



## Licentiate in Pastoral Counselling (LPC)

### About the Licentiate in Pastoral Counselling (LPC)

The Licentiate in Pastoral Counselling (LPC) is a distinguished academic credential that equips individuals with the professional skills and theological insights necessary for effective counselling within a Christian framework. This program emphasizes the integration of psychological principles with biblical teachings, ensuring that graduates can address the emotional and spiritual needs of clients in a holistic manner. By combining rigorous academic training with practical counselling experience, the Licentiate prepares professionals to navigate complex interpersonal dynamics, fostering a compassionate and ethically sound approach to mental health support. Graduates are well-positioned to serve in various settings, including churches, private practices, and community organizations, where they can make a significant impact on individuals seeking guidance and healing.

### Training Programme Outline

#### Year 1: Foundations of Pastoral Counselling

##### Semester 1:

1. **Introduction to Pastoral Counselling** - Overview of pastoral counselling as a discipline. - Historical context and development.
2. **Biblical Foundations for Counselling** - Key scriptures and their application in counselling. - Understanding theology in the context of human need.
3. **Counselling Skills and Techniques** - Basic listening and communication skills. - Introduction to therapeutic techniques.
4. **Psychology for Pastoral Counsellors** - Basic psychological theories and their relevance. - Developmental psychology and its implications for counselling.
5. **Human Development and Life Stages** - Theories of human development across the lifespan. - Impact of life stages on counselling.
6. **Research Methods in Social Sciences** - Qualitative and quantitative research methods. - Ethics in research related to pastoral counselling.

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## Semester 2:

7. **Crisis Intervention Strategies** - Techniques for responding to crises. - Role of the pastoral counsellor in crisis situations.
8. **Understanding Mental Health** - Overview of mental health disorders. - Stigma and its impact on pastoral care.
9. **Ethics in Pastoral Counselling** - Ethical dilemmas and decision-making. - Professional guidelines and codes of conduct.
10. **Counselling Theories and Techniques** - Exploration of major counselling theories (e.g., cognitive-behavioural, humanistic). - Application of theories in pastoral contexts
11. **Practical Applications of Counselling Skills** - Role-play and simulation exercises. - Reflection on counselling practice.

## Year 2: Intermediate Counselling Skills and Community Engagement

### Semester 3:

1. **Family Systems Theory** - Understanding family dynamics and their influence. - Strategies for working with families in counselling.
2. **Cultural Competency in Counselling** - Importance of cultural awareness in pastoral care. - Strategies for effective cross-cultural counselling.
3. **Addiction and Recovery Counselling** - Understanding addiction as a complex issue. - Pastoral approaches to recovery and support.
4. **Group Counselling Techniques** - Theory and practice of group counselling. - Dynamics of group interactions.
5. **Counselling Practicum I** - Supervised practical experience in a pastoral counselling setting. - Reflection and supervision sessions.

### Semester 4:

6. **Pastoral Care for Grief and Loss** - Understanding the grieving process. - Strategies for offering care during bereavement.
7. **Spirituality in Counselling** - The role of spirituality in healing and recovery. - Integrating faith and counselling practices.
8. **Conflict Resolution in Pastoral Settings** - Techniques for mediation and conflict resolution. - Managing disputes within church or community settings.
9. **Trauma-Informed Care** - Understanding trauma and its effects on individuals. - Pastoral responses to trauma.

10. **Ethical Issues in Pastoral Practice** - Exploration of advanced ethical dilemmas. - Case studies in ethical decision-making.
11. **Counselling Practicum II** - Continuation of supervised practical experience. - Emphasis on integrating learning into practice.

