



# School of Counseling Program and Course Catalog

## OVERVIEW

### Master of Arts in Counseling (Part-time)

The Master of Arts in Counseling (MAC) 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 MAC has been recognized by Singapore Association for Counselling (SAC) since November 2013. The Postgraduate Diploma in Counseling (PDC) which preceded the MAC has been recognized by SAC since January 2011. However, with effect from 2016, the PDC is no longer offered by School of Counseling (SOC).

The MAC at TCA College was approved for inclusion on the International Registry of Counselor Education Programs (IRCEP) – an international affiliate of The Council for Accreditation of Counseling & Related Educational Programs (CACREP) since July 2014.

SOC 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.

<b>Credits</b>	60 credits
<b>Duration</b>	Part-time: Up to 5 years <sup>@</sup>
<b>Recognition</b>	Singapore Association for Counselling International Registry of Counsellor Education Programs

<sup>@</sup>Calculated from the first registered course at TCA College.

Three credits are considered the equivalent of 100 hours of learning. This includes contact time, project work, research as well as self-study. The updated total of 60 credits with effect from 2023's cohort reflect SOC's position to be consistent with [CACREP's standards for accreditation of degree programs](#).

### 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 counseling practitioners who will be competent in skills, culturally sensitive, and ethical in practice.
- Train and equip counseling practitioners to be skillful and competent counselors in churches and Christian organizations in the postmodern context.

## **Admission Requirements for MAC Applicants**

Candidates 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.
- Applicants who wish to transfer credits from relevant courses completed in a postgraduate degree in a related field will go through a matriculation process. Upon the approval to transfer credits, applicants need to complete a minimum of ten courses offered by SOC to graduate with the MAC.
- International applicants must have obtained a TOEFL score of 80 (IBT) / 550 (PBT) or an IELTS score of 6.5 (or the equivalent).
- Clear the admission interview.
- Candidates are accepted into the MAC as a cohort at the start of every academic year in Term 1.
- Students are required to progress through the courses listed in the MAC curriculum and achieve a Grade Point Average (GPA) of 2.5 to graduate.

## MAC Curriculum

<b>Faith-based Foundations</b>	
<ol style="list-style-type: none"> <li>1. Christian Ethics</li> <li>2. Old Testament Survey</li> <li>3. New Testament Survey</li> </ol>	
<b>Theoretical Foundations and Helping Relationships</b>	
<ol style="list-style-type: none"> <li>4. Self of the Counselor</li> <li>5. Applied Psychology in Helping Relationships</li> <li>6. Human Development</li> <li>7. Theories of Individual Counseling</li> <li>8. Theories of Marital and Family Counseling</li> <li>9. Theories of Group Work</li> <li>10. Gender and Sexuality</li> <li>11. Spirituality and Counseling</li> </ol>	
<b>Clinical Foundations</b>	
<ol style="list-style-type: none"> <li>12. Appraisals, Tests and Assessments</li> <li>13. Professional Ethics</li> <li>14. Core Clinical Skills I</li> <li>15. Core Clinical Skills II</li> <li>16. Psychopathology</li> </ol>	
<b>Elective Courses</b>	
17 – 18.: Students will do any two of the following courses:	
<u>3<sup>rd</sup> Year Options:</u> <ul style="list-style-type: none"> <li>❖ Divorce and Remarriage</li> <li>❖ Addiction Counseling</li> <li>❖ Grief and Bereavement Counseling</li> </ul>	<u>4<sup>th</sup> Year Options:</u> <ul style="list-style-type: none"> <li>❖ Clinical Mental Health Counseling</li> <li>❖ Counseling Children</li> <li>❖ Advanced Skills for Working With Children</li> </ul>
<b>Capstone Course</b>	
<ol style="list-style-type: none"> <li>19. Practicum 1 with Supervision (Term 1)</li> <li>20. Practicum 2 with Supervision (Term 2)</li> </ol>	

60 credits fulfilled via 20 courses



Students graduate with MAC.

### MAC - Projected Study Schedule (2023-2026)\*

COHORT	TERM 1	TERM 2	TERM 3
<b>1<sup>st</sup> year students</b>	a) Self of the Counselor b) Applied Psychology in Helping Relationships	c) Theories of Individual Counseling d) Theories of Marital and Family Counseling	e) Appraisals, Tests, and Assessments f) Human Development
<b>Faith-based Foundations courses may be taken within the first two years of the MAC</b>			
	• Christian Ethics (Online)	• OT Survey (Online)	• NT Survey (Online)
<b>2<sup>nd</sup> year students</b>	g) Theories of Group Work h) Gender and Sexuality	i) Professional Ethics	j) Spirituality and Counseling k) Psychopathology
<b>3<sup>rd</sup> year students</b>	❖ Divorce and Remarriage	l) Core Clinical Skills 1 ❖ Addiction Counseling	m) Core Clinical Skills 2 ❖ Grief and Bereavement Counseling
<b>4<sup>th</sup> year students</b>	n) Practicum 1 ❖ Clinical Mental Health Counseling	o) Practicum 2 ❖ Counseling Children	❖ Advanced Skills for Working with Children (Ages 5-9)

Conditions for progression through the MAC study schedule:

- I. Courses listed according to alphabetical order have to be taken in sequence.
- II. Courses across different years (e.g., 1<sup>st</sup> and 2<sup>nd</sup> year courses) can be taken in combination as long as condition I. is met.
- III. All 1<sup>st</sup> and 2<sup>nd</sup> year courses must be completed before students can register for courses meant for the 3<sup>rd</sup> year onwards.
- IV. Any exception to the above 3 conditions must be approved by the Dean of the School of Counseling.
- V. Courses indicated with bullet point ❖ are electives which may not be offered annually.
- VI. \*The curriculum specifications for courses in subsequent terms/years are subject to change though conditions I.- III. remain consistent.

