

2023 ADVANCED CERTIFICATE IN COUNSELLING

EQUIPPING EFFECTIVE LAY COUNSELLORS
FOR THE CHURCH AND SOCIETY



STRUCTURE

	CREDITS
CORE COUNSELLING INTRODUCTION TO THEOLOGY PRACTICUM	15 2 3
ELECTIVES COUNSELLING BIBLICAL STUDIES OTHER	10 4 2
TOTAL	36

CORE COURSES

Introduction to Counselling*
Counselling for Common Problems*
Counselling Methods and Ministry*
Counselling for Trauma and Abuse
Marriage and Family Counselling
Personal and Spiritual Formation for Ministry
Introduction to Theology

**Introduction to Counselling is a pre-requisite for
Counselling Methods and Ministry
and Counselling for Common Problems*

ELECTIVES: COUNSELLING (2023)

Culture, Ethnicity, and Identity
Ethics of Sexuality
Counselling Children
Present Pain and Future Glory
Parenting in the New-Normal Environment

ELECTIVES: BIBLICAL STUDIES (2023)

Philippians and Colossians
Introduction to the Old Testament
God's Heart for Social Justice: Amos
Developing Responsible Churches
Job and Song of Solomon
Romans
Isaiah
The Gospel of John

ELECTIVES: OTHER (2023)

*Selected subjects from Theology, Mission and Ministry,
Ethics and Formation*

Sharing the Truth in Love
Developing a Biblical Worldview
Discipleship
Person and Work of Christ
Christian Apologetics
Money, Possessions, and the Kingdom

Refer the CTS Course Catalogue for course details

CTS COURSES

- A typical CTS course is taught over 13 weeks at a frequency of one class a week
OR
over 4 full days ('modular' course)
- 2-credit courses: a total of 24 classroom hours
 - 3-credit courses: 24 classroom hours + practical work amounting to 12 hours

COURSE DELIVERY

- **Onsite:** The course is taught at the CTS campus in Kohuwela.
- **Online:** The course is taught via GoogleMeet or Zoom and course material is made available on Moodle. You will require a strong internet connection and a digital device.
- **Hybrid:** The course is taught as a combination of onsite and online. Some weeks your class will be held at the CTS campus in Kohuwela, while on other weeks it will be taught online. Your lecturer will inform you of the schedule at the commencement of the course.

PRACTICUM

This component includes, in the early stages, practice of face-to-face counselling in class and other counselling-related skills; and at the final stage, a minimum number of face-to-face counselling hours, and regular supervision.

FEES PER COURSE

Introductory fee: Rs 5,000/- per course.

Important: Those registering for a course for the first time must bring along a letter of recommendation from your pastor.

Please contact Student Accounts for further details on programme costs and scholarships.

PROGRAMME APPLICATION PROCEDURE

Entry Requirement: G C E Advanced Level

Programme application: Complete an Advanced Certificate in Counselling application and hand it in to the Academic Office, along with the application fee.

STEP 1

Acceptance: You will be informed in writing of your acceptance on to the Advanced Certificate in Counselling programme.

STEP 2

FACULTY 2023 (COUNSELLING COURSES)



David C Goodwin, Cert IV in AWT, Dip Couns, Grad Dip Min, MMin, DMin International Director of Kidsreach. David has a passion for children's, youth and family ministry. He has been working as a pastor, trainer and counsellor for more than 50 years. Although based in Sydney, Australia, David has been ministering in Sri Lanka since 1994. He has written more than 70 books and manuals on ministry and counselling. He is an ordained pastor with the CRC church and travels extensively training in ministry and counselling.



Dileeni Abraham, BSc, MA
Course Leader: Counselling at CTS. Dileeni is a graduate of the University of Peradeniya and Alliance Biblical Seminary (Philippines). She holds an MA in Christian Counselling, with many years of professional counselling experience. She is certified as a Master Facilitator by the Trauma Healing Institute of the American Bible Society. Her ministry has included training and mentoring lay counsellors, teaching counselling, leading trauma healing equipping sessions, and leading women's retreats. She is a member of St Luke's Church Borella.



