



# Course Descriptions



Please note that students completing advanced courses must receive a grade of 80% or better for course credit to be applied toward an academic degree. Any grade transferred for an advanced course receiving a grade less than 80% will not qualify to be applied to the NCCA degree transfer program.

N.C.C.A.  
Continuing Education Courses and Faith-Based Certification Areas  
Effective April 2016

Revised 11\_2016

| IMF  | Integrated Marriage & Family Therapy   | ST    | Sexual Therapy  | DVIT  | Domestic Violence & Intervention Therapy   |
|------|--|-------|---|-------|--|
| 6001 | 1. Marriage & Family Counseling – an integrated approach                     | 6015  | 1. Counseling for Sexual Disorders                            | 6031  | Applicant must hold a Master's degree or Higher, be licensed by the N.C.C.A. and be Advanced Certified in Crisis and Abuse Therapy as well as complete the following five courses:   |
| 6002 | 2. Integrated Temperament Couple Therapy                                     | 6016  | 2. Counseling and Homosexuality                               | 6032  | 1. Counseling for Substance Abuse & Addiction  |
| 6003 | 3. Pre-Marriage Counseling with Temperament                                  | 6017  | 3. Counseling for Problems Self-Control                       | 6033  | 2. Counseling for Problems of Self-Control   |
| 6004 | 4. The Father Daughter Connection  | 6018  | 4. Counseling for Unplanned Pregnancy & Infertility           | 6034  | 3. Counseling Families   |
| CAAT | <i>Child and Adolescent Therapy</i>  | DGT   | <i>Death and Grief Therapy</i>                                | 6035  | 4. Counseling and Self-Esteem  |
| 6005 | 1. Counseling Families   | 6019  | 1. Counseling the Sick and Terminally Ill                     |       | 5. Temperament Case Study  |
| 6006 | 2. Counseling and Children   | 6020  | 2. Counseling for Post-Traumatic Stress Disorder              | GT    | <i>Group Therapy</i>   |
| 6007 | 3. Counseling Youth  | 6021  | 3. Joy -- In the Midst of Mourning                            |       | Applicant must hold a Master's degree or Higher, be licensed by the N.C.C.A., and be Advanced Certified in <i>Integrated Marriage &amp; Therapy</i> in order to qualify for this specialty area of Advanced Certification. Then He/she must complete one additional Course titled <i>Group Therapy</i> . |
| 6008 | 4. Counseling and The Search for Meaning                                     | 6022  | 4. Counseling Families of Children with Disabilities          |       |  |
| SAAT | <i>Substance Abuse and Addiction Therapy</i>                                 | CTAE  | <i>Cognitive Therapy and Ethics</i>                           |       |  |
| 6009 | 1. Counseling for Substance Abuse & Addiction                                | 6023  | 1. Cognitive Therapy Techniques                               |       |  |
| 6010 | 2. Counseling Adult Children of Alcoholics                                   | 6024  | 2. Life's Answers Through Counseling w/ God                   |       |  |
| 6011 | 3. Counseling for Problems of Self-Control                                   | 6025  | 3. Quality, Ethics, and Legal Issues in Christian Counseling. |       |  |
| 6012 | 4. Counseling Those with Eating Disorders                                    | 6026  | 4. Making Life Healing Changes                                |       |  |
| TT   | <i>Temperament Therapy</i>   | CAT   | <i>Crisis and Abuse Therapy</i>                               |       |  |
| 6013 | 1. Temperament Case Studies  | 6027  | 1. Counseling for Family Violence/Abuse                       |       |  |
| 6014 | 2. Life's Answers Through Counseling with God                                | 6028  | 2. Counseling in Times of Crisis                              |       |  |
| 6015 | 3. Living-in the Spirit - - Utilizing Temperament                            | 6029  | 3. Counseling for Anger                                       |       |  |
| 6016 | 4. Counseling the Codependent: A Christian Perspective Utilizing Temperament | 6030  | 4. Counseling the Depressed                                   |       |  |
| SGF  | <i>Spiritual Growth and Freedom</i>  | CCC-1 | <b>Phase One</b>  | CCC-2 | <b>Phase Two</b>   |
| 101  | 1. Resolving Personal Conflicts  | 4000  | <i>Christian Counseling Course</i>                            | 5004  | <i>Christian Counseling Course</i>   |
| 102  | 2. Resolving Spiritual Conflicts   | 4001  | 1. How to Begin a Counseling Ministry                         | 5005  | 7. Live Demo! Beginning A Counseling Ministry & How To Take it Higher  |
| 103  | 3. Search for Significance   | 4002  | 2. Temperament Theory   | 5006  | 8. Mastering Pastoral Counseling   |
| 104  | 4. Basic Prayer Ministry   | 4003  | 3. Temperament Therapy  | 5007  | 9. Counseling the Codependent  |
| FS   | <i>Family Services</i>   | 4004  | 4. Temperament Case Studies                                   | 5008  | 10. Commissioning: To Become A Commissioned Minister of Counseling   |
| 6035 | 1. The Fine Art of Mentoring   | 4005  | 5. Basics Christian Counseling                                |       | 11. Competent to Counsel   |
| 6036 | 2. Life Coaching – Temperament   |       | 6. Counseling: Integrating Temperament & Psychology           |       |  |
| 6037 | 3. Life Coaching – Family Systems  |       |   |       |  |
| 6038 | 4. Life Coaching – Seeking Effectiveness                                     |       |   |       |  |

