



## CHRISTIAN COUNSELING - COURSE CATALOGUE 2026

### Achievement and Motivation in Adolescence

#### **Dr. Vicki Khatib Brown**

We all know and agree that adolescents can be frustrating. Most of us understand that the teen's life is shaped by factors such as family, friends, school etc. But there are also powerful neurological issues at play. Neuroscience has made great strides in shedding light on the changes occurring in the teen's brain and why they behave the way they do. Scientists are seeing that the teen years are a time of significant changes in the activity, anatomy and neurochemistry of the brain.

In this class, we will take time to observe that the adolescents who live with praise learn to stand alone and lead their parade, even if it's raining. But if they are spoiled with indulgence and permissiveness, they grow up full of compromise and greed. If they are given challenges and responsibilities, they grow up with values and goals. When they live with love and are covered in God's Love, they will grow up thinking they were.

### Building and Erasing Memory Banks to Renew the Mind

#### **Dr. Vicky Khatib Brown**

Based on research that is actively following and validating Scripture, this class will focus on two main components.

The first is bringing an understanding of how we form memories and how we store memories all over the brain. We can then use this knowledge to improve our ability to remember better and retain information in the long-term memory banks. We will go over brain research that is uncovering new strategies to keep our memory quick, agile and sharp at any age.

There is also evidence from brain scans that prayer of gratitude and thanksgiving creates coherence between the heart and the brain, where the heart generates the highest levels of gamma waves. This is when our attention, working-memory and learning abilities are enhanced and we can clearly conclude that prayer and Scripture strengthen and renew neurological pathways. The Creator of the brain gave mankind a neurological handbook, we call the Bible!

To live new lives, prevent cognitive decline and protect and improve our ability to remember, we just have to embed its truths into our daily thinking processes.

The second component of the class will be a scientific explanation of why ghosts of the past are still haunting many people's present and how to forget and forgive.

### Christian Counselling and Inner Freedom

#### **Dr. Alfred Davis**

In this course, you will experience personal transformation as revelation of your true self evolves in comparison to what we were told and come to believe about ourselves. Spiritual therapeutic methods will be discussed and students will get the opportunity to examine the rooms of their heart to identify if there are any hidden negative emotions or thought patterns. In this process you will learn to protect yourself and help others. Jesus wants to set us free totally by the power of truth. You will be trained in inner healing techniques for ministry as well as greater personal freedom.



### **Cognitive Behavioral Therapy in Counselling Children: Parenting God's Way.**

#### **Dr. Vicky Khatib Brown**

The teen years by their nature, are rebellious years, and parents are probably asking friend for advice on how to discipline "the stranger in their kitchen". Should we be strict or casual? Be a parent or a friend? Raging hormones, raised voices, restrictions and curfews come to mind for many when they hear "disciplining teenagers".

Shouldn't we rather think of respect, transitioning into adulthood, rational discussions, reasonable behavior and disciplining in love and not in fear? Raising children, particularly teens, requires a delicate balance of authority and LOVE. Since God is LOVE, it follows that the first and most important thing we must do is teach them the truth about God's Word, along with being godly examples by committing ourselves to His commands.

### **Christ Centered Inner Healing - Training, Activation and Practice I,2,3**

#### **Dr. Alf Davis**

This course will cover how past memories, present thoughts, and future imaginations can be taken captive through inviting Jesus into the thinking patterns, and how Jesus' truth will set the person free.

### **Cognitive Behavioral Therapy in Christian Counselling**

#### **Dr. Vicky Khatib-Brown**

Cognitive Behavioral Therapy (CBT) gives us a new confidence that factors within us can be altered, and not only the environment outside of us. It focuses on the proven fact that we feel the way we think that we feel, and we act the way we feel. There is a flow of causality from thoughts to feelings to behavior, and through neuroplasticity we now know that "Power Thoughts" literally change brain structure. To conclude, wrong beliefs are fundamental not only to wrong behavior, but more basically to wrong being. "To believe rightly is the fundamental issue if life!" "For the Holy Spirit knows that a thing has only meaning and value for a man as he assigns to it in his thoughts" - Martin Luther CBT teaches people to understand who they are in Christ, conform their thinking to that reality and act out of that center.

