

Professional Diploma in Family Ministries (PD)

The Ruben M. Tanseco, S.J. Center for Family Ministries (RMT-CEFAM) at the Loyola School of Theology, Ateneo de Manila University, offers a Professional Diploma in Family Ministries (PD), a 24-unit, non-degree program. If taken full-time, the program may be completed in one academic year.

The program is designed for:

- Those engaged in the pastoral care of couples and families - lay workers, priests, ministers, religious brothers and sisters
- The religious and lay from various faith traditions who want to understand family life for personal growth and development

There are two major components to the program:

- PASTORAL COUNSELING (healing dimension)
- SPIRITUALITY (growth dimension)

A holistic, psycho-spiritual approach characterizes the program, utilizing a content-and-process methodology as its means.

The PASTORAL COUNSELING component of the program includes a study of individual and family psychodynamics and the sociocultural factors which influence these. Students undergo practicum training to hone basic skills necessary for pastoral counseling ministry with couples and families.

The SPIRITUALITY component of the program includes both a study of the scriptural-moral-doctrinal underpinnings of Christian family life and participation in a graduated, integrated series of growth programs in family spirituality.

The overall program aims to train persons in building up the Filipino family as a “domestic Church,” a community of love, justice, freedom, and peace, both within the home and in its social role and responsibility to the nation and to the world. The thrust of “service of the faith and the promotion of justice” permeates the overall program.

Requirements:

1. A college degree or its equivalent. The major courses of the program are at the graduate school level.
2. Transcript of record from the college or university attended, showing average or above-average grades for the overall program of studies undertaken.

3. A completed application form accompanied by three letters of recommendation: from the supervisor of the applicant (the Superior, in the case of those in the professed ministries), and two from his/her associates in paid or volunteer work.
4. The course offerings are held in the afternoons and evenings. The spirituality growth programs and the other elective seminars are scheduled on some staggered weekends. The counseling practicum work is undertaken and scheduled in consultation with the counseling supervisor.

Due to the current pandemic, our programs are only available online.

Program of Studies:

Semester 1 (August - December)

Regular Courses	Units
Sp 89 / TMP 267 Pastoral Psychology and Counseling	3
Sp 93 / TMP 268.03 Marital/Premarital Dynamics and Counseling: A Psycho-Spiritual Approach	3
Sp 93.1 / TMP 268 Family Dynamics and Counseling Approaches	3
Sp 92.3 / TMP 269 Assessment and Initial Intervention of Individual and Relationship Disorders	3

	12

Non-credit Requirements:

- Growth Group I – First Semester
- Growth Group II – Second Semester

Semester 2 (January/February - June)

Sp 62.1 / TMP 231.05 Family Spirituality and Sexual Ethics	3
Sp 94 / TMP 268.04 Marital and Family Counseling Practicum	3

Sp 94.1 / TMP 268.09
Family Spirituality Practicum 3

Elective Course 3

12

Elective Courses

Units

Sp 90 / TMP 267.04
Pastoral Psychology and Counseling Practicum
(For non-PD students only) 3

Sp 92 / TMP 268.08
Child and Adolescent Counseling 3

Sp 93.2 / TMP 268.06
Explorations in Individual and Family Resilience 3

Sp 95 / TMP 267.07
Pastoral Group Process and Counseling 3

Sp 93.3
Pastoral Care for Survivors of Abuse 3

Other courses/seminars will be offered from time to time. All the course and seminar offerings are under the auspices of the Loyola School of Theology.

For tuition and other fees, please call RMT-CEFAM at (632) 8426-4289 to 92.

Faculty:

Ma. Concepcion P. Arboleda, MA
Maria Cecilia Gregorio Ascalon
James Wenceslao U. Gascon, S.J., DMin
Maria Cynthia J. Gavino, PhD
Teodulo P. Gonzales, S.J., PhD, RGC
Leilani C. Lopez, MA, Rpm
Arsenio A. Lumiqued, Jr., MSC, PhD, RGC
Ma. Elvira A. Macabuag, MA
Juvenal A. Moraleda, CSsR, MA
Anita C. Pecson, MA
Elizabeth E. Rondain, MD

Myrna Joyce O. Sanchez, PhD, RGC
Antonia C. Siy, PhD, RPsy
Ma. Teresa G. Villasor, PhD, RGC, RPsy

Description of Required Courses

Semester 1

Sp 89 / TMP 267

Pastoral Psychology and Counseling (3 units)

The course offers a basic understanding of psychological realities and an experience of the basic helping skills for individual, humanistic counseling, as an aid to pastoral care in the Philippine context. The first part of the course deals with the theoretical underpinnings of human growth, development, and maturity as well as relevant contextual and cultural factors.

The second part of the course will tackle the principles of a humanistic-psycho-spiritual approach to individual pastoral counseling, focusing on basic helping skills. The course ends with the metapersonal (societal) dimensions of pastoral care from a psycho-spiritual viewpoint.

A content-and-process methodology will be used. The course incorporates the practice of basic helping skills and listening techniques in group activities which are processed and facilitated by trained counselors.

