

## Master of Arts in Counseling (M.A.) Programs

### PROGRAM OBJECTIVES

Western Seminary offers three counseling degree tracks through the Portland campus: the Master of Arts in Counseling; the dual degree track of M.A. in Counseling and M.A. in Intercultural Studies; and the dual degree track of M.A. in Counseling and the M.Div. in Pastoral Counseling. In addition to the Seminary's general educational goals, the counseling programs endeavor to achieve the following:

1. Equip counselors for ministry in and through the church.
2. Integrate biblical and theological foundations with the insights of psychology and practical counseling strategies.
3. Promote growth in Christian maturity demonstrated through effective interpersonal relationships.
4. Prepare individuals who are seeking state licensure.

The Master of Arts (M.A.) in Counseling is intended to prepare Christian counselors with the knowledge, skills, and insight needed to practice counseling in the church, non-profit organizations, clinical or school settings. Graduates of the M.A. program are educationally prepared for such vocations as church staff positions in pastoral counseling, related positions in parachurch organizations, family services, mental health clinics, residential and outpatient treatment programs, counseling centers, and public and private school counseling settings.

Western's counseling program asserts an integrative approach which seeks to understand and explain emotional, relational, behavioral, and spiritual problems that people face in life from a thoroughly biblical world view. The counseling program places an emphasis on theological reflection and spirituality as they relate to the therapeutic process. The program also places an emphasis on marriage and family issues.

Four major areas of study are blended in the M.A. program: biblical, theological, counseling, and spiritual formation. The program combines three components. First is a quality classroom experience. A wide variety of teaching methods are utilized to assist individuals with differing learning styles. The second component is the application of the classroom education in a practical setting—the student's internship site. Western emphasizes learning by doing. Each student spends five semesters in internship positions actually doing what they are learning. The third component is the personal examination and reflection that takes place in small group case conferences and mentoring with faculty. In these settings the student is challenged to reflect upon the practical application of theory and what meaning it has for them not only professionally, but also personally.

The M.A. in Counseling program is designed to meet the educational requirements for licensure by the Oregon Board of Licensed Professional Counselors.

Additionally, graduates of the counseling program may choose to pursue certification as a Child Developmental Specialist in preparation for a career in School Counseling. (For additional information on licensing and/or certification requirements, consult with the Counseling Department, the Oregon Board of Licensed Professional Counselors, or your local school district office.)

### M.A. IN COUNSELING CORE OUTCOMES

In addition to the Seminary's general educational goals, the M.A. in Counseling program attempts to achieve specific outcomes. For each student, these outcomes are:

1. Be a person whose godliness is worthy of being emulated by others, and whose integrity imparts credibility to his/her ministry.
2. Be a person who experiences interdependency with others so that the interests of the whole group are best served.
3. Know significant themes and developments within biblical history to understand the "bigger picture" of God's redemptive program.
4. Know how to utilize the fundamental principles of hermeneutics to interpret and apply biblical texts accurately.
5. Know the tenets of historic orthodoxy.
6. Know at an introductory level assessment measures available to mental health practitioners.
7. Know his/her personal strengths, weaknesses, and other elements of individuality that can help or hinder ministry effectiveness.
8. Know the major theories of counseling and personality development.
9. Know how to effectively integrate his/her understanding of theology, spirituality and human behavior.
10. Know how to recognize and competently handle intercultural issues in counseling.
11. Know how to think critically so that various truth claims can be effectively evaluated.
12. Know how to build an effective therapeutic relationship.
13. Know how to accurately diagnose the major mental disorders and know how to establish and implement an effective treatment plan for each.
14. Know how to identify and confront ethical dilemmas.
15. Know how to articulate a theology of marriage and apply theological and psychological principles in working with couples.
16. Know how to build upon his/her seminary training to be a true life-long learner.