### **Cognitive Behavioral Therapy for Marriage and the Family**

#### **Dr. Vicky Khatib Brown**

In this course you will learn biblical truth about marriage and family life; help you understand both scientific and biblical research and Cognitive Behavioral Counselling skills with the purpose of helping couples either build a solid foundation in marriage, or heal existing wounds. Both secular and Christian Counselling will be used to reveal why spouses may react negatively to each other, and how they can deal with such conflict quickly, easily, and biblically! Many of these truths also apply to relationship within a family.



## Child Development & Counselling Children

### **Dr. Vicky Khatib-Brown**

A Christian Counsellor should always be equipped with strong knowledge of both the secular and the Christian Counselling skills and techniques. In the field of "Child Development", we need to understand how children grow, learn and process information (cognitive development) at different ages and stages. From Maria Montessori to Jean Piaget and Howard Gardner, we have to understand learning styles and multiple intelligences, as well as study skills, in order to provide efficient help in Counselling. Building a deeper understanding of child development, will always help a Counsellor water a child's mind with the Healing Word of God!

## Deliverance Counselling

### **Dr. Pat Francis**

This course is a study, providing scriptural basis for deliverance counselling and ministry. The method, procedures and techniques will be discussed not only in ministering deliverance but also for self-deliverance and inner healing.

Not only will we expose the enemy, his weaknesses, strengths and methods but we will exalt the power of the Holy Spirit within you and affirm your exalted position as seated far above all evil powers with Jesus Christ. The Greater One in you is Jesus Christ who conquered satan, death and the grave. In Christ we have victory, power, freedom and purpose to join with Him in His mission to set captives free, build His Church and advance His Kingdom.

## Developmental Psychology

### **Dr. Shelley Cook**

This course will teach the students to apply Biblically Based Business principles and concepts to their workplace; Principles such as Stewardship, Workmanship, Ethics, Integrity, and Hearing the Voice of God in Business, as well as Servant hood and Vision.

In this course, the student will also be taught, trained, and activated in the Gifts of the Holy Spirit in the marketplace.

Each class will be followed with a short time of "activation," so that the student can actually apply what has been taught, with emphasis on the Marketplace "environment."

## Healing of Toxic Emotions

### **Apostle Mary Alice Isleib**

Journey with Mary Alice through the dimensions of peace and freedom that only God can give. Your encounter with self-discovery will be life-changing!

This course will present a simplified and basic understanding about the place of emotional wholeness in the life of a Believer.



We all desire to enjoy good emotions, manage bad emotions and eliminate destructive feelings. When you see where shame comes from, what it does, and how it affects you, then you can become healed and whole. God can give you the power to conquer the results of toxic emotions.

This study will show you how to:

- Acknowledge your God-given emotions and identify sources of destructive, dysfunctional habits and responses.
- Eliminate unhealthy, toxic shame that distorts your identity.
- Be spiritually mature and emotionally healthy
- Improve your relationship with God and with others.
- Experience a deeper sense of wholeness.

## Introduction to Psychology

### Dr. Shelly Cook

The first of a two-course sequence, psychology is the study of the human mind. God created us as thinking and feeling beings with the ability to exercise choice. In the introduction to psychology, we will explore what research has revealed about the human mind. We will examine this in relation to the spirit and soul of men and the principles of a renewed mind in Christ

## Marriage and the Family

### Dr. Alfred Davis

The course will be divided equally between Family Systems and Marriage Counselling. We will focus on boundaries, relationships, family rules, generational patterns and the circularity of responsibility. The Marriage Counselling will address: how to counsel couple, skills that will help your clients communicate and relate more effectively, how to help couples get unstuck and how to deal with issues of “emotional intimacy” and how to counsel “affairs”.

