

**Bethesda Bible Institute & Seminary and  
Messenger School of Counseling  
Major Concentration Courses**



**CHRISTIAN COUNSELING**

**CRISIS COUNSELING II** (72 Hours) (Degree without Licensure) BBS/MJC/COUN.271.

A course book that looks at Crisis Counseling and the first 72 hours. Topics included: The Crisis of Depression; Crisis of Suicide; The Crisis of Death; The Crisis of Divorce; Ministering to Children in Crisis; The Crisis of Adolescence; Crisis in the Transitions of Life; Trauma, Aftershock and Post-Traumatic Stress Disorder; Crisis Counseling. The course researches and reports on residential housing (substance and alcohol) facilities, group homes, homeless shelters, prison ministry, half-way houses, outreach centers and shelters for battered women. (3 credits)

**CRISIS COUNSELING III** BBS/MJC/COUN.260  
Stress & Trauma Care (PTSD – Post Traumatic Stress Disorder) with Military Application

Upon completion of an American Association of Christian Counselors (AACC) Course, the student will receive three credits from the Messenger School of Counseling and their first year's membership in addition to a certificate of completion from the AACC.

There are several types of trauma. The course will cover five basic areas referred to as units. The units cover various types such as, domestic abuse, sexual assault, victim or witness of violence, car accidents, kidnapping, tornado/hurricane/flooding, house fire, acts of terrorism, teen suicide, sudden death of a loved one, terminal illness, war and combat divorce, financial collapse.

The units and some of their topics are:

**Unit I - Acute Stress and Trauma –**

Introduction to Crisis Counseling – Grief and loss are both simultaneous and intertwined processes that usually impact people in crisis. The symptoms and appropriate interventions in working with complicated grief cases are also addressed.

Anxiety and Depression – Traumatic stress anxiety and depression often go hand-in-hand. Along with the lifestyle choices many individuals incorporate from an adrenaline-fueled world.

**Unit II - Basic Crisis Intervention - Peer Support and Accountability –**

**Unit III Post - Traumatic Stress Disorder –**

Post-Traumatic Stress Disorder involves reliving/re-experiencing the event through flashbacks and/or dreams, avoidance behaviors on the part of the victim, chronic isolation, hyper-arousal and other numbing effects.

Suicide Assessment and Prevention

**Unit IV Military Application – The Realities of Military Life for Families – Military**

Medical System, Veterans Medical System, and Related Issues – Assessment and Treatment Protocols

**TRAINING CHRISTIANS TO COUNSEL**

BBS/MJC/COUN.272.

For those students called to training other counselors. The course will look into several specialized areas of Christian counseling, given the student to ability to move into the area of academic counseling. An in-depth look into the many possibility to teach others and prepare them for their ministry calling in the gifts of healings. Student will also look at the administration aspects of this calling. (pre-requisite N.C.C.A. Licensure Program and Masters or Doctorate Degree) (3 credits)

**PREMARTIAL COUNSELING**

BBS/MJC/COUN.273.

Discovery of the means and ways to understanding and establish dreams and goals, assuring that concrete plans and preparations are noted and put into practice. Students will develop a plan of action to themselves provide premarital counseling and also develop a plan to teach students. Assisting with preparation for wedding ceremony, and an after-care plan. Addressing the increasing number of interracial, second marriage and marriages of persons from dysfunctional families. (3 credits)

**RAISING YOUTH TO ADOLESCENT TO ADULTHOOD**

BBS/MJC/COUN.268

The course will help the student to discovery means, ways, of understanding and training our children. The development of those techniques to assist today's youth and develop a love for Christ. Our Youth need to know even during their middle school and high school years that understanding who God created them to be (temperament/soul) and knowing what God has called and pre-destined them to do in this life in service to others is a blessing to knowing at these early ages, that their parents and themselves can look it to nurturing and maturing them at that area. We can be more helpful to God by showing them academics to be involved in that will bring peace and joy, as well as, participating in activities to utilize and sharpen their natural talents, intelligence and artist abilities (sports, visual and expressive arts, cooking, business, technology, etc.) (3 cr.)

**MARRIAGE & REMARRIAGE COUNSELING**

BBS/MJC/COUN.1723

Maintaining a relationship in Christ. Addresses the natural and spiritual marriage and is a tool to help guide a couple toward solutions. This resource gives biblical principle and proven counseling techniques to help couples work through difficult issues affecting their marriage. (3 cr.)

**A THEOLOGY OF CHRISTIAN COUNSELING**

BBS/MJC/COUN.276

“THE STUDY OF GOD’S RELATIONSHIP WITH MAN THROUGH COUNSELING”

A Theology of Christian Counseling connects biblical doctrine with practical living. The course reviews the areas of doctrine in reference to salvation, as it relates to counseling. It is though of as “being saved from the consequences of sin.” But God is doing much more. He is making something new out of the old sinful nature. He is in Christ, making new creatures. It integrates the strength, weaknesses and needs of one’s soul: our purpose in life; goals and objectives; relationships: personal and interpersonal concerns of mates, family, friends and co-workers. (3 cr.)

**GRIEF AND TRAUMA COUNSELING**  
“RECOVERING FROM LOSSES IN LIFE”

BBS/MJC/COUN.292.

