

# URBAN INDIA MINISTRIES

FAMILY RESEARCH AND TRAINING INSTITUTE, BANGALORE

## Diploma in Family Education and Counseling

(DFEC)

### **Introduction**

In response to the high prevalence of marital and family problems in India, God's people need practical and clinically proven strategies. UIM-FRTI's post-graduation education programs are designed to equip such people, providing Christian leaders with the tools to enhance family ministries and mission in their people.

### ***Skills-based Training***

UIM-FRTI is offering a 10-month part-time non-residential course leading to a *Diploma in Family Education and Counselling* (DFEC). This self-funded program is designed for working adults and Christian Leaders interested in pursuing a vocation in Family Ministries. This innovative program is built on an *experiential* approach with a strong focus on *clinical practice* and *supervision*. It also integrates professional training with Biblical and theological understanding of family issues.

The DFEC program is designed to produce '*skill-competent* educational and counseling practitioners' – leaders who demonstrate Christian Faith with professional competence for Family Education and Counseling in their churches, seminaries and organizations.

Experienced trainers and practitioners from *local* and *overseas* are invited to be faculty of the program.

### ***Flexible entry and exit***

Those who wish to complete the core modules and the practicum for the Diploma program but not the electives may be awarded a *Certificate in Family Education and Counselling* (CFEC). Those who only complete an individual module may be awarded a *certificate of completion* for that module, and those who only attend a 3-day session may be awarded a *certificate of attendance* for that module. Holders of certificate of completion for all the required modules are eligible to be transferred to the Diploma/Certificate program.

### **Entry requirements**

Applicants for the Diploma program need to have:

- Commitment to Christ and His mission.
- A graduate degree of any discipline.
- English language proficiency.
- Practical experience in the field of Counseling.
- Theological educational qualification and prior training in counseling will be a bonus.

Revised on Mar 30, 2010

### **Program components**

The DFEC program is conducted on a modular system which normally should be completed in 10 months. The main components are modules and practicum:

#### ● **Modules**

Students are expected to complete modules for 192 hours: five 24-hour core modules, and three elective modules for a further 72 hours. Each module span is for one month and involves pre-campus preparation, a 3-day on-campus session (9 to 5), and post-campus assignment activities.

### **Diploma in Family Education and Counselling (DFEC) Module topics**

#### **Core modules**

##### **1. Personal Growth Studies (PG 101)**

This course emphasizes the discovery of human nature and cultivation of human strengths and potential according to the Christian Faith. It focuses on positive goal setting and the development of strengths such as resilience, hope and positive emotions. It critically reviews the phenomenon of personal growth movements, including the study of spirituality and personality types. Students are expected to form trios for personal development and counselling practice throughout the 10-month program.

#### Topics:

Self image and the Image of God  
Love and discipline  
Sinfulness and sufferings  
Redemption and restoration  
Popular psychology and postmodernism

#### Selected Bibliography

Benner, David. (2004). *The Gift of Being Yourself*. IL: IVP.  
Fromm, E. (1963). *The Art of Loving*. Bantam Books.  
Goldsmith, M. (1997). *Knowing me, knowing God: exploring your spirituality with Myers-Briggs*. Nashville: Abington Press.  
Peck, M. Scott. (1988). *The Road Less Traveled*. Touchstone.  
Powell, John. (1995). *Why am I afraid to tell you who I am? Insights into personal growth*. Thomas More Association.  
Powell, John. (1982). *Why am I afraid to love?* Thomas More Association.  
Rohr, Richard and Ebert, Andreas. (2001). [The Enneagram: A Christian Perspective](#). Crossroad Publishing.

## **2. Marriage Studies (M 101)**

In this course, marital love is studied as the expression of and growth in passion, intimacy and commitment. Phases of marriage, conflict resolution and communication skills are examined. Insights of various schools of family therapy are analyzed from a Christian point of view.