*"Western's counseling program is unique in that it facilitates personal and professional development in an atmosphere that blends academic rigor with practical application. Not only will you develop practical skills and techniques, but you will also learn how to think and respond like an effective counselor."*

Dr. Dave Wenzel, Professor of Counseling

**ADMISSION REQUIREMENTS**

In addition to the general requirements for admission to the Seminary given on pages 18-19, applicants to a counseling program (M.A., M.A./M.A.I.S. or M.A./M.Div.) must have earned an accredited baccalaureate degree with a cumulative grade point average of 3.0 or higher (on a 4.0 scale), including a breadth of liberal arts. Applicants who do not meet these general academic requirements may petition the Admissions Committee for consideration.

Entering counseling students are expected to bring a foundational knowledge of psychology. Proficiency in this foundational knowledge will be confirmed through a placement exam, required of all incoming counseling students. If deficiencies are indicated, remedial work will be required. Counseling students may satisfy these deficiencies in one of the following two ways: Complete the appropriate undergraduate course(s) at an approved institution, or complete a computer-assisted instructional program provided through the library services of Western Seminary. The student may not begin the second semester of counseling studies without satisfying proficiency requirements.

Applications must give evidence of personal character, interpersonal relationships, goals, motivation, and potential for future counseling ministry as fitting the program. These will include a vital spiritual life, growing and nurturing relationships with people, commitment to a biblical/theological orientation to the therapeutic process, and vocational aspirations involving the care and nurture of people. As a part of the admission process all counseling applicants will undergo a background criminal check.

**M.A. IN COUNSELING TRACK**

The Master of Arts degree in Counseling is conferred upon the attainment of certain personal and academic requirements. In addition to the general seminary requirements outlined on pages 30-31, degree candidates must (1) give evidence of a genuine Christian character, orthodox belief, and conduct consistent with a God-given call to a position of leadership; (2) complete all courses in the prescribed M.A. curriculum with a minimum grade point average of 2.5 overall, and 3.0 in the major. During their final semesters in the program students are required to pass the Counselor Preparation Comprehensive Exam, which is in preparation for National Certification and Oregon state licensure.

The M.A. in Counseling degree requires 70 hours of study.

The courses are drawn from counseling (48 hours), spiritual formation (4 hours), biblical studies (8 hours), and theological studies (10 hours).

**Spiritual & personal formation studies: 4 hours**

- SFS 501 Learning to Love God and Others .....(2)
- SFS 512 Practicing Prayer and Other Key Disciplines .....(1)
- SFS 514 Growing into Ethical Maturity .....(1)

**Biblical interpretation studies: 8 hours**

- DBS 516 Survey of Learning to Interpret Scripture .....(2)
- BLS 511 Survey of Genesis to Song of Solomon .....(2)
- BLS 512 Survey of Prophets to Gospels .....(2)
- BLS 513 Survey of Acts to Revelation .....(2)

**Theological studies: 10 hours**

- THS 501 Knowing the Triune God: Theology I .....(4)
- THS 502 Glorifying the God of our Salvation: Theology II .....(4)
- THS 503 Living as the Community of the Spirit: Theology III .....(2)

# Master of Arts in Counseling Core

**65 CREDIT HOURS**

- Spiritual Formation [4]**      **Theological Studies [10]**
- Biblical Studies [8]**        **Counseling Studies [43]**

**ELECTIVES  
OPTION**

- Counseling Electives [5]**

**CHILD AND  
YOUTH COUNSELING  
OPTION**

- Specialized Counseling Studies [7]**

(see page 56 for detail)

**DEGREE TOTAL  
= 70 / 72 CREDIT HOURS**

**M.A. IN COUNSELING & M.A. IN  
INTERCULTURAL STUDIES (DUAL DEGREE)**

- Additional Spiritual Formation [2]**
- Additional Biblical Studies [6]**
- Intercultural Ministry Studies [24]**
- Intercultural Internship [6]**

**DUAL DEGREE TOTAL = 108 CREDIT HOURS**

(see page 56 for detail)

**M.A. IN COUNSELING & M.DIV. IN  
PASTORAL COUNSELING (DUAL DEGREE)**

- Additional Spiritual Formation [2]**
- Additional Biblical Studies [8]**
- Biblical Language Studies [12]**
- Additional Theological Studies [6]**
- Ministerial Studies [18]**

