



# Course Descriptions

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## Courses for Phase I

### *Basic Christian Counseling*

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

This course will cover, on video, approximately 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. Maximum time limit four weeks
3. Pass a proctored final exam

### *Temperament Theory*

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. Maximum time limit twelve weeks
3. Complete and submit a Personal temperament questionnaire.
4. Pass two proctored exams

### *Testing/Measurements*

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



This course is provided on a one-hour video. The instructors will introduce the student to the A.P.S. test used by the N.C.C.A. Samples of "Jane Doe" reports will be provided for the student's review. After reviewing the training tape, the student is required to return a Verification Statement to the N.C.C.A. for course credit. Upon receipt, the N.C.C.A. will permit the candidate to continue to the next course.

Course Requirements:

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

### *Temperament Therapy*

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. Maximum time limit twelve weeks
3. Pass two proctored exams

### *Christian Counseling: Integrating Temperament and Psychology*

Author: 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 45 clock hours
2. Maximum time limit sixteen weeks
3. Pass one proctored exam

## Courses for Phase II



## *Mastering Pastoral Counseling Utilizing Temperament*

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 be provided with 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. counseling model, Temperament Therapy.

### Course Requirements:

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

## *Temperament Case Studies*

Compiled by Phyllis J. Arno, Ph.D.

This course is approximately 154 pages in length. The candidate will learn firsthand the counseling model with which the N.C.C.A. members and graduates counsel. These case studies utilize the counseling model taught by the N.C.C.A. and incorporate other testing instruments with this model.

### Course Requirements:

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

## *Counseling The Codependent: A Christian Perspective Utilizing Temperament*

Author: Jean M. LaCour, Ph.D.

This course is approximately 160 pages in length. The candidate will be provided with specialized training regarding codependency, which incorporates the counseling taught by the N.C.C.A.

### Course Requirements:

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



## Advanced Continuing Education Courses

### *Marriage and Family Counseling An Integrated Approach*

Dr. J. Terry Twerell

This course is designed to provide the student with an overview of Marriage and Family counseling with specific emphasis on system and Structural therapy techniques. A specific study of the use of genograms and family of origin work is emphasized. The course integrates Temperament and System/Structure in family counseling.

This course consists of a textbook, workbook and requires 1 closed-book (proctored) exam.

Approximate study time is 45 hours.

### *Integrated Temperament Couple Therapy*

Dr. J. Terry Twerell

This course is designed for pastoral counseling of couples. The emphasis is on understanding the stress factors in a dyad relationship and the proper evaluation and therapy for the presented problems of the couple. The student will review the case and provide a final evaluation of the case in written form as part of the study.

This course consists of a textbook and workbook. It requires 1 closed-book (proctored) exam and case study for final grade.

Approximate study time is 45 hours.

### *Pre-Marriage Counseling With Temperament*

Dr. J. Terry Twerell

This course is a specific reference for the pastoral counselor and develops a pre-marriage technique using the tools of modern System Family counseling and Temperament Therapy. The course consists of Four units. The course develops a specific six (6) week plan for pre-marriage counseling using the tools provided in the course.

This course consists of a textbook, workbook and requires 1 closed-book (proctored) exam.

Approximate study time is 45 hours.

### *The Father-Daughter Connection*

MariLouise Rust, M.A.



Once a student understands the unique relationship between a father and daughter, it helps him/her to understand all unique relationships. The content of this course provides insight into the father-daughter relationship that is being revealed for the first time with regards to each individual's temperament.

This course consists of a textbook and requires 1 closed-book (proctored) exam.

Approximate study time is 45 hours.

## *Counseling Families*

George A. Rekers, Ph.D.

Numerous case studies are provided to aid in the study of this course. Each case study is a real situation from the author's repertoire. He furnishes the student with numerous charts and lists to aid in practical applications of more effective family counseling.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Counseling and Children*

Walter Byrd, M.D.

Paul Warren, M.D.

In order to effectively help children, a counselor must be equipped with an understanding of the basic principles of child development. The two authors provide instruction and encouragement to the Christian counselor who seeks to minister to the developmental, emotional and spiritual needs of children.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Counseling Youth*

Michael K. Lea, Ph.D.

This course is approximately 148 pages in length. The candidate will be provided with general information regarding insight into counseling today's youth. Dr. Lea addresses some of the major problems that face youth today and how to overcome them.

Course Requirements:

1. Approximately 45 clock hours
2. Maximum time limit six weeks



3. Pass one proctored exam

## *Counseling and the Search for Meaning*

Paul R. Welter, Ed.D.

