

# Master of Arts in Biblical Counseling Program Structure and Summary

## Africa Reformation Theological Seminary

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### INTRODUCTION

The Master of Arts Biblical Counseling (hereafter MABC) is a practical degree designed for men and women preparing to serve Christ as biblical counselors, in professional or informal settings. It seeks to equip for biblical counseling ministry in the church and community with a strong emphasis the practice of biblical counseling and on the training of others for biblical counseling. Biblical counseling requires a foundation of biblical and theological knowledge and a myriad of skills in order to help people solve personal and interpersonal problems in order to help people cope with life in a Christ-honoring manner. The graduate is equipped to serve as a biblical counselor, to plant a church-based biblical counseling ministry, to train biblical counselors and to train primary and secondary school teachers in biblical counseling of students. This degree may be added to the Master of Divinity, either before or after earning the MDiv degree. Required time is 3 years for a full-time student and up to 5 years for a part-time student. ARTS has established a three-year program out of the conviction that this is in the best interest of our students and of the churches they are being trained to serve. The three-year programme compensates for students who enter ARTS without a background in Bible and theology training.

This degree is highly valued in the church for the skills it imparts. Fear, depression, worry, anxiety, anger, bitterness, resentment, family, clan and tribal relationships, sexual promiscuity, urbanization, government corruption, the impact of African traditional religion and “ancestral curses,” the impact of poverty, marriage, divorce and remarriage, preparation for marriage, bride price, costs of a wedding, conflict management and resolution, interpersonal relationships, coping with health problems and diseases, alcohol and drug addictions, HIV and a host of other problems today await the servant of God in Africa who would be Christ’s minister and guide his people according to the Bible. Understanding the heart issues and skillfully utilizing the Scripture to cure the hurting heart are the skills required for the biblical counselor. Seeking to bring change that glorifies God, in the power of the Holy Spirit, that accords with His Word, and that restores people to love, obedience, perseverance, Christ-likeness and usefulness in serving Christ, His church and His mission in His world, are the goals of biblical counseling.

The MABC degree differs from the ARTS MATS BC degree in having 6 more courses in biblical counseling (12 more credits), no Greek requirement and less courses in biblical, historical, and theological studies.

### *1.10 Program Structure*

#### **Computation of Credit Units**

In the computation of the Credit Units in the curriculum matrix below, we use the following guide from the NCHE.

1. 1CH = 1LH = 2PH = 2TH
2. 1LH means one hour or 60 Mins of Classroom instruction.
3. 1CU = 15CH = 15LH = 30TH = 30PH

LH – Lecture Hour

CU – Credit Unit

TH – Tutorial Hour

PH – Practical Hour

CH – Contact Hour

### Year 1 Semester 1

During this semester, students will take the first portion of the foundational and prerequisite courses.

Course Code and Name	LH	PH	TH	CH	CU
CT1101 Computer Applications in Research	15		30	30	2
PT1101 Communications and Research Writing	24		12	30	2
OT1101 Introduction to the Bible and Bible Survey	30			30	2
NT1101 New Testament Survey	30			30	2
NT1104 Gospel of John (Choose John or Synoptic Gospels offered year 2, semester 1)	30			30	2
BC1101 Introduction to Biblical Counseling	24		12	30	2
ST1101 Bible Interpretation	30			30	2
ST1102 The Doctrine of Scripture and God	24		12	30	2
ST1103 The Doctrine of Man	24		12	30	2
<b>Total</b>					<b>16 or 18</b>

#### **CT0101 Computer Applications in Research (2)**

(non-credit, required; equivalent to 2 credits) This course is offered to students who do not meet the computer technology entry requirement. Note: A student has the option of “testing out” of **CT0101 Computer Applications in Research** i.e. passing a computer competency examination in place of enrolling in and passing CT010.

### Year 1 Semester 2

During this semester, students will take the remaining portion of the foundational and prerequisite courses.

