



# MASTER OF ARTS COUNSELLING

Equipping Counsellors, Educators, and Writers

 Colombo Theological Seminary  
*Resources to the Church for the Transformation of Nations*

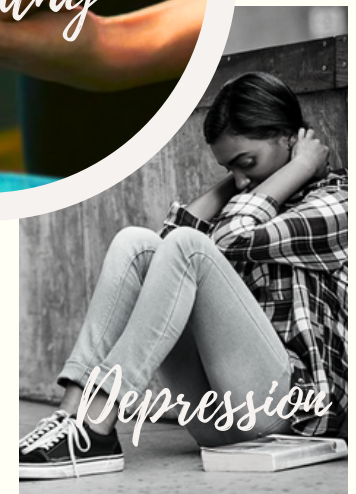
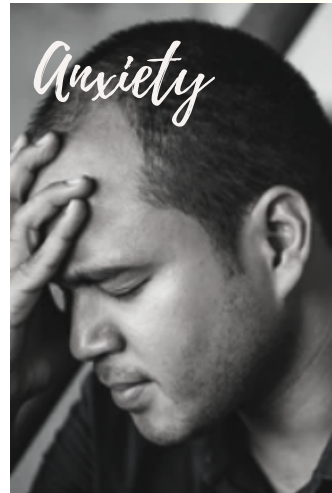
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# Because

... the Lord has  
anointed me to bring  
good news to the poor;  
he has sent me to bind  
up the brokenhearted  
to proclaim liberty to the  
captives, and the opening  
of the prison to those  
who are bound.

Isaiah 61:1



# THE MASTER OF ARTS PROGRAMME

Designed to train Christians to be competent counsellors, who will be able to:

- **Counsel:** By integrating the Christian faith and up-to-date counselling theories to provide effective counselling in diverse, clinical, educational, and ministry settings.
  - **Educate:** By training others - especially Sinhala- and Tamil- language Christian counsellors.
  - **Write:** By producing Bible-based, contextually-relevant resource material in English, Sinhala, and Tamil that will help in promoting relational and emotional healing and wellbeing.
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# ENTRY REQUIREMENTS

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- A minimum of a bachelors-level qualification
- Fluency in English (spoken and written)
- Active Involvement in a local church\*
- Successful completion of the 'Counselling Foundations' course
- Completion of the programme application process including submission of references and participating in an interview

*\*Important: Those registering for a CTS course for the first time must submit a letter of recommendation from your pastor.*



# PROGRAMME REQUIREMENTS

## THOSE WITH A THEOLOGY DEGREE

Those who hold an accredited theology degree are required to complete:

- 30 MA credits  
*10 MA courses of 3 credits each = 8 core + 2 elective*
- 2 Internships  
*These consist of experiential learning through counselling in church and community settings, supervision, case presentations and reflection, observation in clinical and other settings, and additional learning in areas of interest through digital and reading resources. The focus is to help you develop in the application of counselling skills, and in competencies and characteristics necessary for ethical and professional practice.*
- 1 Capstone Project

## THOSE WITH A NON-THEOLOGY DEGREE

Those who hold a non-theology degree are required to also complete:

- 30 theology credits\*

*\*Holders of the CTS Advanced Certificate in Counselling (ACC) will be given advanced standing*