**DUAL DEGREE TOTAL = 116 CREDIT HOURS**

(see page 57 for detail)

**Counseling studies: 48 hours**

CNS 500	Discovering and Developing Ministry Potential.....	(2)
CNS 501	Clinical Foundations:	
	Basic Counseling Skills/Interventions .....	(2)
CNS 503	Family Systems Therapy .....	(3)
CNS 504	Psychotherapeutic Systems .....	(2)
CNS 505	Psychopathology .....	(3)
CNS 506	Legal and Ethical Issues .....	(3)
CNS 507	Human Life Span Development .....	(3)
CNS 508	Introduction to Integrative Issues .....	(2)
CNS 512	Group Counseling .....	(3)
CNS 513	Social and Cultural Foundations .....	(2)
CNS 518	Career and Lifestyle Development .....	(3)
CNS 524	Research Evaluation .....	(2)
CNS 525	Tests and Measurements .....	(3)
CNS 530	Internship Case Conference I .....	(2)
CNS 531	Internship Case Conference II.....	(2)
CNS 532	Internship Case Conference III .....	(2)
CNS 533	Internship Case Conference IV .....	(2)
CNS 534	Internship Case Conference V .....	(2)
CNS5xx	Counseling electives (Consult with department advisor) ...	(5)

**Total: 70 hours**

**CHILD AND YOUTH COUNSELING SPECIALIZATION**

Each year the Counseling Department admits a limited number of counseling students to a specialized Child and Youth Counseling track within the MAC program. In addition to the MAC core counseling courses (43 hours listed above) Child and Youth Counseling students complete a minimum of nine credit hours in courses dealing with children and adolescent issues. These courses include:

CNS 542	Child Assessment and Treatment.....	(1)
CNS 546	Counseling Adolescents.....	(1)
CNS 561R	Parent Skill Training.....	(1)
CNS 562J	Healing Children Through Non-Directive Play.....	(2)
CNS 563K	Advanced Play Therapy.....	(2)
CNS 53x	Child Therapy Case Conference.....	(2)

**Total: minimum 72 hours**

This specialized track has been made possible in part through a grant from the Collins Foundation. In addition to these courses the students will be utilizing a state of the art training center on campus, including video and audio taping capabilities, one-way viewing rooms, live supervision of counseling sessions, and specialized reference materials. Upon completion of the specialization, students will receive a Child and Youth Counseling Certificate.

Students interested in this specialization, and also interested in At-Risk Children and Youth, are encouraged to audit one or more of the At-Risk Children and Youth courses listed on pages 109-110.

**M.A. IN COUNSELING/M.A. IN INTERCULTURAL STUDIES (DUAL-DEGREE) TRACK**

The Master of Arts in Counseling/Master of Arts in Intercultural Studies dual degree track is specifically designed for students who envision their future will include a significant amount of involvement with both counseling and intercultural settings. The program is an excellent choice for those individuals who desire to utilize counseling skills as a missionary or some other position within a different culture. While the program cannot apply counseling training specific to any one culture, students are equipped to begin the process of application for their intended setting.

Two internship periods highlight the program. Students will train in counseling internships in the Portland metropolitan area. Additionally, students will complete a full-time, supervised intercultural internship lasting six months or longer (see the MA in Intercultural Studies program description, p. 51).

(This dual degree track requires 38 hours in addition to the 70 hours of the M.A. Counseling program listed above.)