Course Code and Name	LH	PH	TH	CH	CU
AP1201 Introduction to Apologetics	28		4	30	2
BC1202 Marriage and Family Counseling	28		4	30	2

ST1204 Introduction to Reformed Theology	24		12	30	2
PT1204 Biblical Principles of Christian Education and Discipleship	24		12	30	2
OT1202 Genesis	30			30	2
NT1203 Unity of the Bible and Covenant Theology	30			30	2
<b>Total</b>					<b>12</b>

### **Award of a Postgraduate Certificate (PGC) in Theological Studies**

Candidates who have successfully completed the first year courses and gained at least 24 credit units and who for any reason wish to terminate their studies may be awarded a postgraduate certificate in Theological Studies. To qualify for the award of a PGC a candidate shall have a CGPA of no less than 3.0.

### **Year 2 Semester 1**

Student will build on the foundational and prerequisite courses of year one by taking more courses in the different fields of theology.

<b>Course Code and Name</b>	<b>LH</b>	<b>PH</b>	<b>TH</b>	<b>CH</b>	<b>CU</b>
ST2105 The Doctrine of the Person and Work of Christ	24		12	30	2
ST2106 The Doctrine of Redemption and the Holy Spirit	24		12	30	2
NT2105 Synoptic Gospels (or Gospel of John offered in year 1, semester 1)	30			30	2
BC2105 Counseling & Lay Counselor Training in the Local Church I	24		12	30	2
BC2103 Premarital Counseling	30			30	2
BC2104 Advanced Marriage and Family Counseling	30			30	2
BC2111 Understanding and Evaluating Professional Literature	15		30	30	2
BC2107 Advanced Biblical Counseling	24		12	30	2
PT2109 Personal Evangelism	24	12		30	2
<b>Total</b>					<b>16 or 18</b>

### **PT3001-PT3020 Mentored Internships**

At the end of the semester, having completed about half of the courses in the degree program in which the student is enrolled, the student will draw upon the material learnt to increase preparation, skill, and effectiveness in the mentored ministry experience. Mentored ministry may occur in-between semesters but may also be done during the remaining three semesters.

### **Year 2 Semester 2**

The student will continue to build on the foundational and prerequisite courses by taking more courses in different fields of theology.

<b>Course Code and Name</b>	<b>LH</b>	<b>PH</b>	<b>TH</b>	<b>CH</b>	<b>CU</b>
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NT2207 Romans	30			30	2
BC2206 Introduction to Biblical Self-Counseling	24		12	30	2
BC2213 Biblical Parenting	30			30	2
BC2214 Groups Dynamics	30			30	2
BC2215 Counseling in the Local Church II	10	20	20	30	2
PT2215 Research Methodologies	24		12	30	2
BC3212 Readings in Biblical Counseling (Tutorial)		56	4		2
BC3216 Case Studies in Biblical Counseling	10	20	20	30	2
<b>Total</b>					<b>16</b>

### **Award of a postgraduate diploma (PGD) in Theological Studies (Counseling)**

Candidates who have successfully gained at least 40 credit units including at least 10 credits units from Counseling courses and who for any reason wish to terminate their studies during or after the second year may be awarded a postgraduate diploma in Theological Studies (Counseling). Such candidates shall be required to undertake an industrial attachment and write a report. To qualify for the award of a PGD a candidate shall have a CGPA of no less than 3.0.

### **Year 3 Semester 1**

Student will continue with the semester courses, complete the mentored internships, and submit (and receive approval for) his/her proposal (as part of the application of PT4116 Research Methodologies) for the next and last semester's project.

<b>Course Code and Name</b>	<b>LH</b>	<b>PH</b>	<b>TH</b>	<b>CH</b>	<b>CU</b>
ST3107 The Doctrine of the Church and the Means of Grace	24		12	30	2
ST3108 The Doctrine of Last Things	24		12	30	2
PT3106 Prayer and the Christian Worker's Personal Life	24		12	30	2
PT3110 Church Conflict Resolution and Biblical Peacemaking	24		12	30	2
BC3109 Using the Bible in Counseling	24		12	30	2
BC3110 Biblical Approach to Addictions	24		12	30	2
BC3108 Counseling Theory	30			30	2
PT3107 Women's, Children's and Youth Ministry	24		12	30	2
<b>Total</b>					<b>16</b>

### **PT3001-PT3020 Mentored Internships**

### **Year 3 Semester 2**

The student will complete the required semester courses and work on the project. The student will submit the project paper at the end of the semester and defend his/her project.