Manjula Mathews, CCS, FCMA, MBA
She is a practicing counsellor and is trained in EMDR (Levels I and II), Single-Session Therapy, and CBT. She worked for several years in the corporate sector and currently serves as a director of Janashakthi Ltd and as chairperson of Habitat for Humanity (Sri Lanka). She worships at People's Church Assembly of God.



Mano Emmanuel, FCCA, BTh, MA, PhD
Head of Academic Advancement at CTS. Graduate of the London School of Theology (UK). She was awarded a PhD in Peace Studies from the Asia Graduate School of Theology (Philippines). A Local Preacher of the Methodist Church. Author of *To Faith Add Understanding: An Introduction to Christian Doctrine*. Formerly, Academic Dean at CTS. Her previous career was as an accountant in London's West End.



Shyara Wickramaratne-Raymond, BSc, MA
Holds a BSc in Psychology from Evangel University (USA) and an MA in Human Services Counseling from Regent University (USA). She oversees all counselling-related services at Life Broadcasting Productions; she is a consultant for counselling-related ministries at People's Church; and, along with her husband, ministers to the church's youth through the youth ministry.



Ted Rubesh, BA, MA, DMiss
Chairman of the CTS Academic Affairs Standing Committee. Graduate of Multnomah University, Portland Oregon USA (BA in Biblical Literature), Fuller Theological Seminary, Pasadena, California, USA (MA in Missiology), and Western Seminary, Portland, Oregon, USA (Doctor of Intercultural Studies). The co-founder of Kandy Bible Fellowship Church, he served as its pastor for many years.

Refer the CTS Course Catalogue for course details of faculty teaching 'Biblical Studies' and 'Other' Elective courses

ADVANCED CERTIFICATE IN COUNSELLING

*'The friend who can be silent with us
in a moment of despair or confusion,
who can stay with us in an hour of grief and bereavement,
who can tolerate not knowing . . . not healing, not curing . . .
that is a friend who cares.'*

(Henri J M Nouwen)

A lay-counsellor is one who is skilled in helping people successfully navigate the challenges of problematic relationships, grief, hopelessness, and other life-crises by offering understanding and support. The Advanced Certificate in Counselling is designed to train you to effectively provide early interventions of supportive care in your relationships as pastors, cell group leaders, prayer partners, friends, colleagues, and neighbours, through which you may be able to prevent both psychological and relational distress. Come, discover another way in which you can reach out to those around you, as well as help the Church grow as an effectively caring community.

THE ADVANCED CERTIFICATE IN COUNSELLING WILL EQUIP YOU IN THE KEY AREAS OF:

KNOWLEDGE: YOU WILL GAIN AN UNDERSTANDING OF

- the biblical basis that supports lay counselling and its role in the life of the Church.
- the basic approaches and skill-sets of the counselling process, making assessments, and conducting counselling sessions.
- the ethical issues and principles related to lay counselling.
- the common problems people face and how to be supportive to those dealing with these issues.

PERSONAL DEVELOPMENT: YOU WILL GROW IN

- awareness of your own issues and in dealing with them.
- developing an attitude of compassion and understanding towards those who are hurting.
- appreciating and appropriating spiritual resources in your own and others' healing.

PRACTICE: YOU WILL BE ABLE TO

- come alongside those with common relationship and personal problems and provide understanding and support.
- help to empower those who are in challenging situations to make growth-related changes and decisions.
- provide appropriate pastoral care to those dealing with grief and crises.
- assess the need for referral of persons to appropriate professionals for specialised care.



Colombo Theological Seminary

Resources to the Church for the Transformation of Nations

ROOTED IN THE WORD

SKILLED TO SERVE

COMMITTED TO THE CHURCH

SPECIAL FEATURES OF THE ADVANCED CERTIFICATE IN COUNSELLING

Requires just 36 credits.

Evening and weekend classes
in addition to weekday classes.

Theology and Psychology integrated
in an academically and
biblically responsible manner.

No previous theological training required.

Access to comprehensive class notes
and counselling resources.

Lectures, in-class practice,
and practicum with supervision.

Study at your own pace.

FOR MORE DETAILS
THE ACADEMIC OFFICE

189 DUTUGEMUNU STREET, KOHUWELA

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