The student will benefit from the author's thoughtful examples, theory mixed with practical directions, and biblical conclusions. The course is provided in short, easy-to-comprehend chapters that cover most situations that a counselor will encounter when helping a person who is searching for meaning in life.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Counseling for Substance Abuse and Addiction*

Stephen VanCleve, M.D.

Walter Byrd, M.D.

Kathy Revell, R.N.

The authors will provide answers to important questions about drugs and why people use them. Drug abuse is a complex problem and no one can claim to have all the answers. However, there are fundamental principles presented within this course which will aid the student in his/her preparation to counsel those who suffer from addiction.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Counseling Adult Children of Alcoholics*

Sandra D. Wilson, Ph.D.

ACOA is a relatively new term but an age-old problem. This course provides information about the family background, personal characteristics and common problems which face the adult children of alcoholics.

This course consists of a textbook, workbook and requires 1 closed-book (proctored) exam.

Approximate study time is 45 hours.

## *Counseling for Problems of Self-Control*

Richard P. Walters, Ph.D.

The most important goal of this course is to show how the counselor can help people identify and resolve the root problems which are causing one's inability to exercise self-control.



This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Counseling Those With Eating Disorders*

Raymond E. Vath, M.D.

The student will discover that there are complicated interplay dynamics found in eating disorders. Some issues contain other issues which overlap and recur again. Some of the areas addressed in the course are Anorexia, Nervosa and Bulimia.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Life's Answers Through Counseling With God*

Conrad Mershon, Ph.D.

The student will learn firsthand a Christian approach to counseling his or her clients in a Bible based, methodical professional manner utilizing a counseling method taught by the N.C.C.A.

This course consists of a textbook of approximately 150 pages in length and requires one closed-book (proctored) exam.

Approximate study time is 35 hours.

## *Living In The Spirit*

Michael A. Coleman, D. Min.

The purpose of this course is to provide the student with a better understanding of human behavior from a biblical perspective. The course also addresses man's responsibility for his actions and one's accountability to God.

This course consists of a textbook of approximately 110 pages in length and requires one closed-book (proctored) exam.

Approximate study time is 35 hours.

## *Counseling for Sexual Disorders*

Joyce J. Penner, R.N., M.N.

Clifford L. Penner, Ph.D.

Sexual therapy goals discussed in this course are to distract from anxiety, remove demand and eliminate negative or failure experiences and feelings. Forms are provided to assist in sexual



therapy counseling: Physical history, background history, sexual evaluation, sexual assessment feedback, sexual therapy plan and assignments.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Counseling and Homosexuality*

Earl. D. Wilson, Ph.D.

The author writes this course from a heart of compassion, love and a true Christian view point and includes numerous stories of his clients. The student will learn that change IS possible and that lives are transformed by miracles and by hard work. The challenge is to help the counselee keep an open mind while he/she gains self-understanding and moves forward in new behavior patterns.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Counseling for Unplanned Pregnancy and Infertility*

Everett L. Worthington, Jr., Ph.D.

This course is divided into three sections: 1) it explains how to conceptualize the problem and ways to help the family; 2) how to deal with pregnancies that are too early, i.e., teenage pregnancies, pregnancies before marriage and pregnancies too soon after another birth; 3) births that are too late or that never occur.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Counseling the Sick and Terminally Ill*

Gregg R. Alders, M.D.

The author of this course writes from the perspective of a physician, a Christian and a counselor. The course is illustrated by frequent case histories and relevant biblical references. It builds on a creative counseling model and is written in a language that is understandable. It will prepare the student with the skills needed to minister to the sick and terminally ill.

This course consists of a textbook, workbook and requires 1 closed-book (proctored) exam.

Approximate study time is 45 hours.

## *Counseling for Anger*





Mark P. Cosgrove, Ph.D.

Proper methods of addressing the problem of anger are provided in this course. The student will also be provided with help in understanding the factors of anger, the basis for counseling anger, and learn how to better control and express anger.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Joy — In The Midst of Mourning*

Dorothy M. Dye, Ph.D.

This course is provided in a workbook format and is approximately 70 pages in length. The candidate will be provided with general information on how a Christian handles loss and how they can focus their grief upward.

Course Requirements:

1. Approximately 30 clock hours
2. Maximum time limit six weeks
3. Pass one proctored exam

## *Counseling Families of Children with Disabilities*

Rosemarie S. Cook, Ph.D.

In this course, the student will discover that it is difficult to define disability. Also, he/she will learn that it is hard to determine at what point a disability becomes a handicap. The focus is on families whose children developed problems before birth, during birth, as young children or as teenagers.

This course consists of a textbook, workbook and requires 1 closed-book (proctored) exam.

Approximate study time is 45 hours.

## *Cognitive Therapy Techniques*

Mark. R. McMinn, Ph.D.