<b>Course Code and Name</b>	<b>LH</b>	<b>PH</b>	<b>TH</b>	<b>CH</b>	<b>CU</b>
ST3211 Christian Ethics	30			30	2
BC3217 Biblical Counseling Practicum and Project					4
OT3205 Poetry and Wisdom Literature	30			30	2
<b>Total</b>					<b>8</b>

**PT3001-PT3020 Mentored Internships**

**2.0. Summary of Courses According to Departments**

The credits for the required courses for each department are in parentheses. All courses are two (2) credit hours unless noted.

**Genesis and Old Testament (6)**

OT1101 Introduction to the Bible and Bible Survey

OT1102 Genesis

OT3205 Poetry and Wisdom Literature

**New Testament (8)**

NT1101 New Testament Survey

NT1203 Unity of the Bible and Covenant Theology

NT1104 Gospel of John **OR** NT2105 Synoptic Gospels

NT2207 Romans

**Systematic Theology (18)**

ST1204 Introduction to Reformed Theology

ST1102 The Doctrine of Scripture, God

ST1103 Doctrine of Man

ST2105 The Doctrine of the Person and Work of Christ

ST2106 The Doctrine of Redemption and the Work of the Holy Spirit

ST3107 The Doctrine of the Church and the Means of Grace

ST3108 The Doctrine of Last Things

ST1101 Bible Interpretation

ST3211 Christian Ethics

**Apologetics (2)**

AP1201 Introduction to Apologetics

**Practical Theology (14)**

PT1101 Communications and Research Writing

PT1204 Biblical Principles of Christian Education and Discipleship

PT3106 Prayer and the Christian Workers Personal Life

PT2109 Personal Evangelism

PT3110 Church Conflict Resolution and Biblical Peacemaking

PT3107 Women's, Children's and Youth Ministry

PT2215 Research Methodologies

**CT1101 Computer Applications in Research** (required and non-credit, equivalent to 2 credits)

### **Biblical Counseling (32)**

BC1101 Introduction to Biblical Counseling

BC2105 Counseling and Lay Counselor Training in the Local Church I

BC2206 Introduction to Biblical Self-Counseling

BC2107 Advanced Biblical Counseling

BC3108 Counseling Theory

BC3109 Using the Bible in Counseling

BC3110 Biblical Approach to Addictions

BC2111 Understanding & Evaluating Professional Literature

BC3212 Readings in Biblical Counseling (Tutorial)

BC2213 Biblical Parenting

BC1202 Marriage & Family Counseling

BC2103 Premarital Counseling

BC2104 Advanced Marriage & Family Counseling

BC2214 Group Dynamics

BC2215 Counseling in the Local Church II

BC3216 Case Studies in Biblical Counseling

### **BC3217 Biblical Counseling Practicum and Project (4)**

This course does not require classroom lectures. The practicum portion is counseling observation through DVDs and counseling practice through role-playing evaluated by student peers and the course mentor. The "Project and Project Paper" portion is a faculty-supervised independent research and practical ministry project and paper.

### **Mentored Internships (0)**

**Two non-credit Mentored Internships are required** for the MABC program. **Both of the Mentored Internship must be in biblical counseling.** Mentored Internships involve ministry experience and evaluation under an experienced pastoral or ministry supervisor and do not entail classroom work. See PT3001-3020 Mentored Internships for a description.

**MABC is 84 total credits**

**Total required courses: 42** (41 are credit courses and CT1101 is required and non-credit, equivalent to 2 credits)

**Total required credits: 84 (with CT1101 equivalent to 86 credits)**