Counselling Foundations\*

Human Development and Counselling

Counselling Theories and Techniques I

Counselling Theories and Techniques II

Couple Therapy

Multicultural Counselling and

Professional Ethics

Trauma and Crisis Counselling

Psychological Disorders

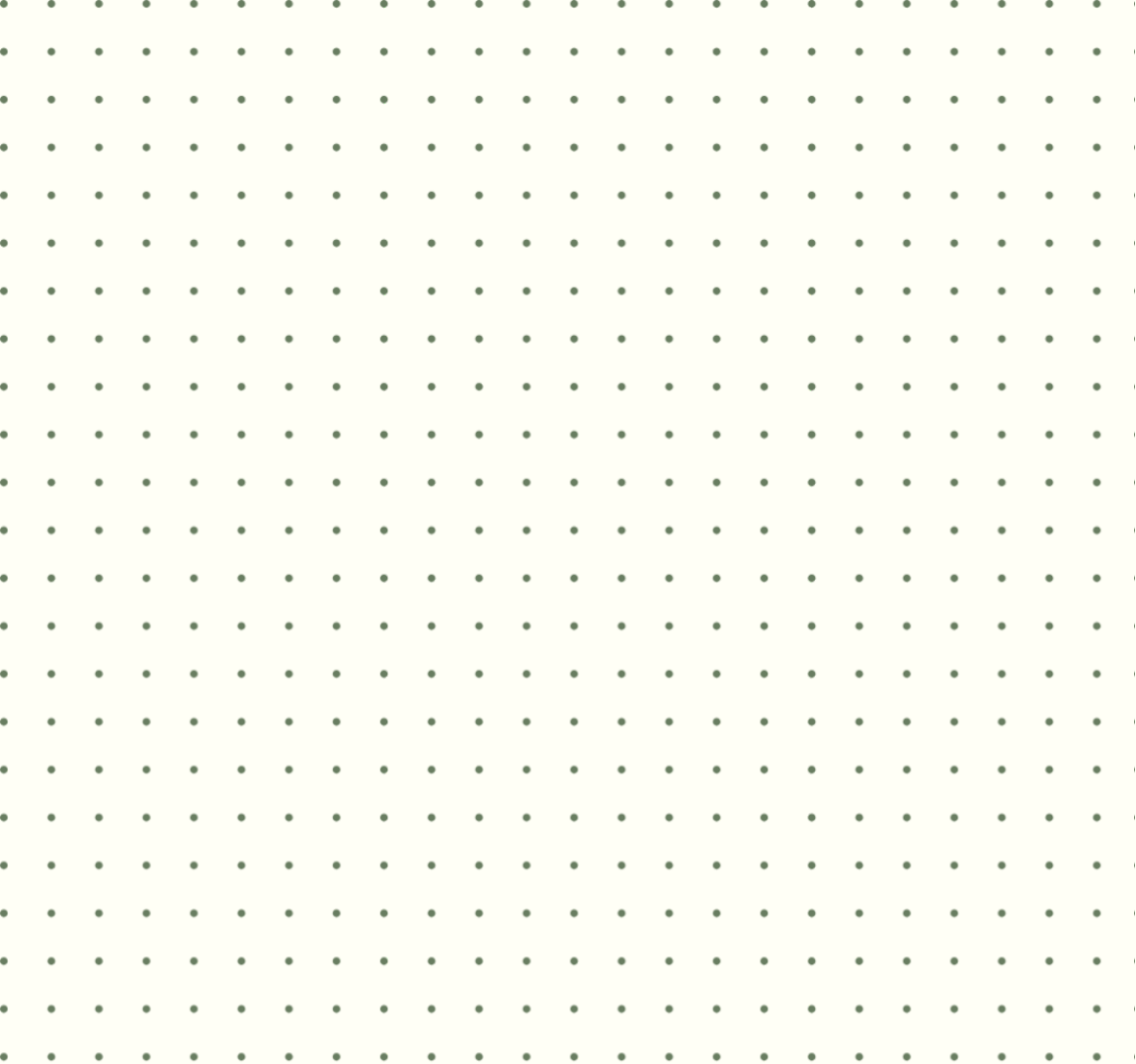
Research Methods

*\*Successful completion of this course  
is an entry requirement for the programme*

*See pages 18 to 25 for course descriptions*

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# CORE COURSES



Counselling for Addictions  
Child and Adolescent Counselling  
Gender and Sexuality – Counselling  
Perspectives  
Community Mental Health Approaches  
Spiritual Direction and Mentoring

***Note:***

*The above list is a representative selection.  
Elective courses will be confirmed annually*

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# ELECTIVE COURSES



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FACULTY



## Dileeni Abraham

Bsc, MA

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. Former course leader, Counselling programmes at CTS. She is a member of St Luke's Church Borella.

