



The European Academy of Coptic Heritage (TEACH)

Course Title: Christian Counselling – Year 1

Level: Certificate

Duration: October 2025 – June 2026

Course Objective

This course aims to enable students to acquire a comprehensive understanding of the various components of psychology, both general and developmental, obtain a fair knowledge of abnormal psychology, gain an accurate account of the basics of Christian counselling, and fully understand and apply the different theories of counselling and psychotherapies.

Learning Outcomes

The modular block provides opportunities for students to demonstrate knowledge and understanding (K) cognitive (thinking) skills (C) and other skills and attributes (S) in the following areas, Upon successful completion of this course, students will be able to:

- **K:** Understand different components of general psychology.
- **K:** Understand the different components of developmental psychology.
- **S:** Detect any abnormal psychological features in Christian counselling sessions.
- **C:** Understand the basics of Christian counselling and how to apply them in Christian counselling sessions.
- **K:** Develop the academic approach towards understanding different counselling theories.
- **S:** Apply different psychotherapeutic approaches in counselling sessions.

Course Structure (Modules)

Module 1 – General Psychology

Study of frustration, conflict, stress, psychological motives, needs, emotions, development of self-image, psychological defence mechanisms, stages of moral development, theories of personality, stages of grief, and terminal illnesses.

Module 2 – Developmental Psychology

Study of preschool children psychology, gender identity development, school children psychology, adolescent psychology, midlife psychology, male and female psychology, geriatric psychology, and family psychology.

Module 3 – Abnormal Psychology

Study of mental health, symptoms of psychiatric disorders, DSM-V of psychiatric disorders, substance abuse disorders, personality disorders, behavioural disturbances in children, child abuse, and suicide.

Teaching Methods

To enable achievement of the learning outcomes, the following methods will be used:

- Lectures to introduce new knowledge, definitions, concepts, and facts.
- Distance learning, listening to recorded lectures, and watching illustrative videos and relevant movies.
- Clinical practising through case studies, virtual and real.
- Seminars, tutorials, workshops, practicals, laboratories, projects, and formative assessment.

Assessment

Summative Assessment Methods:

Enable students to demonstrate the required learning outcomes.

Weighting:

- **First Year:** 2 examinations
- **Second Year:** 2 examinations
- **Third Year:** 2 examinations

Examinations: 60%

Clinical Case Studies: 40%

Prerequisites

GCSE certificate, high school, or equivalent qualification.

Delivery Method

The course will be delivered through TEACH's online Learning Management System (LMS). Lectures will be conducted live via Zoom, supported by recorded lectures and distance-learning materials.

Certificate

Upon successful completion of the course and assessments, students will receive a Certificate in Christian Counselling – Year 1 from The European Academy of Coptic Heritage (TEACH).