Skills I
- 18. Core Clinical Skills II



Capstone Course

- 19. Practicum with Supervision over Two Terms (6 credits)



Students graduate with a Master of Arts in Pastoral Counseling (MAPC).

SCHOOL OF COUNSELING

The programs in School of Counseling are recognized by Singapore Association for Counselling.

Recognition: [The Singapore Association for Counselling](#)



Click [here](#) to view recognition

The Master of Arts in Counseling is approved for inclusion on the International Registry of Counsellor Education Programs (IRCEP), an international affiliate of CACREP.

Recognition: [International Registry of Counsellor Education Programs](#)



Click [here](#) to view recognition

The School of Counseling is committed to the training of skilled, competent and professional counselors for the community and churches. Faithful to the Christian ethos, our trainees are imbued with the value of personhood – a core value that respects the cultural and religious diversities forming the fabric of our nation. Our training is holistic in its breadth and depth of the curriculum and student-focused in the delivery of skill instruction. Besides learning counseling theories and acquiring clinical skills, our students will embark on a journey of intentional self-discovery, and of relating with God and others authentically. A key feature to note in our training, therefore, is the inclusion of spirituality in counseling and the integration between counseling, psychology and theology.

Course Description

Guide to Course Codes

School of Counseling uses a 7-digit alphanumeric code for its courses. Please use this legend to understand the course codes.

For example: **Foundations of Counseling CEST700**

C	C = School of Counseling L = School of Leadership T = School of Theology
E	E = English C = Chinese
S	S = On-site course L = Online course
T	Area of study. Check with your individual school or the table below.
7	100 to 499 = Undergraduate courses
0	500 to 799 = Graduate courses
0	

Area of Study

School of Counseling	A = Academic Foundations F = Clinical Foundations C = Capstone Course	T = Theoretical Foundations S = Specialization Courses
School of Theology	BG / BN / BO = Bible MC / ME / ML / MM / MP / MT / MW = Ministry	TG / TH = Theology

Academic and Biblical Foundations in MAC and MAPC (9 Courses of which 5 are offered to MAPC students only*)

[Introduction to Psychology](#)

CESA100

This course is designed to introduce students to a broad overview of the different fields of Psychology. The emphasis is on the important principles, theories, concepts, and findings that underlie normal human behavior.

[New Testament Survey \(Audit\)](#)

TESBN100

This course is a study of the New Testament in the context of the history and culture of its time. The main themes and teachings of each book will be explored in relation to the ongoing revelation of God's plan.

[Old Testament Survey \(Audit\)](#)

TESBO100

A study of the Old Testament in its context: history, geography and culture. The chief events, characters and teachings of each book are studied in relation to their place in the on-going revelation of God's plan.

[Christian Ethics](#)

TESTH231 / TELTH231

This course will provide students with the foundation of Christian ethics and its underlying theological convictions, its understanding of the nature of the good and of the moral self, and the criteria for ethical judgments. These Christian ethical components are examined against the background of both historic and contemporary philosophical alternatives. Careful attention is then given to the application of Christian ethical principles and models to specific contemporary ethical issues, both personal and social.

[Hermeneutics \(*offered to MAPC students only\)](#)

TESBG501

This course is an introduction to the interpretation of the Bible, with a view to providing a historical perspective and practical helps with which to study, interpret and apply Scripture.

[Christian Doctrine \(*offered to MAPC students only\)](#)

TESTH510

Christian Doctrine will provide comprehensive coverage of core Christian beliefs. From theological method, sin, and redemption, to our future hope of glory, this course covers all the essential beliefs of the Christian faith. We will establish the biblical basis for these beliefs, but also explore balanced discussions of areas where Christians may disagree. The goal of this module is to both further our theological understanding and to encourage our devotion.

[Pastoral Counseling \(*offered to MAPC students only\)](#)

TESMC501

This course will provide an interdisciplinary approach to pastoral counseling, integrating biblical-theological principles with psychological insights to the theories and processes needed to help people through various needs and crises. The course will also look into the models and means of pastoral counseling, the skills needed to be effective, as well as issues and concerns faced by pastoral counselors today.