Sp 93 / TMP 268.03

Marital/Premarital Dynamics and Counseling: A Psycho-Spiritual Approach (3 units)

[In-person Course]

The course will start with a marriage preparation program, dealing with premarital psychodynamics, assessment for readiness in marriage through the use of premarital assessment instruments, followed by educative counseling. It will then explore the sources and patterns of interactional conflicts among couples, both marital and premarital, focusing on their sociocultural, psycho-emotional, sexual, and spiritual underpinnings. This is followed by the sources and patterns of interactional growth, accenting the psycho-spiritual experience of authentic love.

The course will end with several basic operational models for marital counseling. A content-and-process methodology will be used. The course incorporates practice of the premarital tools and the use of counseling techniques in role-play sessions while facilitated by trained counselors.

[Online Course]

The course is also offered in an online format which allows the student to view the videos of input lectures and comply with the assignments within the specified periods asynchronously. The class is divided into groups, and discussions may or may not be done during class hours. There are, however, strictly synchronous meetings for practice of the use of premarital tools and role-plays of tele-counseling of marital couples facilitated by experienced counselors.

**Sp 89 / TMP 267 (Pastoral Psychology and Counseling) is a prerequisite or corequisite of this course.*

Sp 93.1 / TMP 268

Family Dynamics and Counseling Approaches (3 units)

The course introduces students to a psycho-spiritual approach for helping families challenged by the issues of adjusting to change brought about by normative developmental transitions, as well as by situational crises. Using the basic framework of family systems theory, the course surveys the major therapeutic methods of assessment and intervention as applied in the Philippine context.

Various learning approaches are directed at training students to become sensitive to the sociocultural influences on family dynamics, and to adopt multiple perspectives in identifying pastoral opportunities and resources for caring and growth. Particular emphasis will be given to applying learning to the trainee's own family, seen as a foundational task in the development of the person of the pastoral family counselor.

**Sp 89 / TMP 267 (Pastoral Psychology and Counseling) is a prerequisite or corequisite of this course.*

Sp 92.3 / TMP 269

Assessment and Initial Intervention of Individual and Relationship Disorders (3 units)

[In-person Course]

The main thrust of this course is to introduce the student to the more common mental health disorders encountered in the Philippine clinical/counseling setting. The course features a weekly discussion on the individual concerns and disorders that may contribute to dysfunctions in relationships. It discusses the influence and impact of culture and society on family systems and the formation of values, beliefs, and attitudes that drive these systems.

Assessment methods and initial intervention techniques will be discussed. Lectures serve as springboard for research, reflection, and discussion.

[Online Course]

This online course uses a seminar format to introduce students to the mental health and relationship problems that have arisen or have become exacerbated by the multiple stressors in the aftermath of the global pandemic. It is especially important for mental health caregivers to understand the presentation and dynamics of pandemic-related mental health issues because they themselves are not immune to the long-term impact the crisis continues to have on our communities.

The course will consider the influence of culture and society on family systems and other social networks, and the formation of values, beliefs, and attitudes that influence these systems. Course modules will discuss first-line assessment methods and initial interventions, and assign learning tasks to allow students to practice applying these in representative case situations. Students will develop proposals for projects that aim to strengthen mental health care services in their respective communities.

**Sp 89 / TMP 267 (Pastoral Psychology and Counseling) is a prerequisite or corequisite of this course.*

Semester 2

Sp 62.1 / TMP 231.05

Family Spirituality and Sexual Ethics (3 units)

This course reflects on marriage and family. It will explore its scriptural, doctrinal, and sociological underpinnings focusing on some issues confronting contemporary marriage and family as a social and ecclesiological unit.

The students are expected to articulate their own theology of marriage and family, given their context of pastoral ministry with families. It helps the students to do an exploration on sexuality and sexual ethics for pastoral ministers.

Its primary goal is to deepen one's understanding of human sexuality, which will serve as a compendium for helpers, in the context of the helping ministry. It is not meant to replace a more in-depth study of Moral Theology that focuses on approaches, methods, and relevant Church teachings. Rather, the course aims to develop a deeper appreciation of one's sexuality, and understanding its implications when handling sexual issues in counseling or any helping ministry.

Sp 94 / TMP 268.04

Marital/Family Counseling Practicum (3 units)

[In-person Course]

The course features a practicum in pastoral counseling with clients experiencing problems in their couple and/or family relationships. Students conduct a required number of hours of face-to-face counseling with such clients under the supervision of the professor who will assist them in case conceptualization and planning, and in treatment implementation.

Case conferences, role-play case simulations, and demonstration films augment students' development as effective pastoral couple and family counselors.

**Required Counseling Hours: 30 hours*

[Online Course]

The course features a simulated practicum in pastoral counseling designed to give students supervised practice experience in counseling clients who present with problems in their couple and/or family relationships. Students undergo two main types of training:

- First, they participate in techniques workshops designed to teach and/or review practical interventions from major evidence-based approaches in couple and family counseling.
- Second, they conduct a series of role-play counseling demonstrations, both one-on-one and conjoint sessions, alternately taking on the roles of counselor, co-counselor, and clients.

