

NACC NEWSLETTER

JANUARY - MARCH 2018

Editorial

The New Year brings along with it some changes in our office – new signboard, new staff and new partnerships. We have received enquiries from a few churches for our training to be held in their premises. One church and an individual sent us generous donations last year which turned our accounts from red to black. Another church has agreed to host our national conference this year in their premises because they share our vision in equipping more people in Christian counselling. We look forward to more partnerships this year as we continue to focus on equipping more people in Christian Counselling.

NATIONAL ASSOCIATION OF

NACC
Malaysia

CHRISTIAN COUNSELLORS

6TH NATIONAL CONFERENCE 7-8 SEPT 2018 (FRI-SAT)

We are happy to announce that the speakers and the topics have been confirmed. While waiting for the finalised brochure to be released, here are some snapshots for your preview:

Plenary: The Care of Souls and Church-Based Christian Counselling

Soul Care Commission is the biblical mandate which calls Christ's followers to provide care for others as a primary expression of the Gospel. Counselling is an example of the care the church is called to provide. A theology of church-based Christian counselling emerges that inspires the Church to provide counseling as a ministry and that drives the purpose of the ministry of counselling – Dr. Marty Goehring, Director of Formation Counselling Services

Workshop: Establishing Christ-Empowered Counselling in the Local Church

Churches inspired to provide Christian counselling services often lack the practical knowledge necessary to establish such a ministry. Options for building a counselling ministry within the local church are considered with an emphasis on practical aspects of organization, administration, and service delivery. One option is highlighted as the most effective in reaching all persons and as the most closely tied to the mission of the church. – Brian Burnett, Chairman of the Board, Formation Counselling Services

Look out for more information in a month's time!

Council of Reference 2017-2018

Dr Edmund Ng
Dr John Court
Dr Eric Scalise
Dr Evelyn Biles
Dr T. Maniam
Dr Goh Chee Leong
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NACC Board 2017-2018

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UPCOMING TRAINING:

EQUIPPING COURSE IN FAMILY COUNSELLING

This 4-week training focuses on family behaviour rather than individual behavior, highlighting patterns in communication and interaction, separateness and connectedness, loyalty and independence, and general adaptation in the context of the family. Understanding these characteristics within the family may explain why members of a family behave the way they do in a given situation and examining them helps to initiate engagement in families in ways that foster optimal family connectedness and regain healthy functioning.

Target Level:

Open to parents, church workers and anyone who wish to be equipped to work more effectively with families

Objectives:

1. Participants will learn about the concepts of Family Counselling from both a biblical and a psychological perspective, understanding the purpose of genograms, self-differentiation, emotional triangles and cut-off
2. Participants will understand how dysfunctional interactional patterns affect family members and being transferred from one generation to the next through the multigenerational transmission process.
3. Participants will be given case studies, role plays and other activities to experience and apply the theory and techniques to help individuals effect positive changes in their family system.



Speaker:

Dr Yeo Pei Li is a licensed counsellor with the Malaysia's Board of Counsellor since 2003. She specializes in career guidance and counselling, trauma work, as well as couple and family therapy. She has also been involved in various educational institutions since 2004 in the capacity of a student counsellor, senior lecturer and trainer. Her doctorate is in counsellor education and supervision from Regent University. She is the Dean of Counselling at Alpha Omega International College, board member of NACC Malaysia and an active member of the Family Life Ministries at FGA KL, her home church.

Date: 3, 10, 17, & 24 March 2018

Time: 9am – 12 noon

Venue: NACC, 2-2B, Block K, Jalan PJU1/3A, Sunway Mas Commercial Centre, 47301, Petaling Jaya.

Cost: RM200 for NACC members,
RM400 for non-members

Payment:

1. Crossed cheque in the name of "National Asso of Christian Counsellors" and send by post to the NACC office (address above)
2. Online registration at <http://www.nacc-malaysia.org>
Contact Hours Awarded: 8 hours

*This course is part of the 60-hour Certificate in Lay Christian Counselling, an initiative to raise up more lay counsellors for the local church.

REPORT ON WORKSHOP ON SUICIDE PREVENTION & POSTVENTION



In view of the felt need of this subject, our training hall was packed to the maximum with parents, church leaders and some young people as well. Worldwide, suicide is the second leading cause of death among 15-29 years old. In 2006, 122 suicide cases were reported in Selangor. Besides examining the behavioral, physical and cognitive symptoms, Dr. Tan Su Chen did an experiential

exercise to allow participants feel the pain and hopelessness of suicidal people. Individuals experiencing such depressive feelings, often perceived themselves to be a burden to others and that nobody cares for them. Instead of merely giving advice, the speaker advocated helpers to demonstrate empathy and acceptance thus giving such individuals a safe place to confront and kill the shame involved. As recovery from suicide is a journey, Dr. Tan taught the participants how to guide such people with writing of lamentations, scripture meditation, problem-solving and inspiring hope. She ended the workshop on a high note by asking the participants to draw out feelings of hope – as shown in the accompanying photo.