The study will take a look at the effects on the different Temperaments/Soul (mind, will, emotions) according to Losses, like loved ones, natural disasters or wars, divorces or Life changes, like changing jobs or ministries, broken friendships, moving, etc. Taking a closer look at the meaning of grief, blaming God and learning how to express yourself and share your pain. (3 cr.)

**THE SINGLE LIFE**  
“RELATIONSHIPS THAT WORK AND THOSE THAT DON’T”

BBS/MJC/COUN.1725

It is difficult for singles today to find someone who is safe, sane and sanctified. The course will help those that minister to singles through a ministry or counseling, and just want to know themselves: The difference between healthy and toxic relationships; what true compatibility is; How to avoid wasting time, money and emotional energy on hopeless relationships. Of course all teaching is based around Temperament/Soul (mind, will, emotions) of the individual with their strengths, weaknesses and needs. How do we recognize God’s will in choosing or knowing not only a mate, but those that we are called to have fellowship with and join in ministry. (3 cr.)

**PASTORAL COUNSELING IN THE CHURCH**

BBS/MJC/COUN.526

A Study of the different phases of the daily work of the pastor, overseer, elder in the church and community. Development of Ministries and Counseling teams that assist with counseling the congregation and staff. An intense look at the needs for ministries to the staff, congregation and communities at large. Opportunities are also given through Bethesda Beth-El Worship Center to exercise this gift of pastoral work to the Body of Christ. (3 cr.)

**PASTORAL COUNSELING – OUTREACH MINISTRIES**

BBI/MJC/COUN.525

An in-depth look at pastoral counseling outside of the church building/fellowship and the various requirements and procedures for the counselor to administer in that area, such as with, Chaplains in hospitals, nursing homes, police stations, government offices, within communities and secular places of businesses, etc. Also a look at transitional housing for men and women, as well as, homeless shelters for people and alternative housing. (3 cr.)

**COUNSELING THOSE THROUGH TRANSITIONS IN LIFE**

BBS/MJC/COUN.284

This course serves as a guide for preachers, counselors, pastors and teachers. Some areas of study are: changes through the adult life cycle; transition to marriage, parenthood; geographic moves and migrations; separation, divorce and remarriage, untimely widowhood, grief and bereavement. Also, late adult years, the final years, intervention at times of transition and guidelines for intervention. (3 cr.)

**COUNSELING YOUTH IN CRISIS**

BBS/MJC/COUN.1727

This course is a comprehensive and wide-ranging treatment of seven major adolescent crises: self-identity, family life, social relationships, sexuality, suicide, substance abuse and eating disorders, and the institutions of school, work, and church. (3 cr.)

The distinctiveness of this course is that it offers a fine blend of solid research, workable theory, and

specific strategies for successfully dealing with youth in crisis. Additionally, it emphasizes the caring and sensitive side of working effectively with adolescents experiencing crisis situations. (3 cr.)

**BOUNDARIES IN DATING**

BBS/MJC/COUN.280

An in-depth look at what the significant factors are to dating. What to look for in other individuals. How to help youth make sound decisions, young adults and adults understand needs and wants in a relationship. This course will help young adults and adults avoid the pitfalls of dating poorly and learn the secrets of dating well. (3 cr.)

**HEALING INNER MAN AND THE WOUNDED SPIRIT**

BBS/MJC/COUN.281

Student learns how even in utero encounters can influence our present behavior. A scriptural salve is applied to the wounds our spirits have experienced through rejection, child abuse, occult involvement, and generational sin. The causes and effects of anorexia, dyslexia, schizophrenia, depression, homosexuality and other conditions are examined. (3 cr.)

**COUNSELING MINORITY YOUTH & YOUNG ADULTS**

BBS/MJC/COUN.269

This course for blacks' and whites' and points out the special benefits for white parents and teachers; why black parents have special problems in raising their children; what black parents want for their children; and five factors that make the black child different. Among the areas studied will be some case histories, where they come from and why so many of them have happy endings. (3 cr.)

**PASTORAL CARE OF OLDER ADULTS**

MSC/COUN.1726

An in-depth look into the needs of older adults. This course address the problems by providing practical guidance in dealing with such issues as Alzheimer's disease, the chronically ill, relocation, health crisis, grief, depression, anxiety, gender differences, poverty and the needs of children of older adults. (3 cr.)

**COUNSELING THE CODEPENDENT II**

MSC/COUN.282

Insights on radical societal changes that have changed the forms of codependents behavior, identifying a new generation whose codependency manifests itself through continued taking and entitlement rather than the inability to stop giving. Topics: recovery, relapse, relationships, overcoming fatal attractions, negotiating conflicts, going forward. (3 cr.)

**COUNSELING FAMILIES OF CHILDREN WITH DISABILITIES**

MSC/COUN 220

The word disability or handicap is used interchangeably. The course will look at the many variations of the word usage in our society. The government has specific classification for children who are served under public law. How placement of a child from school district to district differs. Looking at needs of Special Education for youth, young adults and adults.

A close look at the variation of developmental disabilities, disorders that impair intellectual and/or physical functioning in a person; mental retardation, cerebral palsy, epilepsy, learning disabilities, autism or functions that are impaired through disease or accident. (3 cr.)