

2025

# DIPLOMA IN COUNSELLING

EQUIPPING EFFECTIVE COUNSELLORS  
FOR THE CHURCH AND SOCIETY



## STRUCTURE

While the total number of credits is 72, the waiver of 28 credits for advanced standing based on prior qualifications means that a student needs to earn just 44 credits to complete the programme.

	<b>CREDITS</b>
<b>TOTAL REQUIRED</b>	<b>72</b>
<b>LESS: ADVANCED STANDING</b>	<b>28</b>
<b>CORE (COUNSELLING)</b>	18
<b>INTERNSHIP</b>	04
<b>ELECTIVES</b>	
COUNSELLING	10
BIBLICAL STUDIES	4
OTHER	8
<b>TOTAL TO BE COMPLETED</b>	<b>44</b>

## CORE COURSES

Introduction to Counselling\*  
Counselling Skills and Process  
Counselling Theories and Techniques  
Psychopathology and Common Issues  
Introduction to Marriage and Family Counselling  
Counselling Couples  
Counselling for Trauma and Abuse  
Personal and Spiritual Formation for Ministry  
Introduction to Theology

**\*Introduction to Counselling  
is an entry requirement for the programme**

## ELECTIVES: COUNSELLING (2025)

Ethics of Sexuality  
Healing the Wounds of Trauma  
Culture, Ethnicity, and Identity  
Present Pain and Future Glory  
Biblical Peacemaking  
Introduction to Human Development

## ELECTIVES: BIBLICAL STUDIES (2025)

The Gospel of Matthew	Biblical Theology
The Letter to the Galatians	Exploring the Psalms
Biblical Interpretation	Ezra-Nehemiah-Esther
Developing Responsible Churches	Romans
Introduction to the Old Testament	Isaiah

## ELECTIVES: OTHER (2025)

Person and Work of the Holy Spirit	Sharing the Truth in Love
The Church and the End Times	Did God Really Say?
Developing a Christian Worldview	Understanding God's Character

*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)

\*A 'credit' is equivalent to a total of 12 classroom hours

## COURSE DELIVERY

**Onsite:** The course is taught at the CTS campus in Kohuwela.

**Online:** The course is taught via 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.

## INTERNSHIP

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.

## PROGRAMME FEES

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

## PROGRAMME APPLICATION PROCEDURE

**Entry Requirement: G C E Advanced Level  
(minimum 3 subjects)**

**STEP 1:** Submit completed Diploma in Counselling application to Registrar.

**STEP 2:** Pay programme application fee to Student Accounts and submit copy of receipt to Registrar.

**STEP 3:** Attend interview.

**STEP 4:** You will be informed in writing of acceptance on to the programme.

## FACULTY 2025 (COUNSELLING COURSES)



**David C Goodwin**, Cert IV in AWT, Dip Couns, Grad Dip Min, MMin, DMin International Director of Kidsreach. Is passionate about children's, youth and family ministries. Has been working as a pastor, trainer and counsellor for more than 50 years. Based in Sydney, Australia, David has been ministering in Sri Lanka since 1994. Has written more than 70 books and manuals on ministry and counselling. 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.** A graduate of the University of Peradeniya and Alliance Biblical Seminary (Philippines). 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 includes training and mentoring lay counsellors, teaching counselling, leading trauma healing equipping sessions, and leading women's retreats. She worships at Kollupitiya Methodist Church.



**Manjula Mathews**, CCS, FCMA, MBA, MA (candidate)  
A practising counsellor and is trained in Cognitive Behavioural Therapy as well as EMDR. Has extensive work experience in the corporate sector both in Sri Lanka and the UK. Her current responsibilities include serving as a director of First Capital Holdings PLC in Sri Lanka, and Habitat for Humanity International. 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). She worships in the Methodist Church where she is a Local Preacher. Author of *To Faith Add Understanding: An Introduction to Christian Doctrine*, and *Interpersonal Reconciliation between Christians in a Shame-Oriented Culture: A Sri Lankan Case Study*. Formerly, Academic Dean at CTS. Her previous career was as an accountant in London's West End.



**Ted Rubesh**, BA, MA, DMiss  
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

# DIPLOMA 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)

The objective of the Diploma in Counselling programme is to provide students with the necessary knowledge, skills, and personal preparation necessary to become spiritually sensitive, competent, and compassionate counsellors, capable of working effectively and ethically with diverse client populations from a holistic perspective, making a positive difference in people's lives and relationships.

## THE DIPLOMA IN COUNSELLING WILL EQUIP YOU IN THE KEY AREAS OF:

### KNOWLEDGE: YOU WILL GAIN AN UNDERSTANDING OF

- the biblical basis that supports 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 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.

**ROOTED IN THE WORD**  
**SKILLED TO SERVE**  
**COMMITTED TO THE CHURCH**

**SPECIAL FEATURES OF THE  
DIPLOMA IN COUNSELLING**

Evening and 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 internship with supervision.

Study at your own pace.

**POTENTIAL APPLICATIONS OF  
A CTS DIPLOMA IN COUNSELLING**

**Formal Counselling**  
through church,  
own practice,  
corporates

**Informal Counselling**  
in church,  
bible study groups,  
workplaces

**Psychoeducation and Training**  
for lay counsellors  
in church-based groups,  
elders homes, caregivers,  
youth groups, etc.

**School Counselling**  
guiding and supporting  
children and teens in dealing  
with academic, personal,  
parental, and social pressures.

**FOR MORE DETAILS**  
**THE ACADEMIC OFFICE**

189 Dutugemunu Street, Kohuwela

Tel: 011 2890809

Email: [counselling@cts.lk](mailto:counselling@cts.lk)

Web: [www.cts.lk](http://www.cts.lk)