



Pastoral Care and Family Counseling Certificates I & II

Many Christians feel they aren't equipped to perform counseling assignment effectively. Yet, when our brothers and sisters in Christ encounter difficult situations, trials, loss, suffering, and even sin, we are called to help them "get out of hardship and grow up in every way into Him who is the head, into Christ," by speaking the truth in love. Christian counseling offers spiritual and emotional healing through the work of Jesus in a person's life. RCU wants to equip those Pastors and Christians to be faithfully ministering the Word of God to those who need counseling.

Overview

From the perspective of a Christian worldview, you will explore the beauty of the human mind. You will understand the spiritual side of existence by Developing practices that help others Be able to help those to connect with God and become a more whole human. You will grow spiritually.

Program Learning Outcomes

Students who earn the Certificates in Pastoral and Family Counseling will:

- Develop a deep understanding of the core and basis of counseling, including what it is, why it works, and how it is customized to individual needs.
- Develop strengths in the foundational skills for counselors serving across different settings and/or churches
- Achieve significant personal development toward becoming strong, effective counselors for their clients.
- Recognize implications for legal liability and malpractice.

Student Learning Outcomes

Upon successful completion of these certificates, students should be able to:

- (Theological)-Consider the significant continuities and differences between pastoral care and counseling and make efforts to discern God's presence within each.
- (Methodological)-Engage ministry and brief pastoral counseling scenarios using narrative, family systems, and psychodynamic approaches to pastoral care and counseling.
- (Practical)-Assess the risk of domestic violence, abuse, and suicide, and have resources at hand to respond to these crises.
- (Personal)-Cultivate empathic imagination, developing attention to your own anxious responses to another's distress and learning how to care for this anxiety.



- (Ethical)-Evaluate ethical practices in pastoral care ministry, including planning for effective referral and follow-up

Program Structure

This Certificate in Pastoral Care and Family Counseling is 18 credit hours. Students must complete the specified courses to earn the Certificate in Pastoral Care and Family Counseling. Courses in the Certificate in Pastoral and Family Counseling may be completed in any order. Course substitutions for certificate programs must be approved by the student's academic advisor and the registrar. All certificate programs include practicum hours (20) in the institutions associated to RCU, before graduation.

Certificate in Pastoral Care and Family Counseling I

Course ID	Course name	Credits
PSY2323	Theory and practice of counseling-Introduction	3
PSY4223	Orientation to counseling and Integration of Christian Worldview	3
PSY 2253	Human growth and lifespan development	3
PRO2313	Counseling skills methods and techniques	3
PSY1323	Marriage and Family therapy	3
MIN1203	Spiritual formation through Christian leadership	3

All certificates will have practicum hour (20) in the Educational and Religious Institutions Associated with RCU.

The Academic department reserves the right to modify the program without further notice.

Certificate in Pastoral Care and Family Counseling II

(Prerequisite: Have taken & Passed Certificate I, have been a Pastor for 10 years and have counseling experience, or have accredited studies in the field of counseling)

Program Structure

This is a valuable and specialized certificate for those who have the responsibility to help others to strengthen their spirituality and obtain emotional enrichment by leading them to a path of healing through and by Christ. This certificate in Pastoral Care and Family Counseling II is 18 credit hours. Students must complete the specified courses to earn the Certificate in Pastoral and Family Counseling. Courses in this Certificate may be completed in any order. Course substitutions for certificate programs must be approved by the student's academic advisor and the registrar. All certificate programs include practicum hours (20) in the institutions associated to RCU, before graduation.



Course ID	Course name	Credits
MIN1323	Pastoral counseling (Biblical foundations)	3
PSY4603	Addictions and substance abuse	3
PSY1223	Multicultural counseling	3
EDU4523	Counseling Research and evaluation	3
PSY 1423	Group process and treatment	3
PSY4213	Legal and Ethical Issues in counseling for Christian schools	3

All certificates will have practicum hour (20) in the Educational and Religious Institutions Associated with RCU.

The Academic department reserves the right to modify the program without further notice.

Course Descriptions

PSY2323 Theory and practice of counseling -Introduction

This course will provide the student with several counseling approaches that can be applied with clients. It will familiarize the student with the approach and practice of each of the theories presented. The course will give the student a working knowledge of several counseling theories, including, but not limited to:

1. Psychoanalytic Theory Behavior Therapy
2. Cognitive-Behavior Therapy Adlerian Theory
3. Existential Therapy Reality Therapy
4. Solution-Focused Approach Person-Centered Therapy
5. Gestalt Therapy Family Systems Therapy

The students will become familiar with the origin, key concepts, and practices of each of the therapies presented. This course will provide the student with the competence to select the form of counseling approach that will be most effective and appropriate to assist clients, families, and groups toward the completion of identified treatment goals. This course will help students develop flexibility while matching (particular) treatment theories to the unique needs of each client.