## SCHOOL OF COUNSELING

### Recognition

The MAC in School of Counseling (SOC) is recognized by the [Singapore Association for Counselling](#) (SAC).



Click [here](#) to view recognition

### Approved for Inclusion

The MAC is also approved for inclusion on the [International Registry of Counsellor Education Programs](#) (IRCEP), an international affiliate of CACREP.



Click [here](#) to view the listing

## Unique Features of SOC's Programs

SOC 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 with breadth and depth in the curriculum. 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. Our training is focused on **Christian faith-integration** – students benefit from engaging in discussions of spirituality, spiritual direction and faith integration.

Our training is also focused on **skills** as experienced Christian faculty, who are professional practitioners themselves, model intentionality through class instruction, role and 'real' play, and through individual and group clinical supervision. The intent is to be student-focused in our delivery of skill instruction that is backed by updated research on pedagogy, neuroscience, multicultural sensitivities, and social justice advocacy.

Finally, our training is focused on **relationships** – small class sizes encourage close interaction and create personal relationships.

## Employment Opportunities

Our graduates pursue professional counseling careers in the following areas:

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

## Course Description

### Guide to Course Codes

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

For example: **Self of the Counselor CEST701**

<b>C</b>	C = School of Counseling L = School of Leadership T = School of Theology
<b>E</b>	E = English <span style="float: right;">C = Chinese</span>
<b>S</b>	S = Onsite course L = Online course
<b>T</b>	Area of study. Check with your individual school or the table below.
<b>7</b>	100 to 499 = Undergraduate courses
<b>0</b>	500 to 799 = Graduate courses
<b>0</b>	

### Area of Study

School of Counseling	T = Theoretical Foundations and Helping Relationships F = Clinical Foundations E or S = Elective or Specialization Courses C = Capstone Course
School of Theology	BG / BN / BO = Bible <span style="margin-left: 100px;">TG / TH = Theology</span> MC / ME / ML / MM / MP / MT / MW = Ministry

## Faith-based Foundations in MAC

### Christian Ethics

TELTC231

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.

### Old Testament Survey

TELBC100

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.

### New Testament Survey

TELBC101

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.

## Theoretical Foundations and Helping Relationships in MAC

### 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.

## Applied Psychology in Helping Relationships

CEST706

This course introduces students to a broad overview of the different fields of psychology, including an overall orientation to the helping relationship and the counseling profession. Attention is given to the interaction between differing worldviews and belief systems, the ethical and personal nature of the healing relationship as well as the resources available for promoting growth.

## 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.

## 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.

## Spirituality and Counseling

CESS721

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.

## Clinical Foundations in MAC

### Appraisal, Tests and Assessments

CESF711

This is an introductory course in research methods, psychological testing, and clinical assessment. It provides learners with a foundation in measurement theory to become discerning consumers of research and testing, and to apply best practices in the selection and ethical use of psychological tests. Attention is given to the application of varied tools, research, and assessment methods. Learning outcomes include being able to critique the method used in published studies on counseling and psychology related topics, understand statistical standards, as well as apply the related concepts of reliability and validity.

## Professional Ethics

### CESF710

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.

## 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

### 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.

## Elective Courses in MAC (6 Courses offered)

+Students will do any 2 (two) of six courses

### +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.

### +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.

### +Grief and Bereavement Counseling

CESE728

In the course of counseling individuals, couples and families, it is inevitable to come across clients experiencing grief and bereavement issues in their lives. This course introduces an integrative model of grief counseling from the meaning reconstruction perspectives for bereaved clients who lost their significant others through different modes of death. It also offers various tools to assist bereaved clients to reconstruct their shattered lives and rebuild their disrupted bond with their deceased loved ones in the aftermath of loss.

### +Clinical Mental Health Counseling

CESE727

This course introduces students to a framework of clinical mental health counseling involving processes and procedures for diagnostic hypotheses, treatment planning, and interdisciplinary teamwork in varied settings. While acquiring knowledge of the major concepts in clinical mental health counseling, students will learn skills of crisis intervention, and gain an appreciation for psychological first aid. Students will also advocate for the preventive perspective to wellness that is evidence-based as well as consistent with biblical principles of service.

### +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.

### +Advance Skills for Working with Children (Ages 5-9)

CESE726

This course is designed to build and expand on the Counseling Children course. It will explore the counseling intake process when working with children, including engaging primary caregivers to formulate a clear and appropriate treatment plan. It will also look at assessment tools and techniques in evaluating the play development of a child. It will also introduce the student to the history of play therapy, including its pioneers and their respective theoretical approaches and provide a comprehensive understanding of the active ingredients in play that produces therapeutic change whilst exploring the powerful effects that play therapy has on different areas within the life of a child. At the same time, students will learn some non-directive skill techniques when working with children ages 5 to 9, and apply best counseling practices accordingly.

### Capstone Course in MAC

#### Practicum with Supervision (6 credits over 2 terms)

CESC730A/B

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.