

Diploma in Counselling

(Suitable for counsellors in the church; pastors & lay leaders; ministry workers; marketplace leaders; medical professionals & students; youth counsellors; students of theology, psychology and social work)

Tentative duration: 6 months

Entire syllabus: 4 Modules [comprising of all 3 certificate courses along with the respective distance education components as proposed for each certificate course]

Module 1: Holy Spirit Led Counselling

Objectives:

1. To enable participants to understand God's heart for counselling and the power of the Gospel and the role of the Holy Spirit in counselling **[A]**
2. To enable participants to know the Holy Spirit personally and to yield to His leading **[B]**
3. To prepare the participants to recognise the importance of the Word, anointing and authority for a Holy Spirit led counsellor **[B]**
4. To facilitate an understanding of the power of the finished work of Jesus on the Cross and the Dunamis power of the Holy Spirit for deliverance, healing and sanctification in counselling **[C]**
5. To bring participants to a deeper understanding of Holy Spirit led counselling in contrast to the prevailing worldviews and world's systems of counselling **[D, E, F, G, H, I, J]**

Module syllabus:

- (A) Who is the Holy Spirit? – Attributes of the Godhead; Introduction to Holy Spirit-led counselling; Identity in Christ
- (B) Barriers to good spiritual and mental health in oneself
- (C) Therapeutic process – Redemption; Barriers to repentance (breaking ego defenses); Renouncing and deliverance; God encounters; Sanctification and healing
- (D) Stages in approaches to counselling – Secular counselling theories; Biblical counselling; Christ centred counselling; Holy Spirit-led counselling; Word, Anointing, Authority; Barriers to Holy Spirit-led counselling
- (E) Threats to the Christian mental health belief system – Influences of different worldviews (atheism, humanism, Deism, naturalism, existentialism, postmodernism) minimizing the sovereignty and significance of God; The rejection of sin as a factor affecting mental health; New age influences
- (F) Key stakeholders in counselling – Counsellor, counselee(s), family, society, culture, problem issue and God
- (G) Offices of the counsellor – Apostolic; Prophetic; Evangelistic; Pastoral; Teaching

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- (H) Gifts desirable for a Holy Spirit-led counsellor – Word of wisdom; Word of knowledge; Discernment of spirits; Gift of faith; Gift of healing; Working of miracles; Gift of prophecy
- (I) Positions of the Holy Spirit-led counsellor; Counsellor as intercessor; Counsellor as warrior; Counsellor as deliverer; Counsellor as reconciler
- (J) Desirable counselling skills – Empathy with discernment; Genuineness without emotional entanglement; Holy Spirit-led directiveness and assertiveness – Understanding the spiritual authority of the Counsellor

Module 2: Youth and School Counselling

Objectives:

1. To facilitate the understanding of adolescent and youth issues by using a psycho-spiritual approach **[Unit 1]**
2. To enable participants to have an understanding of sexuality related issues in adolescence **[Unit 1]**
3. To provide participants with an understanding of psychological counselling issues **[Unit 1]**
4. To provide participants with an understanding of spiritual issues that need counselling intervention **[Unit 1]**
5. To enable participants to lead youth into redemption, sanctification, deliverance and healing **[Unit 1]**
6. To train participants in the provision of value education classes revolving around heart and soul issues, gender identity, conscience and emotional development **[Unit 2]**

Module syllabus:

Unit 1: Understanding Adolescent and Youth Issues from a Psycho-Spiritual Approach – Pyramid

- (A) Sexuality issues: Biblical understanding of sexuality; Broken sexuality; Types of broken sexuality; Relationships; soul-ties
- (B) Perversion of sexuality – Counterfeit sexuality; Perversion in sexuality; Definition and process; Strongholds and sexual orientation disorders; Counterfeit heart; Consequences; Depraved mind; Dead emotions/conscience; Deviant behaviours; Deceptive spirits; Conflict in the spiritual
- (C) Sanctification of sexuality
- (D) Common issues of adolescence and youth – Dealing with Behavioural Problems - Bullying; Aggression; Fear; Rejection; Alcohol and drug use; Violence; Stealing; Lying; Manipulative behaviour; Vulgarity; Rebellion against authority; Internet addiction and gaming disorder; suicidal intent
- (E) Dealing with Psychological Disorders - Depression; Phobias – Specific phobias and fears; Psychosis; Suicide/self-harm; Trauma/grief; Mood swings; Conduct disorder; Maladaptive personality traits
- (F) Spirituality Issues - Occult experience; Bitterness; Bondages; Fantasy; Nightmares
- (G) Altered sexual orientation – Towards Self, Same sex, Children, Family; Wandering eyes; Symptoms and consequences
Sexuality made righteous; God-ordained sexual orientation