PSY4223 Orientation to counseling and Integration of Christian Worldview

In this course, students explore the integration of the Christian worldview into counseling theory and practice. Emphasis is placed on the nature and purpose of human beings from a biblical perspective as well as ethical issues pertinent to the Christian counselor, while critically evaluating contemporary secular theories and practices.

PSY2253 Human growth and lifespan development

Instructional Methods: This course will consist of lectures, discussions, demonstrations, presentations. Some of the class time will be spent in small groups, teams and pair work.

Human Growth & Development-Lifespan course -- also known as Developmental Psychology -- is designed to provide an understanding of human behavior and characteristics from conception through death. This course includes information on physical, cognitive, and psychosocial changes throughout the lifespan. Theory, research, and applications are covered.

PRO2313 Counseling skills methods and techniques

This course will introduce students to basic counseling skills. Students will gain experience through role play, practice interviews, and video recorded presentations to learn and practice basic counseling skills. Ethical and culturally responsive practices will be emphasized.

PSY1323 Marriage and Family therapy

This course provides counseling students with the theoretical background and therapeutic skills necessary for therapeutic intervention in families and couples. Information will be provided on contemporary approaches, ethical considerations, and professional issues. Counseling practices for different populations and types of families will be explored.

MIN1203 Spiritual formation through Christian leadership

A course designed to consider the special issues associated with the theory, practice, and administration of counseling in ministry settings.

Spiritual formation is the lifelong, faith-filled process of the Holy Spirit transforming the whole person from fallen malformation into the loving likeness of Christ —incarnate, crucified, raised, ascended, & returning— to the glory of the Father as informed by the whole Word of God, in relationship with the whole people of God to fulfill the whole mission of God.



This course is thought for Ministry to be truly “pastoral”- shepherding a flock, so it can get involved with the cure of the souls, including the shepherd’s own.

Min1223 Pastoral Counseling (Biblical foundations)

This course covers the Pastoral Care offered within and by the Church, which is grounded on the life and ministry of Jesus. And his ministry provides the pattern on which he can model our own pastoring, and the standard by which we gently judge ourselves.

This course includes context of care and examples from the New Testament and the Old Testament, and how the care of human beings for each other is therefore always within this larger context of God’s care for us and all the world.

PSY4603 Addictions and substance abuse

This Course includes

- Understanding Addictions & The Helping Relationship
- Principles of Sociology & Behavioral Health
- The Opioid Crisis & Abnormal Psychology
- Health & Society

PSY1223 Multicultural counseling

Multicultural counseling will build on the skills developed in the individual and group counseling courses including culture conflict and personal identity, managing gender and racial issues as well as lifestyle concerns; coping vs. personal empowerment; effective intervention models when working with ethnic and linguistic minorities including building effective parent involvement programs.

Principles of effective cross-cultural counseling including applicable theories, goals, skills and techniques will be reviewed.

EDU4523 Counseling Research and evaluation



This course will provide an in depth understanding of various types of research occurring in educational and behavioral health care settings. Basic knowledge of how to utilize a needs assessment and program evaluation to guide program planning and evaluate effectiveness will be provided. Furthermore, the course will address basic qualitative, quantitative, and mixed-methods research designs with an expectation of this information being used to produce a research proposal. This course addresses the knowledge and skills for becoming critical consumers of research in education and behavioral health care settings.

PSY1423 Group process and treatment

The Group Therapy process and treatment is a course in which to develop an understanding of group dynamics, as well as adding group therapy facilitation to the students' repertoire of counseling skills. RCU weaves psychodynamic and group-as-a-whole orientations together, which provide an immersion experience. Group therapy is a highly effective form of treatment that can deepen a clinician's work with individuals and enhance one's practice.

This weekly group experience must demonstrate the development of a group from the position of being a group member, and at the same time learning about group facilitation through the modeling of the leader. Its purpose is educational in that it provides a forum for the students to work together on the material being learned and to experience being in a therapy group together.

PSY4213 Legal and Ethical Issues in counseling

The study of ethical and legal issues is mandated in the counseling profession. Different philosophical theories of ethics provide various aspects to explain moral conducts and human existence. Within a semester-long class, there is little room for in-depth learning on philosophy and the history of legal systems. The teaching of ethical and legal issues in counseling programs definitely focuses more on the ethical and legal concerns that may impact students' future counseling practice, similar to conditions in other disciplines.

This course has been prepared to cover the basic aspects of legal and ethical issues in counseling.