## Mental Health and Psychopathology

### Dr. Vicky Khatib-Brown

This course will describe the main disorders that constitute abnormal psychology. From Anxiety Disorders to Mood Disorders, Dissociative Disorders, Schizophrenia and Personality Disorders. Students will be able to understand the main causes at the root of each disorder. Gaining understanding of what causes each disorder will allow a clearer view of therapies used for treating these mental health illnesses (the focus will be on the Humanistic/Client- Centered Therapy and Cognitive Therapy).

Students will also be able to understand that a Christian who seeks out a therapist for help with a mental illness or psychological problem must remember that the ultimate goal of therapy is to change one's thoughts and behaviors. Those changes must be based on an understanding of who we are in Christ, if true healing is to be achieved. Of outmost importance is the fact that a Christian therapist must be sensitive to the spiritual issues that are always part of the recovery process and that he or she guides the client down a pathway of change that is in line with God's Word!

## Neuroplasticity and Manifestation of Glory

### **Dr. Vicky Khatib Brown**

We are not doomed by our genes and hardwired to be a certain way for the rest of our lives. A new science is emerging that truly echoes and reinforces the Word of God, while empowering people to create the reality they choose. It bridges the gap between science and spirituality, and it counsels both believers and not-believers.

The class will help student become conscious of their unconscious self, as we learn to “un-memorize” any negative emotion, addictions or mental challenges that have become part of our identity. When the mind is no longer living in the same past day after day, we liberate the body emotionally and we release positive energy that becomes the raw material we can use to create a new life! When we think spiritually minded thoughts, we get life and peace. When we do not, we get death. (Romans 8:6)

## Neuropsychology – How Biblical Truth Changes Brain Structure

### **Dr. Vicky Khatib-Brown**

This class will take you on a path of scientific discoveries that prove how the “wiring” of the brain can be changed through applying the Word of God.

Many radical changes in science are yet to come, but from a modest first step called Neuropsychology to the new paradigm of Neuroplasticity and Heart Coherence, science is now helping us process, at a deeper level, the fact that spiritual laws, just like natural laws, are constant and universal, and cannot fluctuate. Ignorance of what these individual laws are will hinder people from receiving God's promises for healing and prosperity.

It is an exciting journey to see how science reaches the conclusion that "God's Word is always perfect science" and those who embrace it in a childlike faith will truly be “set free”.

You will also learn how to:

1. Resist (rebuke) chronic pain and erase it from the brain and
2. Uncover and understand hidden unbelief and the way it changes our electromagnetic signature to signal doubt.

## Psychology of Well Being

### **Dr. Vicky Khatib Brown**

“Happiness is preventive medicine. It is not something readymade. It comes from our thoughts that translate into actions.” – Dr. Michelle Tugade

It may seem obvious that happy, well-adjusted people are healthier. But when was last time your doctor prescribed a program to learn optimism and “the Joy of the Lord” as a tool for preventing heart disease?

In modern medicine, emotional and mental health often takes a back seat to biochemically rooted physical-health concerns. But the scientific data linking happiness and health is shocking enough that it just might convince you that treatments aimed at increasing happiness, along with optimism, should take center stage when you are interested in preventing disease.

## **Psychology of Adolescence and its applications for guidance and counselling**

### **Dr. Vicky Khatib-Brown**

This course is designed to explain the life of adolescents from both the Physiological and Psychological Development.

Students will be able to understand the reasoning behind adolescents' sudden changes of behavior. They will also be more readily available to offer help to youth during this phase of life when adolescents are attempting to identify and formulate their self-image, values and ideas along with gaining independence from parents or guardians.

It is during this time that young people experience many things that are foreign to them and they are growing away from the parents and unto independence and maturity. Most people view this move as a sign of rebellion and disrespect.

A very important aspect of the course includes biblical considerations and applications towards the needs of adolescents, and steps in counselling adolescents.

