

The European Academy of Coptic Heritage (TEACH)

Course Title: Christian Counseling — Diploma Year 2

Level: Diploma

Course Objective

This course aims to deepen the student's understanding of **Christian Counseling** as a sacred ministry rooted in Scripture, guided by the Holy Spirit, and informed by sound psychological principles.

Building upon the foundational principles introduced in Year 1, this advanced year focuses on integrating **the Christian faith with psychological science**, while maintaining a strong theological understanding of the human person as created in the **image and likeness of God (Genesis 1:27)**.

Students will explore both the **spiritual and psychological dimensions** of healing, pastoral guidance, and mental health. Emphasis is placed on the **Holy Spirit's role in counselling**, ethical practice, and developing the discernment necessary to serve responsibly in the Church and community.

Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Differentiate between **Christian** and **secular** approaches to counselling, recognising the distinct spiritual foundations of Christian service.
2. Integrate **Christian faith, theology, and psychology** into practical counselling approaches.
3. Understand and apply **ethical principles, spiritual discernment, and pastoral care** in counselling contexts.
4. Demonstrate knowledge of **psychological theories and therapeutic methods** from a Christian perspective.
5. Develop effective communication, empathy, and active listening skills appropriate for counselling ministry.
6. Identify, assess, and respond to diverse counselling needs, including family, marriage, children, and mental health cases.
7. Recognise the **Holy Spirit's role** in healing, restoration, and transformation through Christian counselling.

Course Structure

The course is divided into four main modules:

(A) Basics of Christian Counseling

- Differences between secular and Christian Counseling
- Integration of Christian faith and psychology approaches
- The Holy Spirit and Christian spirituality in counselling and psychotherapy
- Motives behind serving in counselling
- Pre-requisites for serving in Christian counselling
- The traditional Christian counsellor
- Transference and countertransference
- Stages and techniques of the counselling process
- Criteria of the counselling relationship
- Conducting first and follow-up sessions
- Counseling skills and active listening
- Body language and communication
- Boundaries in counselling
- Code of ethics in counselling
- Motivational interviewing

(B) Types of Counseling

- How to study a counselling case and manage a counselling file
- Marriage counselling
- Family counselling
- Counseling children
- Counseling adolescents
- Separation and divorce counselling
- Counseling cases of marital infidelity
- Telephone counselling

- Practical case study and supervision

(C) Abnormal Psychology

- Understanding mental health and well-being
- Recognising symptoms of psychiatric disorders
- DSM-V classification of psychiatric disorders
- Obsessive-Compulsive Disorder (OCD)
- Substance abuse disorders
- Personality disorders
- Behavioural disturbances in children
- Understanding and responding to suicide

(D) Counseling Theories and Psychotherapies

- Psychoanalytic Therapy
- Behaviour Therapy
- Cognitive Behavioural Therapy (CBT)
- Logotherapy (Healing through meaning and spiritual purpose)

Assessment

- **Two term exams** assessing both theoretical comprehension and practical application.
- **Research paper** or case study analysis demonstrating integration of Christian theology and counselling theory.
- **Participation and attendance** in practical sessions and discussions are required.

Prerequisites

- Completion of **Diploma Year 1 in Christian Counseling** (or equivalent qualification).
- Basic understanding of psychology and theology is recommended.

Delivery Method

The course will be delivered **entirely online** through the **TEACH Learning Management System (LMS)**.

- All lectures are conducted via **Zoom**.
- Students will have access to **recorded lectures, reading materials, and a discussion forum**.
- Case discussions and supervision may be conducted in small online groups.

Duration

October 2025 – June 2026

Certificate

Upon successful completion of the course and passing both term exams, students will receive the **Diploma in Christian Counseling – Year 2** from the **European Academy of Coptic Heritage (TEACH)**.

Certificates are awarded only upon full participation and successful evaluation.