As all role-play sessions will take place online, students first learn basic skills in telecounseling, including guidelines for using the online modality, and developing and managing therapeutic alliances in individual and conjoint counseling using the medium. Through a structured feedback process, students hone their foundational skills in therapeutic helping.

Case conferences on simulated counseling scenarios also help students sharpen their case formulation and planning skills. Ongoing reflection on their role as a pastoral person focuses students on working within a psycho-spiritual orientation which helps clients maintain integrity, develop agency, and seek meaning as they struggle with and work through the challenges of life.

**Prerequisites of this course are:*

Sp 89 / TMP 267 (Pastoral Psychology and Counseling)

Sp 92.3 / TMP 269 (Assessment and Initial Interventions of Individual and Relationship Disorders)

Sp 93 / TMP 268.03 (Marital/ Premarital Dynamics and Counseling: A Psycho-Spiritual Approach)

Sp 93.1 / TMP 268 (Family Dynamics and Counseling Approaches)

Sp 94.1 / TMP 268.09

Family Spirituality Practicum (3 units)

[In-person Course]

The course offers a total program in family spirituality, designed to help couples and families to be fully alive in all levels of their relationship: intrapersonal, interpersonal and metapersonal (societal). This holistic approach integrates the psycho-emotional, cultural, sociopolitical and

spiritual aspects of family life. The course includes an actual experience of progressive programs which they are required to attend:

Marriage Encounter Weekend (MEW)	To be announced
Spiritual Deepening Retreat (SDR)	To be announced
Family Congress	To be announced

[Online Course]

The course is also offered in an online format which allows the student to view the videos of input lectures and comply with the assignments within the specified periods asynchronously. The class is divided into groups, and discussions may or may not be done during class hours. Participation in the three mandatory programs specified above is also online.

Description of Elective Courses

Sp 92 / TMP 268.08

Special Topics in Marital and Family Counseling: Child and Adolescent Counseling (3 units)

This course will review the different theories of development as they relate to counseling and clinical work with children and adolescents. In the process, the interplay of the biological, social, cognitive, and environmental factors that may cause or influence the severity of the emotional, behavioral, and adjustment problems of children will be explored.

Counseling and clinical procedures, treatment methods, and counseling approaches and techniques for specific cases such as children of separated parents, adopted children, sibling rivalry, abused and traumatized children, etc. will be the main topics of the course. Structured experiential activities, small group sharing, role-playing, reflections on one's own childhood and adolescent experiences, and lecturates are some of the learning approaches that will be used in teaching the course.

**Sp 89 / TMP 267 (Pastoral Psychology and Counseling) is a prerequisite of this course.*

Sp 93.2 / TMP 268.06

Explorations in Individual and Family Resilience (3 units)

Adversities (trials, sufferings) have a way of crippling or paralyzing people's responses. On the other hand, like some crises, adversities can break or allow us to have a breakthrough. This course draws from the strengths, hopes, and the stirrings of the Spirit within all of us. Some stories of healing and resilience, drawn from various sources, will be explored.

A theory of change on why people are motivated to bounce back from adversities will be presented. Some helping or facilitating skills (STAR Model) for resilience will be presented in some of the classes.

Sp 95 / TMP 267.07

Pastoral Group Process and Counseling (3 units)

The course will give opportunity for students to: (a) make a review and survey of the different theories in group counseling (like Person-Centered, Psychoanalytic, Gestalt, Hypnotherapy, etc.); (b) experience these theories in a small growth group in class; and (c) facilitate a small pastoral growth group outside class. The students will learn how to use the Structured Learning Experiences (SLE) and Process-Observation-Analysis (POA) which are important in facilitating groups.

Priority will be given to students who are already involved with a group in their parish/church, work, or civic organization. Maximum number of students: 12

**Sp 89 / TMP 267 (Pastoral Psychology and Counseling) or its equivalent, is a prerequisite of this course.*

Sp 93.3

Pastoral Care for Survivors of Abuse (3 units)

This is an introductory course on pastoral care to prevent and heal violence at the individual level. The course introduces students to the circumstances and factors which give rise to violence in the family, particularly spouse and child abuse and its effects. The course will focus on the pastoral care of family members who have experienced violence, including physical abuse, psychological abuse, sexual abuse, deprivation or neglect, and exposure to the extrajudicial killing of a loved one.

Key skills in defining, identifying, assessing, and intervening are taught within a psycho-spiritual framework developed to prevent the victimization of children and vulnerable adults, and to initiate the process of recovery for survivors.

Sp 90 / TMP 267.04

Pastoral Counseling Practicum (3 units)

[For Non-PD Program Only]

The course is a continuation of Sp 89 / TMP 267 (Pastoral Psychology and Counseling) focusing on skills development. As a practicum course, it will include case presentations and group supervision aimed at developing competency in working with individuals. Each student is

expected to work with counselees for the duration of the course. Maximum number of students: 15

**Sp 89 / TMP 267 (Pastoral Psychology and Counseling) is a prerequisite of this course.*