## Course Descriptions

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The time element involved is approximately 40-50 clock hours per course. This depends on the candidate's own personal academic skills.

All N.C.C.A. courses are provided in written format and are provided as independent home study (distance education).

Final examinations are closed book and require a proctor to ensure the integrity of the training.

## Basic Christian Counseling

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**Author: R. G. Arno, Ph.D.**

This course is formatted as an online video or DVD consisting of four hours of instruction. The instructor will provide the student with an overview of the "Big Eight" (types of secular counseling/therapeutic methods). In addition, the student will be taught the difference between Christian and secular counseling, goals, techniques, and several other important topics, such as the dangers and pitfalls of counseling.

Course Requirements:

1. Approximately 10 clock hours
2. Suggested time limit four weeks
3. Pass a proctored final exam

## Temperament Theory

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**Author: R. G. Arno, Ph.D.**

This course is approximately 250 pages in length. The candidate will be provided with an in-depth background of the theory of temperament and provided with the scientific and biblical basis for this theory. This course introduces a fifth temperament and the behavioral patterns of each temperament. The student is required to complete a personal Arno Profile System (A.P.S.) Response Form prior to beginning this course.

Course Requirements:

1. Approximately 30 clock hours
2. Suggested time limit twelve weeks
3. Complete and submit a personal temperament questionnaire
4. Pass two proctored exams

## Testing/Measurements

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**R. G. Arno, Ph.D. and P. J. Arno, Ph.D.**

This course is formatted as an online video or DVD consisting of one hour of instruction. The instructors will introduce the student to the primary tests used by the N.C.C.A. Samples of "Jane Doe" reports will be provided for the student's review. After reviewing the training video, the student is required to return a Verification Statement to the N.C.C.A., for course credit. Upon receipt of this instrument, the N.C.C.A. will permit the candidate to continue to the next course.

Course Requirements:

1. Approximately 3 clock hours
2. Suggested time limit four weeks
3. Submit Verification Statement

## Temperament Therapy

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**Author: R. G. Arno, Ph.D.**

This course is approximately 360 pages in length. The candidate will be taught how to apply the theory of temperament in a clinical setting. An A.P.S. start-up packet is included with this course. The student is authorized to begin administering the A.P.S. at this point.

Course Requirements:

1. Approximately 30 clock hours
2. Suggested time limit twelve weeks
3. Pass two proctored exams

## Christian Counseling: Integrating Temperament and Psychology

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**Authors: Henry R. Mohn, Ph.D.**

This course is approximately 145 pages in length. In this study the candidate will be introduced to the definition, theory and practice of biblically based Christian Psychology and counseling and how this relates to N.C.C.A.'s counseling model, Temperament Therapy.

Course Requirements:

1. Approximately 35 clock hours
2. Suggested time limit fifteen weeks
3. Pass one proctored exam

## Mastering Pastoral Counseling Utilizing Temperament

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**Authors: Rev. John W. Luton, M.A.; Richard G. Arno, Ph.D. & Phyllis J. Arno, Ph.D.**

This course is approximately 225 pages in length. The candidate will receive specific information regarding stress, anger and guilt with an emphasis on the need to develop family relationships. This course utilizes the N.C.C.A.'s counseling model, Temperament Therapy.

Course Requirements:

1. Approximately 36 clock hours
2. Suggested time limit fourteen weeks
3. Pass one proctored exam

## Temperament Case Studies

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**Compiled by Phyllis J. Arno, Ph.D.**

This course is approximately 154 pages in length. The candidate will learn first-hand the counseling model used by the N.C.C.A. members and graduates. These case studies utilize the counseling model taught by the N.C.C.A. and also incorporate other testing instruments.