Topics:

Biblical perspective of marriage  
Marital love  
Communication skills  
Conflict resolution  
Critical issues in marriage

Selected Bibliography

Carder, D. Torn Asunder: recovering from Extramarital Affairs. Chicago: Moody.  
Chapman, G. (1995). The Five Love Languages: How to Express Heartfelt Commitment to Your Mate. Northfield Publishing.  
Gottman, John. (1995). Why Marriages Succeed or Fail: And How You Can Make Yours Last. Simon & Schuster.  
Lahaye, T and Lahaye, B. (1998). The Act of Marriage: the beauty of sexual love. Manila: OMF literature Inc.  
Olson, D. (2007). Marriages and Families: Intimacy, Diversity, and Strengths. McGraw-hill.  
Sternberg, R. (1999). Love Is a Story: A New Theory of Relationships. OUP.

## **3. Family Life Studies (FL 101)**

This course examines factors affecting human development through an exploration of the normal patterns of growth from infancy to old age. Individual, social, and spiritual conditions affecting growth at different stages in the life cycle will be studied, together with related problems of adaptation and adjustment.

Topics:

Family of origin and child development  
Parenting and self-esteem  
Singleness, dating, homosexuality  
Divorce and single parenting  
Mid-life crisis and health issues  
Later years and death

Selected Bibliography

Balswick, J. O. and Balswick, J. K. (1991). The Family: a Christian Perspective on the Contemporary Home. Baker Book House.  
Carder, D., Henslin, E., Townsend, J., Cloud, H. and Brawand, A. (1991). Secrets of Your Family Tree. Chicago: Moody.

Charles M. Sell. (1995). Family Ministry. Zondervan.  
Dobson, J. (2000). Solid answers. AP: OM Books.  
Dobson, J. (1970). Dare to discipline. IL: Tyndale.  
Kakar, S. (2008). The Inner World: a psychoanalytic study of childhood and society in India. OUP.  
Satir, V. (1988). The New Peoplemaking. CA: Science & Behavior Books.  
Wood, B. (2005). Building Stronger Families: sermons that nurture. SAIACS Press.

#### **4. Mission to the Urban Families (MUF 101)**

Throughout their whole history, the families in India have faced a unique context of cultural, religious, and sociopolitical complexity. This challenges and threatens the Indian family but also provides great opportunities. The course examines the context, the crisis and the challenges to mission in the urban families.

Topics:

Christian worldview and other worldviews  
Bible, mission and family  
Understanding the urban families in India  
The challenge of family ministries  
Critical issues in Christian education and counseling

Selected Bibliography

Aghamkar, A. (2000). Insights into openness: encouraging urban mission. Bangalore: SAIACS.  
Alphonse, M. (2001). The Gospel for Hindus. Chennai: Mission Educational Books.  
Bauckham, R. (2003). Bible and Mission: Christian witness in a postmodern world. MI: Baker Academic.  
Charles M. Sell. (1995). Family Ministry. Zondervan.  
Hrangkhuma, F. and Kim, S. (1996). The Church in India: its mission tomorrow. Delhi: ISPCK.  
Kakar, S. and Kakar, K. (2007). The Indians. Penguin.  
Samuel, J. (2008). Abraham and Isaac in Interfaith Perspectives. Delhi: ISPCK.  
Sire, J. (2004). The Universe next door. IVP.  
Stott, J. (1975). Christian Mission in the modern world. Mumbai: GLS.

#### **5. Studies of Deviant Behaviour (DB 101)**

Problems like feeling down, being anxious, and sleeplessness are often a common and normal part of the aches and pains of everyday life. However, if these problems last long enough, are severe enough, or interfere with work or relationships, it may mean that you or someone you care about has a diagnosable and treatable disorder. It may also happen when people become affected by demonic powers and need of healing through deliverance. This course enhances our understanding of deviant behaviour and suggests ways to dealing with.

Topics:

Myth of mental illness  
Causes and remedies of mental disorders  
Discerning deliverance issues from mental disorders

Selected Bibliography

Frances, A. and First, M. B. (2000). Am I okay? A layman guide to the psychiatrist's bible. Scribner Paper.  
Horrobin, P. (2000). Healing through deliverance, vol. 1: the Biblical basis. Sovereign World.  
Horrobin, P. (2003). Healing through deliverance, vol. 2: the practice of deliverance ministry. Sovereign World.

