



# MISSION STATEMENT

## OF THE COVENANT SEMINARY COUNSELING PROGRAM

The Master of Arts in Counseling program at Covenant Theological Seminary exists to equip counselors with the foundations and skills to help people thrive in a complex world. To effectively navigate multi-faceted issues and life challenges, individuals require maturity in self-understanding and personal development; positive adjustment to social, cultural, familial, and personal relationships; and proficiency in the cognitive, behavioral, emotional, and spiritual dynamics that permeate human experience. For this reason, the counseling program's primary mission is the preparation of counselors committed to person-to-person collaborative work with clients. Our mission is to train counselors who can competently and ethically implement spiritual awareness, psychological principles, developmental understanding, and counseling techniques, all within a biblical framework, to provide clients with the best opportunity to achieve maturation and growth in the areas of personal, relational, educational, and spiritual development.

Counseling individuals in pain demands professionals to be aware of self and others, as well as superbly trained in the fields of biblical anthropology and psychology. For this reason, the Master of Arts in Counseling program offers department and program initiatives, as well as intensive faculty mentoring, to help challenge each student to develop professionally, personally, spiritually, and socially, into a wholly-integrated person. Graduates of the Covenant counseling program are prepared to deliver effective clinical services in a variety of professional, people-helping contexts and are eligible to pursue counseling licensure in Missouri and many other states.

### COUNSELING PROGRAM OBJECTIVES

Students can expect upon successful completion of Covenant Theological Seminary's graduate program in counseling to have gained didactic knowledge and supervised experience in skills, functions, beliefs, and characteristics of effective counseling. The following broad goals have been developed to assist students in gaining an overview of expected accomplishments:

1. **Professional Orientation and Ethics** – Demonstrate an understanding of the counseling profession, develop an identity as a professional counselor, and demonstrate the ability to provide counseling services within the legal and ethical guidelines of the counseling profession.

2. **Counseling Theory** – Gain significant knowledge of major counseling theories in the context of individual, couples, families, and group counseling, and synthesize selected theories into a personal theoretical framework to guide the counseling process.
3. **Helping Relationships** – Demonstrate effective individual, couple, family, and group counseling skills which facilitate client growth and exhibit appropriate use of self in therapeutic relationships.
4. **Social and Cultural Diversity** – Develop an understanding of social and cultural influences on human behavior, as well as dispositions and competencies to implement culturally sensitive interventions and advocacy.
5. **Human Growth and Development** – Develop an understanding of the essential aspects of human growth and development and demonstrate the ability to counsel people at different life stages.
6. **Career Development** – Develop an understanding of career development and related life factors on mental health, and demonstrate knowledge of career assessment skills within counseling.
7. **Group Dynamics** – Develop theoretical and experiential understanding of group development, dynamics, counseling theories, methods, and skills for group counseling.
8. **Assessment** – Gain knowledge and skills in assessment techniques and apply concepts to individuals, couples, families, and groups.
9. **Psychodiagnosis** – Develop a working knowledge and ethical application of psychodiagnosis and its effect on treatment and counseling practice.
10. **Research and Program Evaluation** – Develop competencies to evaluate, apply, and contribute to professional research literature in order to inform counseling practice.
11. **Spiritual Foundation** – Demonstrate a theological understanding, disposition, and commitment to spiritual formation as shaped by the Biblical story.
12. **Biblical Anthropology** – Demonstrate character and commitment to the overall God-given purpose, value, and dignity of all individuals and cultural groups and to the responsibility for dynamic connection with one another.