

COURSE CONTENT

Among the courses offered in the Psycho-Spiritual Institute are:

1. Stages of Human Growth and Development
2. Theories of Counselling and Psychotherapy
3. Personality Theories in Psychology
4. Basic Skills in Counselling
5. Abnormal Psychology
6. African Cultural Dynamics in Counselling
7. Growth Group Theories and Practice
8. Behaviour Modification Theories and Techniques
9. Psycho-Trauma Healing Theories and Practice
10. Addiction: A Psycho-Spiritual Approach
11. Phases of Spiritual Development
12. Spirituality and the Process of Being Human
13. Spirituality and Transcendence
14. Spirituality of Suffering and Ultimate Meaning
15. The Church's Ministry of Healing
16. Christian Prayer: Forms and Dimensions
17. Spiritual Direction: Models & Techniques
18. Spirituality and Psychotherapy – an integrated approach
19. Viktor Frankl's Psychotherapy in Spiritual Terms
20. Happiness – a psycho-spiritual approach
21. Human Sexuality: A psycho-spiritual approach
22. Professional Ethics for Psycho-Spiritual Therapists
23. Cross-Cultural Issues in Psycho-Spiritual Therapy
24. Research Methodology
25. Practicum in Psycho-Spiritual Counselling



Psycho-Spiritual Institute

For the Training of Experts
in Psycho-Spiritual Therapy
and Christian Counseling

FEES

1. TUITION FEES (for Non-Residential Master's students) amount to 6,000 US Dollars only per annum.
2. TUITION plus FEEDING & ACCOMMODATION (for fully Residential Master's students at the University College) amount to 12,000 US Dollars only per annum.
3. COST OF SABBATICAL PROGRAMME 8,000 US Dollars

A few part-scholarship grants may be available for qualified candidates for the Master's degree programme from needy dioceses or congregations, whose application processes are completed no later than February 15, 2021. ****PLEASE NOTE that requests for part-scholarship grants cannot be entertained for candidates whose application processes are not completed by Feb. 15, 2021.**

CONTACT DETAILS

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ADMISSION

***Is now on for the 2021/2022 session**

***Open to Clergy, Religious and the Lay Faithful in Africa.**

***Download the Application Form from our website, or apply on-line.**



ABOUT THE PSYCHO-SPIRITUAL INSTITUTE

The Psycho-Spiritual Institute (PSI) was established in 2012 by the Lux Terra Leadership Foundation, in collaboration with Missio Aachen, with the aim of training and graduating experts in Psycho-Spiritual Therapy and Christian Counseling for English-speaking African Countries.

The emergence of the Institute is a response to what many have identified as an urgent need to offer professional psychological and spiritual care to the increasing number of clerical, religious and lay pastoral agents who now and again find themselves in difficult life situations of an emotional and psychological nature, but who often do not find adequate support. Many in the past have ended up with professional psychotherapists who are not grounded in, or do not share in the theological and spiritual traditions of the sufferer, and so could not offer holistic support for the required healing process. Others have ended up with deeply spiritual counselors, who however are not conversant with such modern skills and approaches in Psychotherapy, that when combined with their spiritual tools, would have more easily facilitated healing for the sufferer.

OVERALL VISION

The overall vision is to bring spiritual healing, personality integration and peace to those in difficult life situations, as well as foster enhanced self-awareness and ongoing personal growth and transformation among pastoral agents and the entire Christian faithful.

METHODOLOGY

Drawing from the best of the Christian spiritual tradition, and using up-to-date psychotherapeutic tools, approaches and methodologies for healing troubled minds, and taking into cognizance the peculiar African historical, religious and sociological context, PSI offers high quality professional training in an environment of faith and Christian devotion, for those who wish to function as Psycho-Spiritual Therapists and Christian Counselors in various ecclesiastical jurisdictions and institutions across English-speaking Africa. Towards this end, top level

experts in Psychotherapy, Christian Anthropology and Christian Spirituality are engaged to bring their training and practical exposure to bear on the Psycho-Spiritual Therapy training programme. Above all, the training dynamics at PSI places a lot of premium on personal spiritual growth and wholesome personality integration and transformation.

TRAINING CENTRES

The Training Centres of the Institute are located at the Marist International University, Karen, Nairobi, Kenya, and the Lux Terra Leadership Foundation, Apo, Abuja, Nigeria.

PROGRAMMES

The Institute offers the following programmes:

1. Master's Degree in Psycho-Spiritual Therapy.

This is a two-year intensive course that combines academics with spiritual growth and transformation. Upon successfully completing the course programme and the required practical experience, candidates will be awarded a Master's degree by the Catholic University of Eastern Africa. Such graduates will be equipped to facilitate healing and give counseling support to pastoral agents and the generality of Christian faithful suffering from depression, trauma, confusion, burn-out, mid-life crisis, addiction, sexual abuse, and crisis on account of sudden losses or life transitions. They could also serve as Counsellors and Spiritual Directors in Catholic Institutions and Formation Houses. There is room for those who choose to simply "audit" the two-year course without the Master's degree. (See website for more details).

2. Sabbatical Programme

This is a 9 months self-discovery and spiritual renewal programme for those who have been in ministry or religious life for 10 years or over. While acquiring basic skills in Psycho-Spiritual counselling, the programme aims principally at the renewal and transformation of the candidate himself or herself. It combines a few structured courses with psychological and spiritual programmes aimed at achieving healing, growth and

ongoing transformation. The Sabbatical programme takes place (simultaneously) in both the Nairobi and Abuja campuses, according to the preference of the candidate. (See website for more details).

3. Summer Integrative Course

This is a 6 weeks intensive programme during the Summer holidays that exposes candidates to the fundamentals of Psychology and basic concepts, tools and approaches to Psycho-Spiritual healing, growth, and transformation, as well as Counselling techniques, in a peaceful and prayerful environment. (See website for more details).

ADMISSION REQUIREMENTS

Admission for the Master's degree course is open to Clergy, Religious and the Lay faithful with a minimum of 1st Degree in the Psychological Sciences. Candidates with no background in Psychology, but with a good degree in any of the Sacred or Social Sciences may however be considered for admission - with the understanding that in the course of the two year programme, they will pay for and undergo each Summer time a six weeks' "Bridging Course" that has been designed to make up for the shortfall.

PSI provides for two broad categories of students: Residential and Non-Residential. The former refers to in-campus students who pay for tuition as well as room and board, while the latter refers to off-campus students who find themselves their own accommodation within Nairobi and pay only tuition fees and other minor charges. This is however very stressful for the candidates as the course is designed to be full-time, and fully engaging!