Unit 2: Value Education

- (A) Introduction to Sowing Good Seeds
- (B) Grade 1 and 2 – Original created state of gender – Nature, value, importance; Gender identity – Design and differentiation; Acceptance and

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equality

(C) Conscience development and dulling – Preservation and strengthening of conscience

(D) Tripartite nature – Understanding sensory organs; Good touch and bad touch; Understanding the soul and inner strength; Soul-ties; Ego defences; Direction, character and preservation of boyhood and girlhood; Responses to defilement; Differentiation between defiled and undefiled inner state; Assertiveness training; Commitment to preserving original state; Chastity and virtue

Module 3: Marriage Counselling

Objectives:

1. To enable participants to understand God's heart for marriage as in Genesis 1-2
2. To comprehend the fallen or broken state of marriage from a Biblical standpoint **[Unit 1]**
3. To provide participants with a conceptual understanding of pre-marital and marital counselling **[Units 2, 3]**
4. To enable the participants to recognise the consequences of sin on marriage within a Biblical framework **[Units 1-3]**
5. To prepare participants to counsel any individual or couple with problems or issues in marriage or sin in sexuality **[Units 1-2]**
6. To equip participants with an understanding of the parameters of mental health counselling for marriage and sexuality issues **[Unit 1-2]**

Module syllabus:

Unit 1: Marriage Counselling

- (A) Foundational framework of the original blueprint; Fallout of sin on the blueprint
- (B) A fallen marriage – Sensual dungeon marriages; Marriages in bondage; Stolen, Killed and Destroyed Marriages
- (C) Marriage states – Desecrated marriage, Wounded marriage, Accommodating marriage, Compartmentalised marriage; Glorious marriage
- (D) Stolen, killed and destroyed marriages – Substitute relationships, violence and abuse, role reversal, diffused authority structure, platonic schisms, incompatibility, secrecy and private space, materialism, deceptions, spiritual adultery
- (E) Rulers/ powers over marriage – Money and mammon; Addictions; Immorality; Perversion; Cultural mores; Self and ego; Work and obsessions; Satanic strongholds
- (F) Mental health symptoms in marriage counselling – Depression (Grief, Postpartum, Wounded); Suspicion; Suicide intent; Psychosis
- (G) Redemption and Healing of marriage – Redemption of stolen, killed and destroyed marriages
- (H) New Covenant marriage – Ushering powerhouse home
- (I) The Holy Spirit in marriage; Power of faith and vision

Unit 2: Marriage and Sexuality and Holiness Counselling

- (A) Types of defiled sexuality - Diseased sexuality, Wounded sexuality, Lost, Aborted, Marred, Suppressed, Dead; Symptoms and consequences; The relationship between defiled sexuality and broken marriages
- (B) Marriage and sexuality; Understanding a Desecrated marriage, Wounded marriage, Accommodating marriage; Compartmentalised marriage
- (C) Redemptive work of Jesus – Genealogy of Jesus; Redemption and restoration process; Deliverance and sanctification; Breaking Barriers –

Identifying and breaking ego defences

Unit 3: Pre-marital Counselling

- (A) Approaches to counselling – Individual/couple counselling; Pre-marital seminars and workshops (Both engaged to be married couples and youth contemplating marriage)
- (B) Dealing with personal “baggage”; Your identity in Christ
- (C) Knowing God’s will in marriage; Marriage as covenant in Christ
- (D) Courtship speed breakers
- (E) Intimacy in marriage
- (F) Redeemed roles of husband and wife in marriage

Module 4: Counselling for Spiritual and Psychological Issues

Objectives:

1. To provide participants with a knowledge base of mental health and mental health disorders **[Unit 1]**
2. To introduce to the participants the bio-psycho-spiritual model of mental health **[Unit 2]**
3. To enable participants to understand the psychopathology of mental health and spiritual issues from a Biblical perspective **[Unit 2, 3]**
4. To equip participants with tools to counsel others effectively **[Unit 3]**

Module syllabus:

Unit 1: Introduction to mental health and mental health disorders

- (A) Mental health disorders; Neurotic disorders; Psychotic disorders; Definition and pathology; Personality disorders; Sexuality disorders; Substance use – (Alcohol dependence; Tobacco & cannabis)

Unit 2: Psychopathology of mental health issues from a Biblical perspective

- (A) Sin and mental health; Genetic and generational influences of sin; Mental health issues due to the fallen nature of man; Oppression, depression and demonic possession by evil spirits; Bondages
- (B) Defiled sexuality and mental health; Perversion and mental health; Occult experiences and mental health; Spiritual strongholds and mental health – Belief systems impacting the mind

Unit 3: Practical application of the Gospel in counselling

- (A) Deliverance counselling renouncing mental health symptoms; Redemption from mental health illnesses; Healing and Restoration
- (B) Overcoming genetic and generational influences