

# PACT: A Foundational Course in the Christian Wholeness Framework

PACT is an excellent course for both pastoral and advanced professional counsellors.  
PACT stands for Pastoral & Advanced Professional Training.

## Overview

The PACT Program is offered by Living Wholeness Ltd. PACT is for mature Christians who have a vision to help others grow through training in Christian Counselling, in God centred transformation and wholeness, and so influence society for the Kingdom of God.

The CWF – Christian Wholeness Framework was chosen as the ideal foundation for this training. The CWF integrates the social, biological/behavioural, mind, heart and spiritual aspects of man in a wholistic way. This framework provides a dynamic understanding of God-centered transformation, and a basis and shared language for integrating all other therapy approaches.

As part of the learning process participants are expected and facilitated to apply the principles and processes of Christian Wholeness to themselves first. The course is highly practical and adult learning principles are employed throughout. Practice and tutorial groups are a large component of the training. Students are also trained to train others in personal growth, lay counselling and to church-based home groups. The curriculum is applicable to differences in client gender, culture, and age (including children and teenagers).

Strong support at two levels is offered following the face to face intensive training periods, including both mutual support between students and faculty to students in terms of regular group supervision, and also mentoring as required. On graduation participants may enroll in the 4 year Master Trainer course.

A wide range of teaching methods are employed, with interactive classroom sessions, demonstration, role plays, tutorial groups, personal processing groups, personal reading, group discussion, and journaling, to maximize adult learning. Living Wholeness is committed to the small, in the case of PACT the teacher to student ration is kept at 1:5, thus offering students real relationship with their teachers and supervisors.

IT solutions are employed to reduce cost and increase efficacy of training, for example students are sent pre-reading material, reducing time and costs of the intensive unit. Group supervision between units is online.

The course structure is

- Unit 1: Initial 2 weeks face to face intensive unit (live in on site)
- Unit 2: 12 months of online group work
- Unit 3: Final 2 weeks face to face intensive unit (live in on site)

The entire course takes a student commitment of 560 hrs over the 12 months, including practicum, counselling, assessment, and training work. The program is currently not accredited officially but is offered as a certificate from Brisbane School of Theology and Living Wholeness. BST is accredited through the Australian College of Theology.

## Rationale

The Purposes of PACT are to:

**1. Equip Pastoral and Christian Counsellors** Foundational to this course is the discipleship approach of facilitating a deeper stronger relationship with the Father, Son, and Holy Spirit. In many aspects the primary aim of the course is to grow strong Christ Centered pastors and counsellors in their journey of walking with God.

The course also aims to educate and empower Christian teachers and leaders in developing Asian countries with Wholistic Christian counselling. Students are chosen so the cohort consists of a mix of lay/pastoral and professional/educators. These two streams learn from each other and work with each other for the good of all clients, the church, and the counselling profession.

PACT provides a framework of a Biblical anthropology of man and the process of sanctification, growth and healing. Students are encouraged first to apply this material to themselves, so they can then authentically guide others. The course provides opportunity for students to continue their own journey of personal sanctification, growth and healing, through small group and reflective journal work. Students become familiar with contemporary psychological trends and theories and learn to integrate this within a Biblical paradigm.

**2. Who Train Others** Because of the enormous social and interpersonal needs in developing countries, the aim of the course is for graduates not just to be able to provide personal counselling but to equip them to train others in the church in at least basic people helping skills. There is continual emphasis on training others within all elements of PACT. Graduates experience the training, and are taught skills and knowledge about how to train others at either basic or advanced people helper level. Several Living Wholeness courses are available with curriculum and resources ready to be taught by these graduates.

**3. Develop Professionally** The course is such that it introduces pastoral students to the concepts of life as a professional. To be sustainable when providing care and counsel to others, counsellors and helpers need to develop a structure that provides them with support and accountability that is safe, authentic and accessible. The course has built in personal accountability groups, teaches the principles of supervision, and provides supervision experience. It encourages students to develop a lifelong habit of professional development. Numerous students have gone on to study counselling formally at masters level, and numerous masters graduates attend PACT because they are seeking the authentic integration of faith and professional training.

**4. Impact Community** Many people study counselling for their own benefit or use it in a limited way in their community. The course encourages participants to also think strategically as to how they may become agents of change within their local communities beyond just the counselling room.

**5. Become Future Faculty** Selected students, who show significant capacity in their personal transformation, and their attitudes, skills and knowledge, are invited to return as co-trainers and group co-facilitators as a way to prepare them for being future faculty. This ensures sustainability and multiplication of the program, by indigenous people.

**6. And Thus Strategic Multiplication** As can be seen from the above, this training is significantly about strategic multiplication in Asia, so that the graduates are not only 1:1 counsellors but well equipped to grow the church volunteer base, train and equip others, lead, develop, mentor and supervise, and create community strategic interventions in a missional way to impact and have dominion in their spheres of impact.

**Summary** In summary we want to send out workers into the field with intimacy with Him, who imitate Him, and who bring influence, indwelt by the Holy Spirit.

The last word: PACT is a mature cross-culturally appropriate systematic Biblically based program using the CWF to disciple and train pastoral and advanced counsellors, both trainers and practitioners.

## Registration

Please note that all participants must have completed the 30 hour Foundations in LW Course. People interested in participating in the next PACT program should apply on the LW website.

<https://www.livingwholeness.org/south-asia-pact-4/>

Enquiries can be directed to [admin@livingwholeness.org](mailto:admin@livingwholeness.org).