### **Year 3: Advanced Practice and Specialization**

#### **Semester 5:**

1. **Counselling for Life Transitions** - Strategies for counselling individuals facing significant life changes. - Support for life transitions within the community.
2. **The Role of Supervision in Counselling** - Understanding the importance of supervision in professional development. - Models of supervision and peer support.
3. **Mental Health and the Church** - Addressing mental health issues within faith communities. - Strategies for de-stigmatizing mental health.
4. **Advanced Counselling Techniques**- Exploration of specialized techniques (e.g., play therapy, art therapy). - Application of advanced techniques in pastoral settings.
5. **Counselling Practicum III**- Advanced supervised practical experience. - Focus on specialization area.
6. **Research Project I**- Development of a research proposal on a relevant topic in pastoral counselling. - Literature review and methodology preparation.

#### **Semester 6:**

7. **Spiritual Assessment and Wellness**- Tools for assessing spiritual health. - Strategies for promoting overall wellness.
8. **Professional Development and Self-Care**- Importance of self-care in maintaining effective counselling practice. - Strategies for ongoing professional development.
9. **Spiritual Care and Grief Counselling** - Techniques for providing support to individuals experiencing loss. **Professional Development and Transition to Practice** - Preparing for a career in pastoral counselling, including job search strategies and continuing education.
10. **Counselling Practicum IV**- Capstone field experience integrating all learning. - Final evaluation and feedback session.
11. **Research Project II**- Execution of research project and data collection. - Analysis and interpretation of findings.

### **Curriculum Design and Duration of the Licentiate in Pastoral Counselling**

The three-year Licentiate in Pastoral Counselling, offered online by CLA, provides students with the flexibility to begin their studies at a time that suits their individual schedules.

This streamlined process not only facilitates immediate engagement with the course materials but also allows for a focused and efficient educational journey tailored to each student's pace and availability.

The program's self-paced courses are delivered through an advanced Learning Management System (LMS) or eLearning platform, designed to offer an engaging and interactive learning experience. The Christian Leadership Academy, specializing in eLearning, effectively utilizes digital technologies to present educational content beyond traditional classroom boundaries. Instructional methods include a variety of multimedia such as video and audio resources, discussion boards for collaborative learning, PDF articles for in-depth study, as well as practical exercises and reflection papers to ensure comprehensive understanding and application. This robust and multifaceted approach caters to different learning styles, empowering students to absorb and apply knowledge in a manner that best suits their personal and professional development as future chaplains.

## Fee Structure

Upon acceptance into the program, students are required to make payment for each module they intend to register for, thereby confirming their place in the program.

Good news for students! Our pay-per-module structure makes it easy to manage your finances. With clear and transparent transactions, you'll always know exactly how much you're paying and what you're getting. No more confusing fees or unexpected costs. Stay on top of your expenses and focus on what matters most - your studies!

Registration Fee - R 550.00 (*once-off*)

Payment in full - R 6 750.00

Fee per module - R 375.00

**Reactivation fee R500 (Non-refundable) Note:** The student will need to pay a reactivation fee; if the student is inactive for more than 6 months or does not register for any modules for more than 6 months period.

## Accreditation & Affiliation

We would like to clarify that our courses, including the Licentiate in Pastoral Counselling (LPC), are not aligned to any registered unit standards and do not lead to formal qualifications presented on the National Qualifications Framework (NQF).

### ***Association of Christian Religious Practitioners (ACRP)***

We are excited to announce our partnership with the Association of Christian Religious Practitioners (ACRP), a professional body for church leaders and Christian ministry leaders. This collaboration reinforces our commitment to delivering high-quality courses that meet industry standards. As a valued student, you can now register for professional designation with ACRP upon completing our Licentiate in Pastoral Counselling (LPC) program, enhancing your career and professional standing in the field. Our team will support you throughout the registration process, making it easier for you to take advantage of this opportunity.

The levels of registration and designation range from:

Level 1: Religious practitioner

Level 2: Advanced Religious practitioner

Level 3: Religious professional

Level 4: Religious specialist

ACRP is recognized by the South African Qualifications Authority (SAQA) in terms of Section 13 of the National Qualification Framework Act (Act No. 67 of 2008) as a professional body, with a registration number of PB0000110.