Course Requirements:

1. Approximately 35 clock hours
2. Suggested time limit twelve weeks
3. Submit one case study following format

## Counseling the Codependent: A Christian Perspective Utilizing Temperament

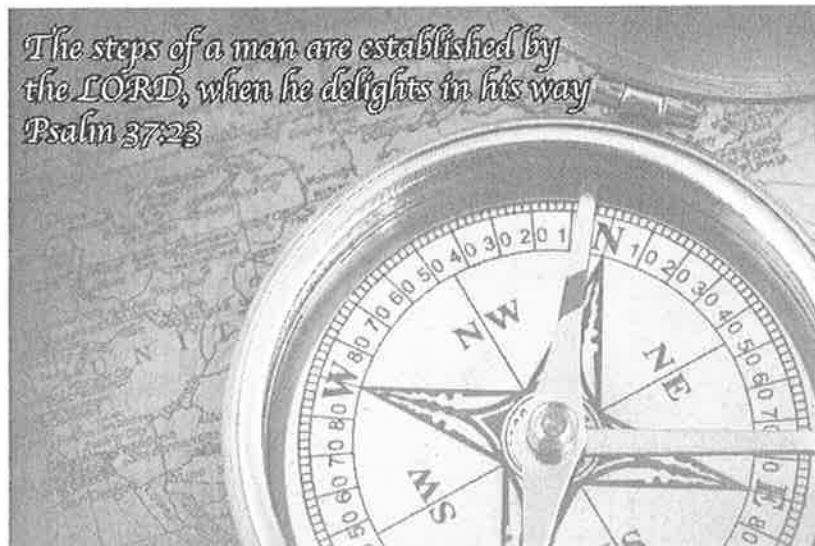
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**Author: Jean M. LaCour, Ph.D.**

This course is approximately 160 pages in length and is accompanied by a study workbook. The candidate will receive specialized training regarding codependency, which incorporates the counseling taught by the N.C.C.A.

### Course Requirements:

1. Approximately 35 clock hours
2. Suggested time limit twelve weeks
3. Pass one proctored exam



## Faith-Based Courses for Advanced Certification

### Integrated Marriage and Family Therapy

1. Marriage and Family Counseling – An Integrated Approach
2. Integrated Temperament Couple Therapy
3. Pre-Marriage Counseling With Temperament
4. The Father-Daughter Connection

### Child and Adolescent Therapy

1. Counseling Families
2. Counseling and Children
3. Counseling Youth
4. Counseling and The Search for Meaning

### Substance Abuse and Addiction Therapy

1. Counseling for Substance Abuse and Addiction
2. Counseling Adult Children of Alcoholics
3. Counseling for Problems of Self-Control
4. Counseling Those With Eating Disorders

### Sexual Therapy

1. Counseling for Sexual Disorders
2. Counseling and Homosexuality
3. Counseling for Problems of Self-Control
4. Counseling for Unplanned Pregnancy & Infertility

### Death and Grief Therapy

1. Counseling the Sick and Terminally Ill
2. Counseling for Post-Traumatic Stress Disorder
3. Joy — In The Midst of Mourning
4. Counseling Families of Children With Disabilities



#### Cognitive Therapy and Ethics

1. Cognitive Therapy Techniques
2. Life's Answers Through Counseling With God
3. Quality, Ethics, and Legal Issues In Christian Counseling
4. Making Life Healing Changes

#### Crisis and Abuse Therapy

1. Counseling for Family Violence/Abuse
2. Counseling in Times of Crisis
3. Counseling for Anger
4. Counseling the Depressed

#### Temperament Therapy

1. Temperament Case Studies
2. Life's Answers Through Counseling With God
3. Living in the Spirit—Utilizing Temperament
4. Counseling the Codependent: A Christian Perspective  
Utilizing Temperament

#### Domestic Violence and Intervention Therapy

Applicant must hold a Masters degree or higher, be licensed by the N.C.C.A. and be Advanced Certified in Crisis and Abuse Therapy as well as completing the following five courses:

1. Temperament Case Studies
2. Counseling for Substance Abuse and Addiction
3. Counseling for Problems of Self-Control
4. Counseling Families
5. Counseling and Self-Esteem

#### Group Therapy

Applicant must hold a Masters degree or higher, be licensed by the N.C.C.A. and be Advanced Certified in Integrated Marriage & Family Therapy in order to qualify for this specialty area of Advanced Certification. Then, the candidate must complete one additional course entitled Group Therapy.

### Family Systems

1. The Fine Art of Mentoring
2. Life Coaching-Temperament
3. Life Coaching-Family Systems
4. Life Coaching-Seeking Effectiveness

This certification consists of one paper back book, also available online, and three macro video lectures. Upon completion of this course the candidate must complete a reflections paper that will serve as the final exam.

*The path of the righteous is level;  
you make level the way of the righteous.  
In the path of your judgments,  
O Lord, we wait for you;  
your name and remembrance  
are the desire of our soul.  
My soul yearns for you in the night;  
my spirit within me earnestly seeks you.  
For when your judgments are in the earth,  
the inhabitants of the world learn righteousness.  
Isaiah 26:7-9*