ARTICLE:

FATHERS AND CHILDREN: THREE NUGGETS FOR FAMILY THERAPY

By: Elias Moitinho, Ph.D., LPC-S, LMFT, BCPC

A typical scenario in family therapy involves the parents bringing a teenage son or daughter to be “fixed” by the counselor. The interaction may go something like this, “Here is Johnny, fix him.” Whatever the problem may be, from the parents’ perspective, the child is the one to be fixed. However, from a systemic perspective, there is more to it. Family therapists who look at issues from a systemic perspective will not simply accept the view that Johnny, the identified patient (IP), is the problem. Rather, they will consider the family as the focus of therapy and will address the various family dynamics and patterns of interactions (Worden,

2003). From this perspective, family interactions, including father-child interactions, are crucial to overall family health and vitality.

Why are family interactions so important?

Positive interactions between fathers and children are essential for the social, emotional, and spiritual development of healthy children. If fathers do not spend time with their children and do not have positive interactions with them, the children may turn to TV, internet, digital gadgets, or peers. According to the American Academy of

Child and Adolescent Psychiatry, "Children who watch a lot of television are likely to have lower grades in school, read fewer books, exercise less, [and] be overweight."

Additionally, poor parental interaction with children is one of the many risk factors identified in research on juvenile delinquency. According to the Office of Juvenile Justice and Delinquency Prevention reviews, studies on juvenile delinquency identified major risk factors that contribute to juvenile delinquency including a poor parent-child relationship, harsh, lax, or inconsistent discipline, poor monitoring, poor supervision, and low parental involvement. On the other hand, healthy interaction functions as a protective factors, including "warm, supportive relationships with parents or other adults, parents' positive evaluation of peers, and parental monitoring."

Fathers have a tremendous responsibility to raise their children in the instruction of the Lord (Ephesians 6:4). Deuteronomy 6:1-6 is a pivotal passage in Scripture that gives a solid framework for parenting. Here are three key foundational nuggets that counselors and family therapists can share with fathers:

1. Fathers Must Be Faithful to God

In Deuteronomy 6, Moses was challenging the people of Israel to have a proper covenantal relationship with God. The Shema highlights the

Therefore, the father's faith must be more than having a religious system. Rather, faith involves loving God completely and showing it by internalizing God's commandments and living a life of obedience (Deuteronomy 6:6). So, for fathers, the old adage "you cannot give what you do not have" is true in parenting.

God intends for parents to share their faith with their children. Parents (fathers) are called to teach the commandments to their children (Deuteronomy 6:7).

need to hear God and obey Him. The greatest commandment, quoted by Jesus in Matthew 22:37, is included in this passage (Deuteronomy 6:5). Therefore, the father's faith must be more than having a religious system. Rather, faith involves loving God completely and showing it by internalizing God's commandments and living a life of obedience (Deuteronomy 6:6). So, for fathers, the old adage "you cannot give what you do not have" is true in parenting.

2. Fathers Must Be Available Teachers

God intends for parents to share their faith with their children. Parents (fathers) are called to teach the commandments to their children (Deuteronomy 6:7). Merrill (1994) describes well the role of parents in faith transmission when he states, "The covenant recipient must impress the words of covenant faith into the thinking of his children by inscribing them there with indelible sharpness ... The image is that of an engraver of a monument who takes a hammer and chisel in hand and with a painstaking care etches a text into a solid slab of granite. The sheer labor of such a task is daunting indeed, but once done the message in there to stay" (p. 167). Raising children is a challenging, but rewarding task.

Fathers must be intentional and diligent (v.7). Fathers can use daily activities that involve formal training and teaching as well as informal and unplanned interactions throughout the day. In order to

accomplish such task, fathers must be available to their children. Raising children must become a priority in a father's life. Therefore, it must be at the center of one's life and should not be seen as an inconvenience.

strategies. Thirdly, counselors and therapists can influence fathers to be present as the MVP in their children's lives. These nuggets can certainly help shape a bright future for today's children!

3. Fathers Must Be the MVP in their Children's Lives

In a game, the MVP (most valuable player), is the player who influenced the outcome of the game by the way he played and how he contributed to the team's overall performance. Similarly, a father must be the most valuable person (MVP) in his child's life. Obviously, I am not discounting the role and influence of mothers. By God's design, fathers need to speak into their children's lives and have a positive influence in them. Fathers cannot be standing on the sidelines.

Christian counselors and family therapists can introduce these nuggets to fathers in therapy. First, they can assist fathers in building a growing relationship to the Lord. Secondly, they can provide fathers with practical tools to maximize their daily interactions with their children and develop intentional teaching

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Elias Moitinho, Ph.D., LPC-S, LMFT, BCPCC, serves as Director of M.A. Counseling Licensure Programs, Director of Clinical Training, and Associate Professor of Counseling at Liberty University in Lynchburg, VA. Dr. Moitinho has many years of pastoral ministry, counseling, and teaching experience having served in various roles such as pastor, counselor, seminary professor, and director of a Christian counseling center. Prior to joining Liberty he served as the Hope for the Heart chair of Biblical counseling at Southwestern Baptist Theological seminary in Fort Worth, TX. Dr. Moitinho is interested in cross-cultural counseling focusing specifically on the Hispanic/Latino population. In addition to his ministry experience in his native country of Brazil, Dr. Moitinho has taught as guest professor in seminaries in Mexico, Cuba, and Spain. He is an active member of the AACC. Article used with permission.