## **Social Psychology, Understanding Who I am**

### **Dr. Krissy Doyle-Thomas**

This course provides a comprehensive introduction to the anatomy and function of the human nervous system and brain, exploring how these biological structures are directly linked to behaviour. Over six lessons, students will learn about the foundational components of the nervous system, from the spinal cord to the cerebral cortex, and examine how complex mental processes like thought, memory, and emotion are produced by neural networks. The course also delves into the fascinating history of brain mapping and the modern non-invasive technologies used to measure brain activity.

## **Stress Coping and Positive Emotions**

### **Dr. Vicky Khatib Brown**

You might not consider going to church a health-inducing behavior, but it is. In fact many religious groups, actively promote a low-stress, positive lifestyle that advocates moderation and a loving harmonious family life.

People who attend church have a larger social network that prevent isolation and foster better health. The positive effect of a spiritual community on the body's health is dramatic, as prayer and worship release endorphins in the brain more powerful than morphine by far.

In fact, the protective effect on health of weekly attendance in church is considered to be the number one "stress buster" before the gym and exercise. Faith in God also induces positive emotions, which counteract stress and contribute to the state of physiological rest necessary for the body to REPAIR ITSELF.

### **The Human Brain**

#### **Dr. Vicky Khatib-Brown**

The mystery of the human brain is becoming less and less of a mystery, with the advancement of science and new technology like FMRI's or CAT scans. To understand illness and health, we need to know first how the brain looks like and its functions. The main idea will be that the more science understands and deciphers the miracle of the human brain; the closer to God the same science brings us. A new paradigm in science is emerging with spellbinding force, clearly showing us how the human brain was built to resonate the Word of God in the Bible.

### **The Psychology of Counselling**

#### **Dr. Shelly Cook**

This introductory course will provide the student with the opportunity to learn a variety of therapeutic practices with emphasis on a Biblical approach to counselling. The basic characteristics that distinguish true Christian counselling will be taught. The student will also be introduced to clinical concepts and some secular insights to help them prepare as they move into practice.

### **The Anatomy of the Human Spirit**

#### **Dr William J. Hurst**

1. To give the student an understanding both theological and practical of God's view of the Spirit of Man. What is in the sin-stained spirit and What the Cleansed spirit should look like.
2. To aid the student in counseling difficult wounded people by helping define spiritual wounds.
3. To provide a supplement to what is known in theology, by defining spiritual disease and some guides to its remedy.

### **The Roots of Christian Counselling**

#### **Dr. Vicky Khatib-Brown**

This course takes us back in time, to where we can first understand the history of psychology and secular counselling. As knowledge always empowers us, we can then embark on a quest of discovering the Christian influence and its power in counselling, by following Jesus and His teachings.

### **Transforming and Changing Anger to Blessings**

#### **Dr. Vicky Khatib Brown**

This class focuses on first what we call, "The Apostle Paul's Dilemma" or "The War Within" (Romans 7: 14-25). Many Christians frustrations come from realizing that in our minds we desire to serve God, and in our hearts, we rejoice in the Lord, but our fleshly bodies refuse to obey God and refuse to do that which we desire and which delights God.



The second step is to understand the mechanism of anger which will clarify the meaning of what Paul refers to as, “the weakness of our flesh is the root problem of sin.”

The third step outlines a parallel between the Biblical ways of overcoming anger and the same identical principles brought to light through research in Neuroplasticity. It explains why anger is a stronghold that dwells in the unconscious mind, and how it becomes the Master of the mind! The class concludes with the realization that the habit of anger must be neurologically extinguished and replaced with the “fruits of love”.

### **Therapy Techniques in Christian Counselling**

#### **Dr Vicky Khatib - Brown**

"This is a step by step, "real life" counselling skills course, that provides an overview of the nature and effectiveness of Christian Counselling, compared to the powerlessness of secular counselling approaches. While still using CBT techniques, Christian Counselling is unique in terms of content, target and ultimate effectiveness to change and heal lives on a permanent basis.

Students will learn how to complete an assessment, collect historical data, develop a counselling plan and create a warm working alliance with client's right from the first session."