This course is technique-oriented. The emphasis is on cognitive therapy methods rather than problems such as depression, marital conflicts, anger, etc. This course provides the student with some useful tools to make his/her counseling more effective.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.



## *Quality, Ethics, and Legal Issues in Christian Counseling*

Mildred R. Bureckley, Th.D., Ph.D.

The purpose of this course is to provide the student with information regarding ethical issues in counseling. It will also provide them with a clear understanding of the importance of confidentiality. In addition, this course will provide information regarding referrals, helpful agencies and programs.

This course consists of a textbook of approximately 133 pages in length and requires one closed-book (proctored) exam.

Approximate study time is 35 hours.

## *Counseling for Family Violence and Abuse*

Grant L. Martin, Ph.D.

The student will learn the basic components of family violence. Also, the definition and history for each type of abuse is provided along with instructions for giving help to both victim and abuser. The course is divided into three sections: Spousal abuse, child abuse and elder abuse.

This course consists of a textbook, workbook and requires 1 closed-book (proctored) exam.

Approximate study time is 45 hours.

## *Counseling in Times of Crisis*

Judson J. Swihart, Ph.D.  
Gerald C. Richardson, D. Min.

The dynamics and Scriptural view of crisis is presented by the authors--one a pastor, the other a professional counselor. The student will learn how to understand better the issues in a crisis situation and the principles that can help one face a crisis.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Counseling the Depressed*

Archibald. D. Hart, Ph.D.

Therapeutic principles and a clear understanding of depression are well-defined in this course. The student will receive the training needed to address the problems associated with depression.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.



Approximate study time is 45 hours.

## *Counseling and Self-Esteem*

David E. Carlson

This course contains three goals: 1) to provide the pastor and counselor (lay people can also use this counseling approach to build their own self-esteem) with an understanding of self-esteem as a fundamental ingredient to one's spiritual, emotional and social health; 2) to teach accurate biblical views of self-esteem and 3) to teach counseling strategies that can be used for building self-esteem.

This course consists of a textbook, workbook and requires 1 open-book (non-proctored) exam.

Approximate study time is 45 hours.

## *Group Therapy*

John R. Thompson, Ph.D.

The purpose of this course is to teach the student how to provide proper counsel in a group setting. This course provides a method of relating the understanding of modern psychology to that of religious faith as expressed in the Christian Bible.

This course consists of a textbook of approximately 94 pages in length and requires one closed-book (proctored) exam.

Approximate study time is 35 hours.

## *Making Life Healing Changes*

Mildred R. Burckley-Frost, Ph.D.

The purpose of this course is to provide a clearer understanding of spiritual warfare to help the student learn and appreciate the conflicts that take place in the life of the counselee, as well as in our own lives.

This course consists of a textbook of approximately 150 pages in length and requires 1 closed-book (proctored) exam.

Approximate study time is 45 hours.

## *Counseling for Post-Traumatic Stress Disorder*

Al H. Jones, PhD.



The mental health field is discovering that more and more individuals are suffering from trauma and PTSD related problems. There is also a greater awareness that the effects of past trauma can impact an individual's life for years following the event. The pastoral counselor can offer hope and healing through the power of Jesus Christ. This course deals with the subjects of trauma, PTSD and counseling techniques used to help those who suffer from trauma-related problems. Information contained in this course is not to be used for diagnosis of trauma or PTSD.

This course consists of a textbook of approximately 150 pages in length and requires 1 open-book exam.

Approximate study time is 45 hours.

## *Christ-Centered Mindfulness*

by Dr. Charles Rasberry

The purpose of this course is to provide a unique and valuable resource in Christian counseling. This course takes a practical cognitive approach to better your understanding of an individual's emotions and how to deal with them by helping them to become a more mindful Christ-centered person and further developing their compassion.

This course consists of a textbook of approximately 122 pages in length and requires 1 open-book exam.

Approximate study time is 45 hours.

## *Counseling Using Inner Healing Prayer*

Al H. Jones, Ph.D.

The purpose of this course is to provide the pastoral counselor the ability to better assess and minister to those who need inner healing. This course provides an in-depth approach to various aspects of inner healing. It explains what inner healing is, why inner healing is essential to pastoral counseling, and most importantly how the pastoral counselor can create an environment for inner healing to occur.

This is a unique course that addresses the significance of inner healing as well as a step-by-step guide to walk the counselee through each area that needs inner healing prayer. Topics include judgment, forgiveness, rejection, shame and many others. This course is as rich in scripture as it is in its practical application.

This course consists of a text book of approximately 150 pages in length and requires an open-book exam.



Approximate study time is 45 hours.

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