



恩典聖經神學院  
Grace Biblical Seminary



# Skills for Living

Skills for Living is a secular version of a Christian mental health program based on biblical principles. It serves as an introduction to mental health principles, and secondly, to create a bridge for sharing the Gospel. This course is particularly helpful to counselors, pastors and church leaders who want to integrate biblical mental health principles into their ministry and outreach.



Date : 16/10-25/12/2021

Lecturer : Dr. David Eckman

Fee : Degree / Non-degree Credit HK\$1,500

(CB Church members HK\$1,200)

Audit HK\$900 (CB Church members HK\$720)

- Course delivered by online video, reading & Zoom meeting
- Needs to buy 2 textbooks separately.

## Required Texts

- David Eckman, Ph.D., *Skills for Living*, California: BWGI Ministries, 2005.
- David Eckman, Ph.D., *The Struggle for the Heart: Sex, Food & God*, California: BWGI Ministries, 2006. \*English only, also available on Amazon Kindle

## Skills for Living Course Schedule

\* = Zoom Lecture Meeting

Date	Lecture
16/10 *	Zoom - Introduction – Mental Health and Spiritual Health
23/10	Module 1: True Self Module
30/10 *	Module 2: <ul style="list-style-type: none"><li>• Culture and Family Background Module</li><li>• Addiction (The Struggle For the Heart Lecture 1)</li></ul>
6/11	Module 3: <ul style="list-style-type: none"><li>• Communication Module</li><li>• Addiction (The Struggle For the Heart Lecture 2)</li></ul>
13/11 *	Module 4: <ul style="list-style-type: none"><li>• How Emotions Work</li><li>• Addiction (The Struggle For the Heart Lecture 3)</li></ul>
20/11	Module 5: <ul style="list-style-type: none"><li>• Addiction Module</li><li>• Addiction (The Struggle For the Heart Lecture 4)</li></ul>
27/11	Module 6: <ul style="list-style-type: none"><li>• Identity Module</li><li>• Addiction (The Struggle For the Heart Lecture 5)</li></ul>
4/12 *	Module 7: <ul style="list-style-type: none"><li>• Gender Differences Module</li><li>• Addiction (The Struggle For the Heart Lecture 6)</li></ul>
11/12	Module 8: <ul style="list-style-type: none"><li>• Skills for Life Module</li></ul>
18/12 *	Module 9: <ul style="list-style-type: none"><li>• Skills for Life and Evangelism</li></ul>
25/12	Zoom Meeting