



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 was no longer offered by the 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.

Credits	60 credits
Duration	Part-time: Up to 5 years [@]
Recognition	Singapore Association for Counselling International Registry of Counsellor Education Programs

[@]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

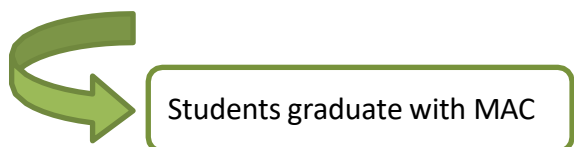
Candidates should fulfil the following requirements:

- 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

Faith Foundations (6 Credits)	
<ol style="list-style-type: none"> 1. Faith Foundation 1: How to Read the Bible 2. Faith Foundation 2: Exploring Christian Doctrine 	
Theoretical Foundations and Helping Relationships (24 Credits)	
<ol style="list-style-type: none"> 3. Self of the Counselor 4. Applied Psychology in Helping Relationships 5. Human Development 6. Theories of Individual Counseling 7. Theories of Marital and Family Counseling 8. Theories of Group Work 9. Gender and Sexuality 10. Spirituality and Multicultural Counseling 	
Clinical Foundations (15 Credits)	
<ol style="list-style-type: none"> 11. Research and Assessment Procedures 12. Professional Ethics 13. Core Clinical Skills I 14. Core Clinical Skills II 15. Psychopathology 	
Elective Courses (9 Credits)	
16 – 18.: Students will do any three (3) of the following courses:	
<u>3rd Year Options:</u> <ul style="list-style-type: none"> ❖ Divorce and Remarriage ❖ Counseling Children ❖ Counseling Adolescents and Youth 	<u>4th Year Options:</u> <ul style="list-style-type: none"> ❖ Clinical Mental Health Counseling ❖ Addiction Counseling ❖ Elective (To be developed)
Capstone Course (6 Credits)	
<ol style="list-style-type: none"> 19. Practicum I with Supervision (Term 1) 20. Practicum II with Supervision (Term 2) 	

60 credits fulfilled via 20 courses



MAC - Projected Study Schedule (2025-2028)

COHORT	TERM 1	TERM 2	TERM 3
1st year students	a) Applied Psychology in Helping Relationships b) Self of the Counselor	c) Foundation 1: How to read the Bible d) Theories of Individual Counseling	e) Foundation 2: Exploring Christian Doctrine f) Human Development
2nd year students	g) Theories of Group Work h) Research and Assessment Procedures	i) Theories of Marital and Family Counseling j) Professional Ethics	k) Psychopathology l) Spirituality and Multicultural Counseling
3rd year students	m) Gender and Sexuality ❖ Divorce and Remarriage (Elective)	n) Core Clinical Skills I ❖ Counseling Children (Elective)	o) Core Clinical Skills II ❖ Counseling Adolescents & Youth (Elective)
4th year students	q) Practicum 1 ❖ Elective (To be developed)	r) Practicum 2 ❖ Addiction Counseling (Elective)	Practicum (Extension, if needed) ❖ Clinical Mental Health Counseling (Elective)

Conditions for progression through the MAC study schedule:

- I. Courses listed according to alphabetical order must be taken in sequence.
- II. Courses across different years (e.g., 1st and 2nd year courses) can be taken in combination as long as condition I. is met.
- III. All 1st and 2nd year courses must be completed before students can register for courses meant for the 3rd 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**

C	C = School of Counseling L = School of Leadership T = School of Theology
E	E = English C = Chinese
S	S = Onsite 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	T = Theoretical Foundations and Helping Relationships F = Clinical Foundations E or S = Elective or Specialization Courses C = Capstone Course
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Faith-based Foundations Courses in MAC

Foundation 1: How to Read the Bible

CESB707

The primary objective of this course is to introduce students to the methodological principles for interpreting the Bible in its historical, literary, cultural, and theological context. Students will engage in the hermeneutics of making meaning of scriptural texts, including factors of presuppositions, grammatical relationships, vocabulary, figurative language and genre. This course is designed with an emphasis on flipped learning. As adult learners, students are expected to have done prior reading and attempted some forum discussions before the onsite classes during which they will practice their interpretive skills and raise questions, while experiencing a fuller and richer appreciation for Bible reading.