Film

Patch Adams. (1998). Starring Robin Williams. Director Tom Shadyac.

**Elective modules**

The elective modules will be offered from a range of courses similar to these:

**1. For Men Only (PG 102)**

This course offers a refreshing, comprehensive picture of God's design for the masculine soul that dares men to be as God created them to be--not as society demands. Students will learn to tackle the tough issues, including work, sexuality, marriage, and fatherhood. Students will also experience that there's hope for restoration, hope for healing--because Christ has come to heal us. God is calling men out to a relationship with Himself and calling them out to authentic manhood. Our task is not to curse our manhood, but to redeem it.

Selected Bibliography

Dalbey, Gordon. (2003). Healing the masculine soul: God's restoration men to real manhood. Thomas Nelson.  
Levinson, D. J. (1986). The seasons of a man's life. Ballantine Books.  
Lynch, J. and Kilmartin, C. (1999). The Pain Behind the Mask: overcoming masculine depression. Haworth Press.  
Omartian, S. (2002). The Power of a praying husband. Harvest House.

**2. For Women Only (PG 103)**

This course offers a refreshing, comprehensive picture of God's design for the feminine soul that dares women to be as God created them to be--not as society demands. Students will learn to tackle issues related to role of a wife, role of a mother, sexuality, balancing work and home, how to bring up a Christian home.

Selected Bibliography

Passages: Predictable Crises of Adult Life, Ballantine Books (January 10, 2006) Gail Sheehy

A Woman After God's Own Heart, Harvest House Publishers; Exp Upd edition (July 1, 2006) Elizabeth George

The Power of a Praying Woman, Harvest House Publishers (January 1, 2007), Stormie Omartian

The Power of a Praying Wife , Harvest House Publishers (January 1, 2007), Stormie Omartian

10 Things I want my Daughter to know (2006), Annie Chapman

### **3. Working with emotions (PG 104)**

Bringing out awareness of different types of feelings and emotions and helping ourselves identify our feelings are one major characteristics of human success in relationships. In addition, this elective also helps students deal with different types of feelings and help them cope with it.

#### Selected Bibliography

Managing Your Emotions: Instead of Your Emotions Managing You, FaithWords (October 2002), Joyce Meyer

Emotional Resilience: Simple Truths for Dealing with the Unfinished Business of Your Past, Three Rivers Press (April 7, 1997), David Viscott

Battlefield of the Mind: Winning the Battle in Your Mind , FaithWords (October 2002), Joyce Meyer

Burns, D. (1999). The Feeling Good Handbook. Plume.

Be Anxious for Nothing: The Art of Casting Your Cares and Resting in God, FaithWords (October 2002), Joyce Meyer

Seamonds, D. (1991). Healing for damaged emotions. David C. Cook.

### **4. Stress management (PG 105)**

Stress has become part of everyday life now. This elective would help students manage stress by getting in touch with their bodies and minds and helping them organize life better. They would also learn different relaxation exercises that would release their tension when stressed.

#### Selected Bibliography

Benson, H. and Klipper, M. Z. (2000). The Relaxation Response. HarperTorch.

Benson, H. and Proctor, W. (1985). Beyond the relaxation response. New York: Berkeley Books.

Siegel, B. S. (1990). Love, Medicine and Miracles: Lessons Learned about Self-Healing from a Surgeon's Experience with Exceptional Patients. Harper Paperback.

### **5. Working with children (FL 102)**

Working with children is quite different from working with adults. In this elective, students will learn: the characteristics of children, the risks of children, the various childhood disorders, some common emotional and behavioral problems, different ways of dealing with children, and the skills of psycho-educating parents.

