

2026

# 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.

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

## 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  
Study Methods

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

## ELECTIVES: COUNSELLING (2026)

Love is All You Need?  
Handling Our Emotions  
When Two Become One

## ELECTIVES: BIBLICAL STUDIES (2026)

Faithful Living in Uncertain Times	From Corinth to Colombo
The Sermon on the Mount	The Gospel of Luke
The Letter to the Hebrews	1 and 2 Samuel
Background to the Old Testament	Genesis
Introduction to the New Testament	Exodus
Safeguarding Christian Communities	

## ELECTIVES: OTHER (2026)

How to Study the Bible	Work Matters
Money, Possessions, and the Kingdom	Angels and Demons
Person and Work of Christ	God and the World
From Dust to Glory	Discipleship
Learning to Pray from the Bible	Biblical Ethics
Vocation and the Will of God	

*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)

## 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:** Pay programme application fee to Student Accounts.

**STEP 2:** Submit completed Diploma in Counselling application to Academic Registrar.

**STEP 3:** Attend interview.

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

*In academic partnership with  
Wheaton College, Chicago, USA*

# FACULTY 2026 (COUNSELLING COURSES)



**Choon Lee Soh,** BSc, MA, EdD

A psychotherapist, supervisor, trainer, and also an adjunct faculty of the School of Counselling at the Singapore Bible College. Holds an MA in Counselling and EdD in Christian Counselling from the Asia Graduate School of Theology (Philippines), and specialises in psychoanalytic psychotherapy and trauma counselling.



**Denisa Poobalan,** BTh, MA

**Coodinator: Master of Arts Programme.** Graduate of CTS (BTh; MA in Biblical Studies). Having begun her career as a lecturer in computer studies, she moved on to serve as a stay-at-home mum to her two daughters. Co-author of *Homosexuality: A Christian Perspective and Response*. She worships and serves at the Kollupitiya Methodist Church.



**Manjula Mathews,** CCS, FCMA, MBA, MA

Graduate of CTS (MA in Biblical Studies; Advanced Certificate in Counselling). A practising counsellor, she is trained in Cognitive Behavioural Therapy as well as EMDR. Possesses 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.** An accountant by profession, she is also a graduate of the London School of Theology (UK), and the Asia Graduate School of Theology (Philippines). She worships at Kollupitiya Methodist Church, and serves as a local preacher and on the Board of Worship. She is the author of *To Faith Add Understanding: An Introduction to Christian Doctrine; Interpersonal Reconciliation between Christians in a Shame-Oriented Culture: A Sri Lankan Case Study;* and, *Honouring God in Times of Conflict.*



**Sindujaa Selliah,** BBM, HPRT, MSc, MTh (candidate)

**Programme Coordinator: Counselling.** A graduate of Bangalore University (India), and Coventry University (UK). She is also an alumna of the Harvard Trauma Group. A lecturer in psychology, with over a decade in teaching on undergraduate and post-graduate programmes, she has worked extensively with NGOs and INGOs to integrate psychological well-being into diverse communities. She is a member of One Church.



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

Graduate of Multnomah University (USA) Fuller Theological Seminary (USA), and Western Seminary (USA). The co-founder of Kandy Bible Fellowship Church, he served as its pastor for many years. Co-author of *Wandering Jews and Scattered Sri Lankans: Viewing Sri Lankans of the Gulf Cooperation Council through the Lens of the Old Testament Jewish Diaspora,* and *Homosexuality: A Christian Perspective and Response.*

*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.

**THE CTS DIPLOMA IN COUNSELLING  
WILL EQUIP YOU FOR**

**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)