



**School of Counselling
Handbook**

1. Certificate and Diploma in Counselling and Theology

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

Validation	University of Wales	
Award	Certificate in Higher Education in Counselling and Theology	Diploma in Higher Education in Counselling and Theology
Credits	120 credits at Level 4	120 credits at Level 4 120 credits at Level 5
Duration	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

	Year 1 (Level 4)	Year 2 (Level 5)
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	Choose 2 electives
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) Choose 2 electives

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:

Validation	University of Wales
Award	Post-graduate Diploma in Counselling
Credits	120 credits at Level 7
Duration	Full-time : 1.5 year Part-time : Up to 5 years

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.

2.3. Curriculum

1 st Year	2 nd Year
Foundations of Counselling Self of the Christian Counsellor Human Development Core Clinical Skills (part 1) Theories & Approaches in Individual Counselling Theories & Approaches in Family & Marital Counselling Spirituality & Christian Counselling Core Clinical Skills (part 2) Theories & Approaches in Group Work Professional Ethics Practicum with Supervision (20 credits) (over 2 academic terms)	Continuation of "Practicum with Supervision"

Each module is worth 10 credits unless otherwise stated.

2.4. 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. Module Descriptions

3.1. Undergraduate

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.

3.2. Postgraduate

WCEIT70010 Foundations of Counselling

The first part seeks to provide a framework for integrating psychology and the Christian faith. What is the theological framework for Christian counselling? What do we believe about Truths and the nature of man? Where is the place of secular theories in Christian counselling? The different integration positions of Christian Psychologists will also be examined.

Fundamentals of the counselling process will be covered in part 2 of this course. This includes understanding counselling as a process, and building the counselling relationship.

WCEIT70110 Self of the Christian 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.

WCEIT70310 Spirituality & Christian Counselling

This course will provide a skills-oriented, practical introduction to the foundations of a biblical, Christian approach to counselling, 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, 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 therapist and client.

WCETH70010 Human Development

This course provides theories and a basic framework for understanding human behaviour within a developmental and social context.

WCETH71010 Theories & Approaches in Individual Counselling

This course provides a survey and a critical appraisal of the major approaches to counselling. It includes psychodynamic, humanistic-existential, rational emotive behaviour therapy, cognitive, behavioural, gestalt therapy, psychodrama, narrative, reality and problem solving etc. It also covers basic framework and techniques for counselling under which the various approaches are used.

WCETH73010 Theories & Approaches in Family & Marital Counselling

This course provides a presentation of the major theoretical underpinnings and clinical practices in the field of marital and family counselling. It will include: evolving viewpoints, values, perspectives, key techniques of intervention and goals of family therapy, emphasizing the growing integrative nature of the current practice of marriage and family counselling 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 counselling the Asian family in a multicultural, multi-religious setting.

WCETH75010 Theories & Approaches in Group Work

This course provides theories and group experience for students. The course will critically review the various group work theories including group development and group process. Group facilitating & intervention skills will be practiced and multicultural issues will be explored.

WCETH77010 Professional Ethics

This course examines the principles and guidelines for professional counselling practice with regards to confidentiality, professional responsibility, professional relationship boundary, legal issues, including malpractice and other legal liability issues.

WCELB70110 Core Clinical Skills (part 1)

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.

WCELB70210

Core Clinical Skills (part 2)

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 (Part One).

WCELB70320

Practicum with Supervision

Experiential and practical integration forms the basis of learning for this module, with the learning alternating between agency setting, classroom work and individual review and reflection. Students are expected to apply their theoretical learning and knowledge base acquired through simulated role plays and interviews to the clients and families under their care in line with current professional and ethical codes of conduct.