

**Prospectus  
Of  
Christian Counsellors Training Programmes**



**Oasis Family Life Education Centre**

422-A TELOK BLANGAH ROAD

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**Tel:** 62747480    **Fax:** 62760024

**Courses are conducted on Thursday nights at Grace Methodist Church at 7.30 -10.00pm**

**Participants can join at any point of the course.**

A Diploma in Christian Counselling will be awarded to participants have successfully completed all the modules in the three parts. The diploma will be awarded by Oasis Family Life Education Centre and the Association of Christian Counsellors of Singapore. Enquiries/registration:

Call **Karen (62747480)** or visit Oasis Family Life Education Centre's website at **[www.oasisflec.org.sg](http://www.oasisflec.org.sg)**

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## **Preamble of Christian Counselors Training Ministry**

Though some Christians sought help from their church but there isn't any proper Christian counselling available. Others might have sought help from professionals but always found that the problems have gone too serious. It is imperative for the churches today to equip lay people especially those who would like to serve as group leaders and in the area of caring ministry in the church.

In response to the dire situation in the Christian community, Oasis Family Life Education Centre gathered a group of like-minded professional Christian counsellors, family therapist and psychotherapist to set up a Christian Counsellors Training Ministry about two years ago in 2007 with the hope of training as many lay people as possible to serve as competent Christian counsellors who would work along side with the pastors as fulltime / part time staff or volunteers.

We are working closely with the Association of Christian Counsellors of Singapore (ACCS) to promote and champion the cause of our Lord Jesus Christ in the area of counselling our "emotionally, psychologically or spiritually wounded brother and sister in Christ". All those who have completed the training programme will be eligible to be registered as members of Association of Christian Counsellors of Singapore.

## **Introduction of the Course**

Four separate certificates in Christian counselling courses are offered:

- I. Certificate in Basic Christian Counselling (7 modules)
- II. Certificate in Basic Skills Training for Christian Counselling (40 hours)
- III. Certificate in Counselling Life Issues (7 modules)
- IV. Certificate in Mental Health Counselling (7 modules)

## **I. CERTIFICATE IN BASIC CHRISTIAN COUNSELLING**

### **Module 1. Intro to Christian Counselling**

- \* Secular vs Christian Counselling
- \* Use of Scriptures in Counselling
- \* Role of the Holy Spirit in Counselling

### **Module 2. Spiritual Foundation In Christian Counselling**

- \* Counsellor Personal Time with God
- \* A Counsellor's Christ-Like Personality
- \* A Counsellor's Victorious Christian Life

### **Module 3. Counselling Psychology**

- \* Anatomy of the Brain
- \* Application of Brain Functions in Counselling

- \* Theories of Perception, Learning,
- \* Memory, Motivation & Emotion

**Module 4. Counselling Skills**

- \* The Counselling Process
- \* Attending Skills
- \* Listening & Questioning Skills

**Module 5. Counselling Methods**

- \* Problem-Solving Approach
- \* Rational Emotive Approach
- \* Reality Approach
- \* Behaviour Approach
- \* Cognitive Approach

**Module 6 Legal and Ethical issues in Counselling**

- \* The rights of counselees and the laws
- \* The Parens Patriae and Diminished Capacity Plea (Durham Law)
- \* Ethical codes, and confidentiality in counselling

**Module 7 Marriage Counselling**

- \* A Normal Christian Marriage
- \* .Managing a marital conflicts.
- \* Systemic Approach to Marriage Counselling

**II. CERTIFICATE IN BASIC COUNSELLING SKILLS (40 hours)**

- \* Listening
- \* Skills in strengthening of inner being
- \* Identifying traits and analysis of behavioural patterns
- \* Verbatim Reports
- \* Case studies

**III. CERTIFICATE IN COUNSELLING LIFE ISSUES**

**Module 1. Counselling Psychology**

- \* Anatomy of the Brain
- \* Application of Brain Functions in Counselling
- \* Theories of Perception, Learning,
- \* Memory, Motivation & Emotion

**Module 2. Counselling Skills**

- \* The Counselling Process
- \* Attending Skills
- \* Listening & Questioning Skills

**Module 3 Legal and Ethical issues in Counselling**

- \* The rights of counselees and the laws
- \* The Parens Patriae and Diminished Capacity Plea (Durham Law)
- \* Ethical codes, and confidentiality in counselling

**Module 4 Family Counselling**

- \* A survey of contemporary theories in marriage and family counselling
- \* An understanding of life-cycle transitions, communication intimacy, conflict resolution, anger, forgiveness and goal setting.
- \* Intervention strategies in marriage and family problems

**Module 5 Counselling Those with Guilt problems**

- \* The different types of guilt
- \* The causes of guilt and its adverse effects
- \* Method of counselling those with guilt problems

**Module 6 Counselling Those with Addiction Problem**

- \* A familiarization of the drug culture
- \* Field trip to a Drug Rehabilitation Centre
- \* Counselling with addict's family
- \* Developing a support network to prevent relapse

**Module 7 Grief Counselling and Crisis Counselling**

- \* Attitudes and beliefs concerning dying and death
- \* The grief process and grief counselling
- \* Understanding crisis
- \* Ways to counsel in a crisis

**IV. CERTIFICATE IN MENTAL HEALTH COUNSELLING**

**Module 1 History of Psychology & Treatment of Mental Disorders**

- \* A brief survey of the history of psychology and the treatment of mental illnesses.
- \* An evaluation the major theoretical systems
- \* An understanding of behaviourism, psychoanalysis, cognitive science and other branches of psychology.