LECTURER



## Heather Davediuk Gingrich PhD

A counselor, scholar, teacher, and former missionary. She is Program Coordinator, Graduate Certificate in Trauma Therapy and graduate counseling faculty at Toccoa Falls College in Georgia and maintains a small counselling practice with complex trauma survivors. She is the author of *Restoring the Shattered Self*, co-author of *Skills for Effective Counselling*, and co-editor and contributor to *Treating Trauma in Christian Counselling*. Her scholarly work focuses on understanding and working with those who have histories of child abuse and other forms of relational trauma, particularly as they relate to issues of Christian faith and spirituality. She has been involved in a teaching capacity at the Asia Graduate School of Theology in the Philippines and seminaries in Guatemala, Sri Lanka, and Singapore.

LECTURER





## David C Goodwin

Cert IV in AWT, Dip Couns, Grad Dip Min, MMin, DMin

David has a passion for children's and youth ministry. He has been working as a pastor, teacher, counsellor and author for more than 45 years. He was the founding Principal of the Layman's Bible Institute in Hawkes Bay (New Zealand). He was employed (part time) for 12 years by the Department of Social Welfare in Napier working with troubled youth, and with his wife Therese, has been a foster parent for 35 years. He was the founding Director of Camp David Trust for 10 years, a ministry to children and youth in Hawkes Bay (NZ). In 1994, David established Kidsreach, a ministry to children and to those who minister to children. He has written more than 60 books and manuals including *Kids in Crisis*, *Child Abuse in the Church*, *Empowering Children*, *Strategies to Deal with Bullying*, *At the Foot of the Cross*, *Parables for Counselling*, and *Lost in Transition – or Not?* David has a Masters in Ministry, Diploma of Counselling, and Certificate 4 in Adult Workplace Training. His doctorate in Cultural Contextualisation looks at the cultural and theological appropriateness of a counsellor training programme as taught in Alotau, Line Bay, Papua New Guinea. He presently serves as the International Director of Kidsreach. David is an ordained pastor with the CRC International Church.

LECTURER



## Reupah Philips

PhD

A Counselling Psychologist in Bangalore (India) with an experience of over 15 years in teaching and training, counselling and supervision, marriage and family therapy, Reupah works with adults and adolescents alike with a variety of emotional, psychological, and relational difficulties. Working in an integrative way rather than with a 'one size fits all' approach, her prime focus is the relationship between therapist and client. A Doctor of Philosophy in Counselor Education and Supervision from the University of the Cumberlands (USA) Reupah also holds a Master of Science in Psychology, Master of Arts in Christian Studies, and Bachelor of Arts in Education from Indian universities. She is the founder of Meadows of Hope, a centre for emotional wellness, in India, that offers counselling, supervision, coaching, training, and research in the field of emotional and mental healthcare. She teaches as an adjunct faculty member in many colleges and institutions on the subjects of counselling skills, marriage and family therapy, counselling theories, crisis counselling, transaction analysis, multicultural counselling, supervision models, multicultural supervision, and, Christian counselling framework.

LECTURER



## Bob Watson

PsyD

Director of Counselling at Alongside Ministries, Bob holds an MA in Clinical Psychology from Wheaton College and a PsyD in Clinical Psychology from the Illinois School of Professional Psychology. He is licensed as a clinical psychologist in the state of Michigan. After serving in youth and church ministry for a year in Micronesia after college, Bob believed that a career in cross-cultural missions was God's calling for his life. But God had other plans. Over the next three decades, he worked in faith-based intensive mental health treatment as a professor training Christian psychologists and counsellors, as an organisational consultant developing leaders and teams, and working closely with indigenous churches on many short-term missions

## Terri Watson

PsyD, ABPP

Dean and Professor of the School of Psychology, Counselling, and Family Therapy at Wheaton College, Wheaton, Illinois (USA), Terri teaches classes and supervises students across the school's three accredited graduate programmes. She is a board-certified clinical psychologist and an approved supervisor with the American Association for Marriage and Family Therapy. Her scholarship focuses on the integration of clinical practice with Christian faith commitments and includes *Developing Clinicians of Character: A Christian Integrative Approach to Clinical Supervision*, published by Intervarsity Press in 2018.