Selected Bibliography

Parent Effectiveness Training: The Proven Program for Raising Responsible Children, Three Rivers Press; 30 edition (October 31, 2000), Thomas Gordon  
The New Dare to Discipline, Tyndale House Publishers; 1 edition (March 8, 1996), James C. Dobson  
How to talk so kids can learn, Scribner (1996), Adele Faber and Elaine Mazlish

**6. Working with addicts (DB 102)**

There are different types of addiction - drugs, alcohol, media, pornography, internet etc. Students will learn: the causes and symptoms of addiction, and the skills of dealing with different types of addiction.

Selected Bibliography

Anderson, N. T. et. al. (1996). Freedom from Addiction: Breaking the Bondage of Addiction and Finding Freedom in Christ. Gospel Light Publications.  
May, Gerald. (2007). Addiction and Grace: Love and Spirituality in the Healing of Addictions. HarperOne.  
Willingham, Russell. (1999). Breaking free : understanding sexual addiction & the healing power of Jesus. Downers Grove, Ill. : InterVarsity Press

**7. Working with the chronically ill and their caregivers (FL 103)**

In this elective students will learn: the different attitudes and beliefs one has towards grieving, the difference of dealing with Christian and Non-Christian patients, helping patients get the priorities right, dealing with emotional pain, helping them believe in God for a miracle, and the role of Care-givers.

Selected Bibliography

Albom, M. (2002). Tuesday with Morrie. Broadway.  
Kubler-Ross, E. (1997). On Death and Dying. Scribner.  
Paush, R. (2008). The Last Lecture. Hyperion.  
Spiegel, D. and Classen, C. (2000). Group Therapy for Cancer Patients: A Research-based Handbook of Psychosocial Care. Basic Books.

Note: These content of the modules may be fine-tuned, in order to ensure the 'best fit' between content, the strengths of invited faculty, and the needs of participants.

● **Practicum**

Students will be expected to complete a minimum of 128 hours of clinical training in 24 weeks, which includes 41 hours of skills training, 60 hours of teaching and counseling practice, 27 hours of supervision (both individual and group) provided by trained supervisors.

**Diploma in Family Education and Counselling (DFEC)  
Practicum**

**1. Skills Training (ST)**

This course begins with an overview of the teaching and counselling process, with a major focus on specific approaches in working with individuals, couples, and families. Apart from an emphasis on theoretical and conceptual integration, this course draws heavily from case and video materials for discussion. Role-play and experiential activities will be used extensively for the training of strategies and skills.

**2. Practice (PTC)**

It comprises two major components: Teaching (30%) and Counselling (70%). Students should engage themselves in active teaching (18 hours) and counselling (42 hours) in their respective churches, or any other institution on weekdays and/or on weekends.. They will be advised to complete the practicum in 6 months. They are also expected to write plans and reviews after each session.

**3. Supervision (SUP)**

It comprises two components: individual (1.5 hours per month) and group (3 hours per month). Students are expected to discuss their teaching and/or counselling experience with their assigned supervisors and to take into consideration the agreed plan to improve their skills over the 6-month practice.

Selected Bibliography

On teaching skills

Freire, P. (1970). *Pedagogy of the Oppressed*. Seabury Press.

Knowles, M. S. (2005). *The Adult Learner: The Definitive Classic in Adult Education and Human Resource Development*. Butterworth-Heinemann.

Mezirow, J. (1990). *Fostering Critical Reflection in Adulthood*. Jossey-Bass

Mezirow, J. (2000). *Learning as transformation*. Jossey-Bass.

On counselling skills

Baker, M. W. (2007). *Jesus, the greatest therapist who ever lived*. HarperOne.

Baldwin, M. (2000). *The Use of Self in therapy*. Haworth Press.

Burns, D. (1999). *The Feeling Good Handbook*. Plume.

Collins, G. (2007). *Christian Counseling*. Thomas Nelson

Oaklander, V. (1988). *Windows to our children: a gestalt approach to children and adolescents*. Gestalt Journal Press.