- Module 2      Clinical Diagnosis and Interview**
- \* Clinical interview, assessment, judgment and intervention
  - \* An understanding of therapeutic alliance, client's readiness, client's resistance, transference and counter-transference.
  - \* The identification of psychopathologies
- Module 3      Basic Understanding of Psychopharmacology**
- \* The use of biotherapy in treating psychological disorders
  - \* The pharmacokinetic and pharmacodynamics of drugs
  - \* The effects or side effects of psychological drugs
- Module 4      Counselling Exogenous and Endogenous Depression**
- \* Descriptions exogenous and endogenous depression (DSM- IV)
  - \* Counselling exogenous depression
  - \* Prevention of exogenous depression
  - \* Psychotherapy program for endogenous depression
- Module 5      Counselling General Anxiety Disorder and Obsessive and Compulsion Disorder**
- \* Descriptions of Anxiety Disorders (DSM-IV)
  - \* Genetic, environmental and other factors leading to above disorders
  - \* Psychotherapies for above disorders
- Module 6      Counselling Agoraphobia, Phobias and Panic Attack**
- \* Descriptions of Agoraphobia, Phobias and Panic Attack (DSM IV)
  - \* Genetic, environmental and other factors leading to disorders
  - \* Psychotherapies for above disorders
- Module 7      Counselling Children Disorders - Attention Deficit Hyperactive Disorder and Conduct Disorder**
- \* Descriptions of Attention Deficit Hyperactive Disorder and Conduct Disorder (DSM-IV)
  - \* Genetic, environmental and other factors leading to above disorders
  - \* Psychotherapies for above disorders

*Diploma in Christian Counselling shall be awarded jointly by Oasis Family Life Education and Association of Christian Counsellors of Singapore to students who have successfully completed all the modules of the training course.*

*Interested parties are invited to register online for the course and they can join at the beginning of any module of the course.*

## PROFILE OF TRAINERS

### **Dr. SPENCER LEE**

#### *Academic Qualifications*

PhD. (Christian Counselling), Master in Christian Counselling, Master in Christian Studies, Bachelor in Theology and Bachelor of Ministry

#### *Ministry Experience*

Upon graduation from Baptist Theological Seminary Dr Lee worked as an Asst Pastor in a local Church. Six years later, he joined the Methodist Church as Pastoral Team member and had served in 3 different Methodist Churches.

Prior to going back to his present church work Dr Lee was working as a full-time counsellor in Covenant Family Service Centre for about 3 years. Presently, Dr Lee works as a Resident Counsellor in Christ Methodist Church and he also serves as the Chairman of Family Life Ministry for the past five years.

### **Rev SAM KUNA**

Sam Kuna is an Ordained Minister with the Assemblies of God of Singapore.

He studied Psychology (BA) and Marriage and Family Therapy (MA) and is the immediate Past President of the Singapore Association for Counselling

Sam has been involved in the work of Teen Challenge (Singapore) since 1978 starting as a volunteer and has served and still serving as its Executive Director for a total of 18 years.

### **Dr VICTOR TAI**

Dr Victor F L Tai, BA(Hons), MSc, PhD. is the Snr Consultant Psychologist, Adam Road Hospital and Snr Management Consultant, Pyscan Consulting Int'l . He has lectured and trained several thousands of executives, managers and professionals from numerous organizations. He was previously Chief Psychologist for almost 10 years at the Ministry of Defence.

He was a past president of the Singapore Psychological Society and past deputy chairman of the Singapore Professional Centre. He was a founder member of the Singapore Society for Executive Health and the Singapore Society of Counseling. He has written or edited 3 books: 2 on child development and 1 on Drug Abuse.