LECTURER





## Mandy Kellums Baraka

BS, MA, PhD

Assistant Professor in the Clinical Mental Health Counseling program at the School of Psychology, Counseling, and Family Therapy at Wheaton College. After she earned her bachelor's degree in elementary education from Southwest Baptist University, she lived in Southeast Asia and South Asia for a decade working in the field of education. Desiring to be more equipped to work with families, children, and adolescents, she pursued a master's degree in clinical psychology from Wheaton College and subsequently earned her PhD in counselor education from Regent University. A clinical licensed professional counsellor in Illinois and a qualified supervisor, she is working towards her registered play therapy credentials. She has published articles on multiculturalism, faith practices and spirituality, and supervision. She thoroughly enjoys engaging in the learning journey with counselling students.

LECTURER



## Tammy Schultz

LCPC (IL), LMHC (IN), NCC

A Professor, Trauma Certificate Coordinator, and Clinical Training Coordinator in the Clinical Mental Health Counseling program at Wheaton College (USA), where she counsels part-time at its counseling Centre. Her scholarship is focused on adults healing from childhood sexual abuse, women in an alternative court programme exiting prostitution, and trauma healing around the globe. Co-author of *Transformed in His Presence: The Need for Prayer in Counseling*.

LECTURER

- 12 Weeks
  - 12 weekly sessions
  - 6:30pm - 9:30pm

*or*

- 4 Weeks
  - 12 sessions
  - Mondays | Fridays | Saturdays
  - 6:30pm - 9:30 pm

*Note: On-site course schedules may vary from the above*

# TYPICAL COURSE SCHEDULE



# FEES

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Please contact the MA (Counselling) Programme Coordinator ([mac@cts.lk](mailto:mac@cts.lk)) for further details on programme costs, payment plans, and scholarships.

# APPLICATION PROCEDURE

## STEP 1

Meet with the MA (Counselling)  
Programme Coordinator.

## STEP 2

Register for and complete the  
'Counselling Foundations'  
course.

## STEP 3

Hand in the completed  
programme application before  
your second MA (Counselling)  
course.

## STEP 4

Attend an interview.

This course is designed to ensure you have a firm foundation in counselling skills. It will cover topics such as understanding the person of the counselor, developing the therapeutic relationship, observing and using nonverbal communication, establishing goals, understanding the process of growth, and appropriately using empathy, authenticity, immediacy and confrontation. It will integrate biblical and theological reflection with current counselling practice. It will also give you guidance on recognising explicit and implicit spiritual concerns being presented by those you counsel.

*\*Successful completion of this course is an entry requirement for the programme*



## COUNSELLING FOUNDATIONS

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# CORE COURSE

This course is a multidisciplinary study of human and faith development. It will examine all ages and stages of the human lifespan, focusing on problems associated with each stage and their practical significance in counselling. You will learn the developmental needs and issues in transitions between different stages in the human life cycle and appropriate counselling interventions for aiding people towards wholeness through accomplishing developmental tasks associated with each stage.



# HUMAN DEVELOPMENT AND COUNSELLING

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## CORE COURSE

Counselling Theories and Techniques I and II *provide foundational theoretical concepts in individual counselling, an understanding of common mental health issues seen in counselling practice, and the use of suitable techniques drawn from different counselling modalities or theoretical perspectives. A survey of the major counselling theories and how each relates to biblical and theological perspectives will be presented.*

This course will have a particular focus on Cognitive Behavioural Therapy, Rational Emotive Behaviour Therapy, Brief Solution Focused Therapy, and Emotion Focused Therapy.