Pedersen, P. B. and Ivey, A. (1993). *Culture-Centered Counseling and Interviewing*

Skills: A Practical Guide. Praeger.  
Prashantham, B. J. (1975). Indian Case studies in therapeutic counselling. Vellore: Christian Counselling Centre.  
Satir, V. (1983). Conjoint Family Therapy. Science and Behavior Books.  
Satir, V., Banmen, J., Gerber, J. and Gomori, M. (1991). Satir Model: Family Therapy and Beyond. Science and Behavior Books.  
Worthington, E. (1996). Christian Marital Counseling: 8 approaches to helping couples. AP: OM books.  
Yalom, I. D. (1995). Theory and Practice of Group Psychotherapy. Basic Books.

A note about hours

Modules		
	5 core modules	120 hours
	3 elective modules	72 hours
Practicum		
	Skills Training	41 hours
	Practice	60 hours
	Supervision	27 hours
	<b>TOTAL</b>	<b>320 hours</b>

**Assessment**

It will be based on the following criteria:

- Attendance (minimum 80% for each module)
- Reading assignments (completion)
- Practicum (completion of practice, supervision, written assignments)
- Graduation interview (including presentation of a videotaped counseling session)

**Practical details**● **Module dates**

The modules of the 2010 batch of Diploma program will commence in February 2010. Proposed dates for the on-campus sessions of the modules from February – October 2010 are:

<b>Module</b>	<b>Trainers/Facilitators</b>	<b>Dates</b>
<b>Core modules</b>		<b>February-August 2010</b>
Personal Growth Studies	Mr. Tommy Liang Ms. Janet Jacob	February 9-11
Family Life Studies	Mr. P. C. Mathew Ms. Anne Zachariah	March 9-11
Marriage Studies	Dr. Tony Sam George	April 27-29
Mission to Urban Families	Rev. Dr. J. N. Manokaran (AM) Mr. P. C. Mathew (PM)	February 12
	Mrs. Kamala Benjamin (AM) Mr. P. C. Mathew (PM)	March 12
	Trendsetter founder (AM) Mrs Elizabeth (PM)	April 16
Studies of Deviant Behavior	Dr. Shibu Kuncheria	August 2-4
<b>Elective modules</b>		<b>June – October 2010</b>
For Men Only	Counselors of Parivar International	June 22-24
For Women Only	Mrs. Kamala Benjamin Mrs. Ciby Mathew	June 22-24
Working with emotions	Dr. Steve Stratoon Dr. Martin Mallory	July 1-3
Working with children	Dr. Shibu Kuncheria	August 5-7
Working with addicts	Dr. Rob Jackson	September 21-23
Stress management	Mr. Tommy Liang	October 12-14
Working with chronically ill and their caregivers	Ms. Bless Yu	October 19-21
<b>Practicum</b>		<b>March – November 2010</b>
Skills Training	Mr. Tommy Liang Ms. Janet Jacob Mr. P. C. Mathew	March 13, May 14, June 11, July 6, September 7
Practice		June – November
Supervision	Mr. Tommy Liang Ms. Bless Yu Mr. P. C. Mathew Ms. Janet Jacob	June – November

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<b>Graduation Interview</b>	Mr. P. C. Mathew Mr. Tommy Liang Ms. Jacob Janet	December 2010
<b>Graduation Ceremony</b>		December 2010

Note: These dates may be fine-tuned, in order to ensure the 'best fit' between the time of invited faculty and the needs of participants.

### **Fees for Diploma program**

Registration fee	Rs. 500
Coursework (5 core)	Rs. 4000
Coursework (3 electives)	Rs. 2400
Practicum	Rs. 2000
Graduation Interview	Rs. 600
Graduation fee	Rs. 250
<b>Total</b>	<b>Rs. 9750</b>

[Fees as from 1 January 2010]

### **Fees for individual modules**

Each module (3-day session)	Rs. 1000
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[Fees as from 5 January 2010]

### **Further information and application for Diploma program or individual modules**

Either download an application form from [www.urbanindia.org](http://www.urbanindia.org) or request an application form from

Family Research and Training Institute, Urban India Ministries  
608, 6<sup>th</sup> Cross, 7<sup>th</sup> Main, HAL III Stage, Bangalore -75

Tel (080)25277757 or 41153642

Email: [counseling@urbanindia.org](mailto:counseling@urbanindia.org)