



CS105 Spiritual Disciplines for Emotional Self-Care

Ms Seah Chiew Kwan | 1.5 CR

Course Purpose

Am I able to hold my bundle of emotions (thoughts, feelings, visceral experiences and urges) so that I do not simply react to situations but respond in a way that reflect that I am a follower of Christ? Perhaps we struggle with this in stressful situations, with anger, sadness, anxiety and other emotional experiences in our day-to-day living. There is hope. We learn from neuroscience that it is possible to regulate our emotions through new experiences.

Dates (2021)

Jan 9, 23,
Feb 20
Mar 6
(9am – 1pm)

Location

Biblical Graduate School of
Theology
50 Kallang Pudding Road, #07-01,
Singapore 349326

Credits
1.5 CR

Fees
S\$225(Credit)
S\$120 (Audit)

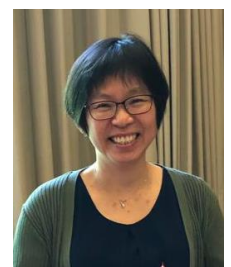
Class Format
Live Class

As part of our self-care, we can tap on Christian spiritual disciplines to create new emotional experiences that make space for God in our life. In this space we open ourselves to be more aware of God's presence, to notice and hold our inner experiences with more openness, to discern with greater clarity what God is saying to us through his Word in our situation, and to allow the Holy Spirit to enable us to act in a way that brings greater love, praise and service to God.

This course is *experiential*; it is for anyone who desires to *experiment* with embracing the Christian spiritual disciplines in their ordinary living towards greater emotional well-being. May we receive and experience God's grace in our emotional self-care.

About the Lecturer

Ms Seah Chiew Kwan is a graduate from BGST (Grad Dip CS, MCS) and TCA College (MA Counselling). Currently, she is an adjunct lecturer with BGST and Tung Ling Bible School. Since 2010 Chiew Kwan has been facilitating silence & solitude retreats and workshops for church and small groups. She offers professional counselling to individuals as a private practitioner as well as spiritual mentoring for Christian individuals. Her passion is integrating psychotherapy and Christian spirituality in her work and ministry. She was a lecturer with Singapore Polytechnic for 20 years. She is married to Roy and they have two adult children and one grand-daughter. She is also a cancer survivor.



AY2020 – 21, Semester 2 (Jan– Jun 2021)

Academic Information

Learning Outcomes

Students are expected, as a result of this course, to demonstrate:

1. Christian spiritual disciplines in ordinary living for emotional self-care, after having the opportunity to experiment with these disciplines
2. Adequate reflection on the spiritual disciplines for practical living
3. Integration of their experience into a personal culture that includes emotional self-care.

Course Requirements

The prescribed assignments are:

- a) A Reflection Report on Readings
- b) Practice of the Spiritual Disciplines
- c) A Final Reflection Report.

For more information, contact us at **Biblical Graduate School of Theology**
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