[Issues in Pastoral Counseling \(*offered to MAPC students only\)](#)

TESMC502

This course will look at practical strategies to address the common issues encountered in pastoral counseling. It will look at understanding counseling issues frequently attended to, making assessment interviews, providing counsel and biblical insights to the counselee, and action steps that can be taken by the counselee.

[Spiritual Formation and Christian Character \(*offered to MAPC students only\)](#)

TESMP500

This course addresses the need for a biblically guided process of Christian spiritual formation in today's multi-faceted world. Input from Scripture regarding definitions, principles, and practices will be gathered. On that theological foundation, relevant models in the life of the past and present church will be examined leading to application in one's personal and community context.

Theoretical Foundations in MAC and MAPC (6 Courses)

[Foundations of Counseling](#)

CEST700

This course covers the fundamentals of the counseling 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.

[Self of the Counselor](#)

CEST701

This course focuses on the self and Christian disciplines that enable an individual to be congruent, authentic and Christ-honoring in their ministry of Christian counseling. These disciplines include journaling, meditation, contemplative prayer and care for the soul, among others. The course will also focus on how our family of origin,

gender and sexuality, subculture and ethnicity affect 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 when we help others.

[Human Development](#)

CEST702

This course provides theories and basic framework for understanding human behavior within a developmental and social context. Various developmental stages from infancy to the conception of death, and the environmental, cultural, the role of religion, rituals, and other Christian faith-based issues faced that may contribute to the developmental problems presented by our clients will be explored.

[Theories of Individual Counseling](#)

CEST703

This course provides a survey and a critical appraisal of the major approaches in individual counseling. It includes the psychodynamic, cognitive-behavioral, existential-humanistic, gestalt, contemplative and multicultural psychotherapies. Students will discuss their theoretical framework for understanding human personality, models of problems, models of counseling in class and also make applications from a faith-based perspective.

[Theories of Marital and Family Counseling](#)

CEST704

This course provides a presentation of the major theoretical underpinnings and clinical practices in the field of marital and family counseling, and will especially engage with faith-based contexts when working with Christian marriages and family structures. It will include evolving viewpoints, values, perspectives, key techniques of intervention and goals of family therapy, while emphasizing the growing integrative nature of the current practice of marriage and family counseling in the local setting.

As postmodernism has introduced us to the influence of larger belief systems and the use of language in how people construct their thinking about reality and the functioning of marriage and the family, special attention will be given to counseling the Asian/Christian family in a multicultural and multi-religious setting.

[Theories of Group Work](#)

CEST705

This is a course for people leading recovery, support, personal wellness, or psycho-education groups. It covers the different theories for group work, including group development and group process. Related multicultural, multi-religious issues as well as faith-based Christian group work modalities will be explored. Students will also learn group facilitating and intervention skills.

Clinical Foundations in MAC and MAPC (5 Courses of which 4 are offered to MAPC students#)

Professional Ethics

CELF710

This course examines the principles and guidelines for professional counseling practice with regards to confidentiality, professional responsibility, professional relationship boundary, legal issues, including malpractice and other legal liability issues. Students will be facilitated to think through different ethical dilemmas and to employ decision-making strategies in a systematic manner. Special focus will be given to the application of professional ethics within the church and Christian community, while exploring topics such as dual relationships, leadership boundaries, diversity, reporting processes and confidentiality issues.

Appraisal, Tests & Assessments

CESF711

This is an introductory course in research methods, psychological testing, and clinical assessment. It is designed to provide a foundation in assessment so that beginning counselors can select and use sound assessment techniques, and be exposed to a variety of assessment areas and issues. Discussions will also focus on relevant applications of the tests and assessments in different environments like church-based counseling, faith-based community and outreach programs, as well as in private practice and networking with other professionals.