**Spiritual formation studies: 2 hours additional**

Substitute SFS 502 and SFS 504 for SFS 512 and SFS 514

**Biblical interpretation studies: 6 hours additional**

Substitute BLS 501, BLS 502, BLS 503 for BLS 511, BLS 512, BLS 513

**Intercultural foundation studies: 8 hours**

DIS 501	Communicating Christ in Culture .....	(2)
DIS 505	Biblical Theology of Mission .....	(2)
DIS 506	Applied Cultural Analysis .....	(2)
DIS 508	Applied Anthropology.....	(2)

**Intercultural specialization studies: 8 hours**

Restricted electives—Select 8 hours from among the following:

DIS 516	Applied Linguistics .....	(2)
DIS 520	History of Missions .....	(2)
DIS 522	Starting and Developing Churches .....	(2)
DIS 524	Foundations: At Risk Children/Youth.....	(2)
DIS 526	Religions of the World .....	(2)
DIS 553	History of Women in Missions .....	(2)
DIS 562H	Introduction to Islam .....	(2)
DIS 562J	Theological Issues of At Risk Children/Youth.....	(2)
DIS 562L	Intervention Strategies for At Risk Children/Youth .....	(2)
DIS 562N	Church, Mission and At Risk Children/Youth.....	(2)
DIS 570	Senior Project .....	(2)

**Restricted electives: 8 hours**

Choose from DIS or TSL electives: 8 hours

**Intercultural Internship: 6 hours**

DIS 534	Adapting Cross-Culturally .....	(2)
DIS 531	Intercultural Ministry Internship .....	(4)

**Total: 70 & 38 = 108 hours**

## M.A. IN COUNSELING/M.DIV. IN PASTORAL COUNSELING (DUAL DEGREE) TRACK

The M.A. in Counseling/M.Div. in Pastoral Counseling dual degree track program expands the student's preparation in the biblical and theological areas, and adds a substantial ministerial emphasis (see the M.Div. program description). It is designed to prepare individuals for both professional counseling and such ministries as the pastorate, pastoral counseling, family ministries, pastoral care, chaplaincy, discipleship, and small group ministries. Additionally, the dual degree track program begins preparation for membership in the American Association of Pastoral Counselors. The Master of Arts in Counseling degree program is designed to meet the educational requirements for licensure by the Oregon State Board of Licensed Professional Counselors.

This dual degree track requires 46 hours in addition to the 70 hours listed above for the M.A. Counseling degree.

### Spiritual formation studies: 2 hours additional

Substitute SFS 502 and SFS 504 for SFS 512 and SFS 514

### Biblical interpretation studies: 8 hours additional

Substitute DBS 506, BLS 501, BLS 502, BLS 503 for DBS 516, BLS 511, BLS 512, BLS 513

### Biblical language studies: 12 hours additional

(see p. 36 on biblical language options)

NTS 501 Functional Foundations of Greek..... (3)

NTS 502 Functional Application of Greek..... (3)

or

NTS 508 Introducing Foundation for Greek Exegesis ..... (3)

NTS 509 Greek Reading and Syntax ..... (3)

(Students complete either NTS 501/502 or NTS 508/509)

OTS 501 Functional Foundations of Hebrew ..... (3)

OTS 502 Functional Application of Hebrew ..... (3)

or

OTS 508 Introducing Foundation for Hebrew Exegesis ..... (3)

OTS 509 Hebrew Reading and Syntax ..... (3)

(Students complete either OTS 501/502 or OTS 508/509)

### Theological studies: 6 hours additional

THS 508 Integrating Ministry and Theology..... (2)

CHS 505 Wisdom from Church History ..... (4)

or

CHS 506 Insight and Inspiration from Church History..... (2)

CHS 5xx Church History elective..... (2)

(Students complete either CHS 505 or CHS 506 and a CHS elective)

### Ministerial studies: 18 hours

DIS 501 Communicating Christ in Culture ..... (2)

DMS 501 Thinking Theologically about Ministry..... (2)

DMS 502 Introducing Theology and Practice of Worship ..... (2)

DMS 506 Developing Godly Leadership for the 21st Century..... (2)

EMS 505 Growing Disciples Intentionally ..... (2)

PTS 503 Practicing Evangelism and Apologetics ..... (2)

PTS 504 Maximizing the Church's Redemptive Influence..... (2)

PTS 508 Developing Strong Families ..... (2)

PTS 510 Preparing and Preaching Expository Sermons ..... (2)

**Total: 70 & 46 = 116 hours**