

COURSE CONTENT

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

1. Human Growth and Development: A Psycho-Spiritual Approach
2. Theories of Counselling and Psychotherapy
3. Personality Theories in Psychology
4. Abnormal Psychology: An Integrated Study
5. Growth Group Theories and Practice in Psycho-Spiritual Therapy
6. Psycho-Trauma Healing Theories and Practice
7. Addictive Disorders: A Psycho-Spiritual Approach
8. Spirituality and the Process of Becoming Human
9. Psychotherapy and Transcendence
10. Spirituality of Suffering and Ultimate Meaning
11. The Christian Ministry of Healing
12. Christian Prayer: Forms and Dimensions
13. Spiritual Direction: Models & Techniques
14. Psychotherapy & Spirituality – An integrated Study
15. Pathways to Happiness – A psycho-Spiritual approach
16. Human Sexuality: A psycho-spiritual approach
17. Ethical, Legal & Professional Issues in Counselling
18. Psycho-Spiritual Therapy and African Cultural Dynamics
19. Research Methods in Psycho-Spiritual Therapy
20. Practicum in Psycho-Spiritual Therapy



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 master's degree students who would be fully resident at the Institute) 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 9 months before the commencement of their studies. ****PLEASE NOTE that requests for part-scholarship grants cannot be entertained for candidates whose application processes are not completed by end of November of the preceding year.**

CONTACT DETAILS

Abuja Office:

PSYCHO-SPIRITUAL INSTITUTE (PSI)
Lux Terra Leadership Foundation,
Vila Nova Estate, Apo Dutse, Abuja, Nigeria.
Tel: - +234 9 2917336, +234 8066239960
Email – director@psi-online.org
Website: www.psi-online.org

Nairobi Office:

c/o Marist International University College, Off Langata Road,
Marist Lane, P.O.Box 24450-00502, Karen, Nairobi, Kenya.



Psycho-Spiritual Institute



ADMISSION

***Is now on for both the 2024/2025 as well as the 2025/2026 sessions. Sessions begins in August each year.**

***Is open to Christians, including Clergy, Religious and the Lay Persons.**

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



ABOUT THE PSYCHO-SPIRITUAL INSTITUTE

The Psycho-Spiritual Institute (PSI) was established in 2013 by the Lux Terra Leadership Foundation, in collaboration with Missio Aachen, with the aim of training and graduating experts in Psycho-Spiritual Therapy and Counselling for African countries.

The emergence of the Institute is in response to what many have identified as an urgent need to offer professional psychological and spiritual care to the increasing number of Africans, including their religious leaders, 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 counsellors, 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.

VISION

An African society in which there is wholesome psycho-Spiritual well-being, holistic personality integration, as well as ongoing self-awareness, growth, and transformation.

MISSION

The Psycho-Spiritual Institute seeks to offer high-quality professional training for candidates, who will function as Therapists, Counsellors and Chaplains in institutions across Africa, to promote psycho-spiritual well-being and ongoing transformation in the society, using up-to-date psychotherapeutic tools, approaches, and methodologies, and drawing from the best of the Christian spiritual and mystical tradition, while taking into critical consideration the African socio-historical and cultural context. The Psycho-Spiritual Institute seeks to offer high-quality professional training for candidates, who will function as Therapists, Counsellors and Chaplains in institutions across Africa, to promote psycho-spiritual well-being and ongoing transformation in the society, using up-to-date psychotherapeutic tools, approaches, and methodologies, and drawing from the best of the Christian spiritual and mystical tradition,

while taking into critical consideration the African socio-historical and cultural context.

TRAINING CENTRES

The Training Centres of the Institute are located at the Marist International University, Karen, Nairobi, Kenya, and the Lux Terra Leadership Foundation, in 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 many Africans who are struggling with such issues of an emotional, psychological, and spiritual nature, such as depression, post-traumatic stress disorder, confusion, burn-out, mid-life crisis, addictive disorders, grieving disorders, suicide ideation, as well as sexual abuse. They could also serve as Counsellors and Chaplain in several institutions, including colleges and universities, formation houses and seminaries, prisons, hospitals, and drug rehabilitation centres. There is room for those who choose to simply "audit" the two-year course without the master's degree. (Contact the Institute for more details).

2. Sabbatical Programme

This is a 9 months self-discovery and spiritual renewal programme, especially for Catholic Priests and Religious who have been in ministry or in the religious life for 10 years or over. It is principally aimed at the renewal and transformation of the candidate himself or herself, while also providing opportunities for the candidate to acquire basic skills in Psycho-Spiritual Counselling and Spiritual Direction. It combines a few structured courses with such psychological and spiritual interventions that are designed to facilitate healing, growth and ongoing transformation.

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,

approaches, tools and techniques in the dynamics of Psycho-Spiritual healing, growth, and transformation, in a peaceful, serene and prayerful environment. (See website for more details).

ADMISSION REQUIREMENTS

Admission for the Master's degree course is open to Christians clergy, religious and lay persons, with first degree in psychology, or a minimum of second-class upper division in any of the social sciences from a recognized university. Candidates with no background in Psychology, or those with second-class lower division in their social science degree may however be considered for admission - with the understanding that in the course of the two-year programme, such candidates will pay for and undergo each summer, a "Bridging Course" that has been designed to make up for the shortfall. Candidates must demonstrate competence to do rigorous research work.

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!