At the end of the course students will be expected to critically evaluate the use of research by others, appropriately use a variety of basic research methods to solve simple but real problems in their own practice, make appropriate referrals for psychological testing, apply the results of a psychological evaluation as described in a psychological report, and conduct appropriate assessments in their counseling practice.

Core Clinical Skills 1

CESF712

This clinical course provides students the exposure to and demonstration of the core microskills necessary for counseling and interviewing. It will facilitate the development of a skills and competency based approach to the counseling interview. Students will discover that the skills learned and developed within this course are easily transferable in any counseling environment within the church community, in faith-based volunteer work, and in all age groups.

Core Clinical Skills 2

CESF713

This clinical course gives students exposure to the core microskills necessary for counseling and interviewing people, including a demonstration of these skills. It will facilitate the development of a skills and competency-based approach to the counseling interview and is based on the foundational skills laid out in Core Clinical Skills 1. This advanced level course will introduce students to the more complex intervention skills needed to navigate the counseling dialogue by engaging with thoughts, beliefs and values that encompass clients within a multicultural, diversity and faith-based context.

Psychopathology (#this is not offered in MAPC)

CESF714

In this introductory course students will be introduced to the clinical features, causes and treatment of common psychiatric disorders. Specially designed for counselors, the contents include mental state examination and assessment of suicide risks and other assessments typical within the private practice and faith-based practice environments. Students would also be introduced to the classification of mental disorders in DSM-5.

Specialization Courses in MAC Only (6 Courses⁺)

⁺Students will do any three of courses CESS722-CES725

Family Work: Assessment and Conceptualization

CES720

This course looks at the changing family life-cycle and its implications for counseling within the church and Christian community. 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.

Spirituality and Counseling

CES721

This course will provide the foundations of a biblical, Christian approach to counseling, including both implicit and explicit integration. Topics covered will include assumptions about human nature and sources of truth, the use of spiritual resources (e.g., prayer and inner healing, Scripture) and the spirituality of the therapist. The course will also deal with the fundamentals of the counseling process, which in turn seeks to provide a framework for faith-based counseling.

[+Addiction Counseling](#)

CESS722

This course is designed for advanced counseling students to have an overview of substance use disorders, other addictive disorders like gambling, assessments, prevention, and treatment/relapse management. Behavioral health clinical models, etiological faith-based models and techniques used in individual, family, group, and community interventions will be reviewed.

Note: The course may include presentations by local experts in the field of addiction and of experiential components, including motivational interviewing, harm reduction interventions, family and group methods.

[+Counseling Children](#)

CESS723

This course looks into the issues related to childhood development and resilience, normative and deviant behavior, among others. Focus will be given to play therapy, expressive art therapy, Sandplay Therapy and family counseling with children in the context of local counseling situations, especially in churches and faith-based organizations. There will also be extended coverage of counseling children with special concerns such as suicide, divorce, chemical dependency, single-parent, and violence issues.

[+Divorce and Remarriage](#)

CESS724

This course is designed to provide the student with an understanding of the major changes involved in family systems which undergo the processes of divorce and reconstitution. A biblical-theological perspective of marriage as well as challenges of coping in a single-parent situation will also be explored.

[+Gender and Sexuality](#)

CESS725

This course focuses explicitly on the issues of gender roles and the changing norms of gender and sexuality in the world today. Special emphases will be given to sexual issues like sexual orientation, gender identity, premarital and extra-marital problems, pornography, rape, sexual abuse and co-habitation. Students will explore different models of sexual identity development and synthesis, engage with the tensions between religious identity and gender identity and also apply principles for providing pastoral care and counseling within the shifting norms related to sexuality issues and improving faith-based ministry.

Capstone Course in MAC and MAPC (1 Course)

Practicum with Supervision (6 credits over 2 terms)

CESC730

This course consists of experiential learning alternating between faith-based and community-based agency settings, classroom work, individual review and reflection. Students are expected to apply their theoretical learning and knowledge base to the clients and families under their care, in line with current professional and ethical codes of conduct.