Foundation 2: Exploring Christian Doctrine

CESB708

The primary objective of this course is to introduce and train students to explore the key doctrines of the Christian faith. This course is designed with an emphasis on flipped learning. As adult learners, students are expected to have done prior reading and attempted some forum discussions before the onsite classes during which they will engage in discussions of theological themes and raise questions, while experiencing a fuller and richer appreciation for Christian doctrine.

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 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 make applications from a faith-based perspective.

Theories of Marital and Family Counseling

CEST704

This course provides a presentation of the Family from a Biblical perspective, as well as major theoretical underpinnings and clinical practices in the field of marital and family counseling. It includes evolving viewpoints, perspectives, values; the goals of family therapy and key techniques of intervention, emphasizing the growing integrative nature of the current practice of marital and family counseling in the local setting.

Postmodernism has introduced us to the influence of larger systems of beliefs, faiths and worldviews; and the use of language in how people construct their thinking about reality and the functioning of marital and family life. Special attention, therefore, will be accorded to working with the Asian family in a multicultural, multi-religious setting.

Theories of Group Work

CEST705

This course provides an understanding of the theories of group development and group work / group counseling, as well as its dynamics and processes. Emphasis will be given to settings in which people lead recovery, support, personal wellness and psycho-education groups. Students will also learn group facilitating and intervention skills. As with all courses in the School of Counseling, this course prioritizes the acquisition of assessment and treatment skills that are clinically based and sensitive to spiritual/religious variables. Such a focus is vital to helping the individual, family, church, and community.

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 Multicultural Counseling

(Will be updated by Term 2 2025).

Clinical Foundations in MAC

Research and Assessment Procedures

CESF715

This is an introductory course in research methods, psychological testing, and clinical assessment. It is designed to provide a foundation in assessment so beginning counselors can select and use sound assessment techniques and be exposed to a variety of assessment areas and issues. The acquisition of these assessment skills that are clinically based and sensitive to spiritual/religious variables, is vital to helping the individual, family, church, and community. Hence, discussions will focus on applications of varied tools, research, and assessment methods relevant to the Self of the developing counselor, as well as to the larger population from diverse backgrounds.

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 I

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 II

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 (5 Courses offered)

+Students will do any 3 (three) of 5 courses.

+Divorce and Remarriage

CESS724

This course provides students with an understanding of the practice of divorce therapy and the dynamics of remarriage. It helps students learn that divorce and remarriage can be complex and impacts the couple and their children as well as other family members. Students will also grasp the societal impact of divorce. The acquisition of assessment and treatment skills in this course is clinically-based and sensitive to spiritual/religious variables. This is vital to helping the individual, couple, family, church, and community.

+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.

+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

CESE720

This course will introduce the student to basic skills needed for building a therapeutic relationship in counseling children up to 12 years old. It will explore the issues related to childhood development, brain research, normal, and deviant behaviors pertaining to this population. Various strategies and techniques unique to the counseling of this group along with the acquisition of relevant assessment and treatment skills that are clinically based and sensitive to spiritual/religious variables will be covered.

+Counseling Adolescents and Youth

CESE722

Adolescence and Youth are critical stages where their identities and values are formed. This is a course for counsellors who want to better understand and engage with the thinking, culture, and complexities of our young people today. This course will emphasize the importance of cultivating a pro-active approach when counseling youth and adolescents. Various counseling strategies and techniques as well as the ethical and legal considerations when working with this age group will also be covered.

Capstone Course in MAC

Practicum I & II with Supervision (6 credits over 2 terms)

CESC730A/B

Experiential and practical skills integration forms the basis of learning for this course, with the learning alternating between agency setting, classroom work, individual and group supervision, and individual review, reflection, and critical reflexivity. Students are expected to apply their theoretical approaches and knowledge base - acquired through the MAC Coursework and Core Clinical Skills training to the clients and families under their care, in line with current SAC professional and ethical codes of conduct