## **Rev Dr FRANCIS NGOI**

Rev. Dr. Francis Ngoi obtained his Bachelor of Theology and Master of Ministry in Pastoral Care from Trinity Theological College in Singapore in 1975 and 1978 respectively, Doctor of Ministry in Personality, Culture and Religion Degree from Boston University in 1990, and his Professional Diploma in Marital and Family Therapy from Institute of Family Therapy, London in 1996. He has been a member of Association for Marital and Family Therapy (Singapore) since 1997. As an elder in CAC for more than 30 years, he has taught Pastoral Care and Counseling in Trinity Theological College and an assistant Supervisor for Clinical Pastoral Care Training for several years. Serving as the director of Oasis Family Life Education Centre since 2002, he has been promoting family wellness programs among churches and training Lay counselors and full time family life educators to support the family life ministry of local churches. He also provides professional help to dysfunctional marriages and families. He has developed a series of family wellness programs and written several Bible study guidebooks for pastoral care groups. His latest publications, "Family Altars", is a guide book aim at fostering communication between family members during family devotions. And Guide to Christian Family Life as resource for sharing in Covenant Family Support Group.

Rev. Ngoi is effectively bilingual and is a seasoned camp and seminar speaker in both Malaysia and Singapore.

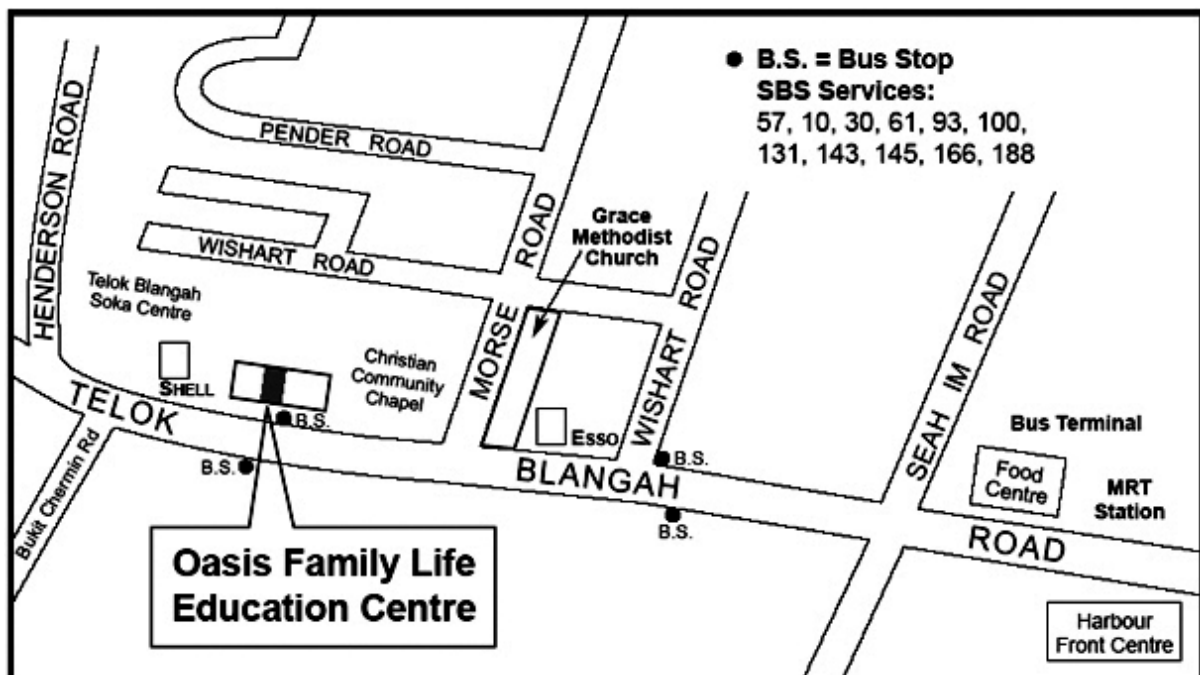
## Accreditation

The objective of the Christian Counsellors Training Course is primarily to equip Christians for the Christian counselling ministry in the local church.

However we do not compromise the quality of our training as our trainers are very qualified people with sound theological and psychological training (see trainers' profile). Our programmes are comprehensive and require a compulsory 30-hour practicum. The quality of the programmes is almost equivalent to any certificate and diploma in counselling offered in most universities or theological colleges. Perhaps the only difference is that our students are not required to take any examination, however they have to write reflection papers for all the courses they take.

Though the Christian Counsellors Training Courses are not accredited to any university or theological college it has the recognition of the Association of Christian Counsellors of Singapore which is a Christian professional counselling body set up to promote and regulate the standard of Christian counseling in Singapore.

### Location Map of Oasis Family Life Education Centre





**Application Form For Christian Counsellors Training Course**

Name: \_\_\_\_\_

Gender: Male Female Date of Birth \_\_\_\_\_

Tel. No.: Home: \_\_\_\_\_ Office \_\_\_\_\_ HP: \_\_\_\_\_

Home Address: \_\_\_\_\_  
\_\_\_\_\_

Email Address: \_\_\_\_\_

Education: Below A Level Above A level Tertiary Doctoral

Church Name: \_\_\_\_\_

Position in Church: \_\_\_\_\_

Experience or Training related to Counseling Ministry: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Expectation if any: \_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_