# COUNSELLING THEORIES AND TECHNIQUES I

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## CORE COURSE



Counselling Theories and Techniques I and II provide foundational theoretical concepts in individual counselling, an understanding of common mental health issues seen in counselling practice, and the use of suitable techniques drawn from different counselling modalities or theoretical perspectives. A survey of the major counselling theories and how each relates to biblical and theological perspectives will be presented.

This course will provide focused teaching on the principles and application of Narrative Therapy, Acceptance and Commitment Therapy, Dialectical Behaviour Therapy and on developing an integrative approach to counselling that is spiritually sensitive. You will develop your personal model of counselling based on learning from both courses and will apply the theories and techniques learned to common mental health issues seen in counselling.

# COUNSELLING THEORIES AND TECHNIQUES II

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## CORE COURSE

This course presents foundational knowledge of relationship dynamics, assessment, and skills related to working with couples. The Christian view of the nature of marriage and family will be presented and you will learn theoretical approaches to marital counselling with an emphasis on a systemic perspective, as well as the application of practical evaluation and treatment tools, with a multicultural focus.




## COUPLE THERAPY

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# CORE COURSE

This course is designed to prepare students to become ethical and effective multicultural counsellors. It emphasizes multicultural framework to develop competency in multicultural counselling; as well as knowledge and critical reflection to develop multiculturally-informed case conceptualizations and assessments. More generally, this course promotes the development of a broad mindset regarding culture, ethnicity, nationality, age, gender, sexual orientation, mental and physical characteristics, education, socioeconomic status, and religious and spiritual values that will lead to profound respect for the unique characteristics of individuals, couples, families, ethnic groups, and other communities. It also examines the principles and guidelines for professional counselling in general with application to ethical dilemmas and the application of professional ethics within society, the church and Christian community.



## MULTI- CULTURAL COUNSELLING AND PROFESSIONAL ETHICS

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# CORE COURSE

This course equips students with an understanding of the impact of trauma on the whole person, families and communities. Students will learn symptoms and counselling approaches in treating trauma survivors. Counselling survivors of domestic violence, child sexual abuse, early childhood neglect, and complex trauma will be addressed along with suitable interventions after a crisis event. The spiritual impact of trauma and suitable responses will be integrated throughout the course.

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## TRAUMA AND CRISIS COUNSELLING

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## CORE COURSE

This course introduces students to the symptoms, causes and treatment of common mental disorders, abnormal behaviour and personality disorders. Students are introduced to the classification of mental disorders in the most current DSM/ICD and in the assessment of psychological and spiritual functioning.

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# PSYCHOLOGICAL DISORDERS

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## CORE COURSE



# SPECIAL FEATURES OF THE MASTER OF ARTS IN COUNSELLING

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Integrating biblical  
truth with psychology

Exposure to proven  
scholars from around  
the world

Trained to counsel  
with cultural  
sensitivity

No prior theological  
qualifications required

An opportunity for  
non-theological degree  
holders to engage in  
theological studies

Access to a wide  
range of relevant  
resources

Study at your  
own pace



CTS  
IS

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ROOTED IN THE WORD

SKILLED TO SERVE

COMMITTED TO THE CHURCH

CTS  
IS

The only Division of the Colombo Bible College,  
incorporated by Sri Lanka Act of Parliament 32 of 1971

Member of the National Christian Evangelical Alliance  
of Sri Lanka (NCEASL)

Member of the National Christian Council of Sri Lanka (NCCSL)

Academic Accreditation by the  
Asia Theological Association (ATA)

In academic partnership with  
Wheaton College, Chicago, USA

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# FOR MORE DETAILS CONTACT

## PHONE NUMBER

+94 11 2890809 (GENERAL) | 077 6151818 (SINDUJAA SELLIAH)

## EMAIL ADDRESS

[mac@cts.lk](mailto:mac@cts.lk)

## WEBSITE

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

## ADDRESS

189 Dutugemunu Street, Kohuwela

