



The European Academy of Coptic Heritage (TEACH)

Course Title: Christian Counselling – Year 3 (High Diploma)

Level: High Diploma

Duration: October 2025 – June 2026

Course Objective

This course aims to provide students with advanced training in Christian counselling by deepening their understanding of the basics of Christian counselling, expanding their skills in different types of counselling, and strengthening their knowledge of abnormal psychology. Students will also become familiar with selected counselling theories and psychotherapeutic approaches. The objective is to equip students with the knowledge and skills necessary for competent and effective Christian counselling practice.

Learning Outcomes

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

- Understand the differences between secular and Christian counselling and the integration of Christian faith with psychology.
- Recognise the role of the Holy Spirit and Christian spirituality in counselling and psychotherapy.
- Identify motives and prerequisites for serving in Christian counselling.
- Understand and apply the stages, techniques, and criteria of the counselling process.
- Conduct first and repeated counselling sessions with proper skills, communication, boundaries, and ethical standards.
- Analyse and work with different types of counselling cases, including marital, family, child, adolescent, separation, divorce, infidelity, and telephone counselling.
- Identify and understand symptoms of psychiatric disorders and classifications according to DSM-V.

- Recognise and evaluate mental health issues, OCD, substance abuse disorders, personality disorders, behavioural disturbances in children, and suicide.
- Demonstrate familiarity with selected counselling theories and psychotherapies.

Course Structure (Modules)

Module 1 – Basics of Christian Counselling

1. Differences between secular and Christian Counselling
2. Integration of Christian faith and psychology approaches
3. The Holy Spirit and Christian spirituality in counselling and psychotherapy
4. Motives behind serving in counselling
5. Prerequisites for serving in Christian counselling
6. Traditional Christian counsellor
7. Transference and countertransference
8. Stages and techniques of the counselling process
9. Criteria of the counselling relationship
10. How to conduct first sessions and repeated sessions
11. Skills of counselling
12. Body language and communication
13. Boundaries in counselling
14. Code of ethics in counselling
15. Motivational Interviewing

Module 2 – Types of Counselling

16. How to study a counselling case – Counselling file
17. Marriage counselling
18. Family counselling
19. Counselling children
20. Counselling adolescents

21. Separation and divorce counselling
22. Counselling cases of marital infidelity
23. Telephone counselling
24. Practical case study

Module 3 – Abnormal Psychology

1. Mental health
2. Symptoms of psychiatric disorders
3. Psychiatric disorders according to DSM-V
4. Obsessive Compulsive Disorder (OCD)
5. Substance abuse disorders
6. Personality disorders
7. Behavioural disturbances in children
8. Suicide

Module 4 – Selected Counselling Theories and Psychotherapies

1. Psychoanalytic Therapy
2. Behaviour Therapy
3. Cognitive Behaviour Therapy
4. Logo Therapy

Assessment

Two examinations and clinical case study assessment according to the programme's overall evaluation structure.

Prerequisites

Successful completion of Christian Counselling – Year 1 and year 2, 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 sessions, reading materials, practical case studies, and distance learning resources.

Certificate

Upon successful completion of the course and assessments, students will receive a **High Diploma in Christian Counselling – Year 3** from The European Academy of Coptic Heritage (TEACH).