

# SPIRITUAL RESILIENCE

*with*



*Dr Tan Siang Yang*

This seminar series is organised as a collaborative effort between DUMC and Alpha Omega International College.

## SEMINAR SERIES

VENUE:  
DREAM CENTRE,  
PETALING JAYA

**DUMC** 



ALPHA OMEGA  
INTERNATIONAL  
COLLEGE



# THE CHURCH AS A HEALING COMMUNITY: THE VITAL ROLE OF

## *Lay Counsellors*

**Fri, 5 Sep**  
**9.30am – 4.30pm**

RM150 (by 8 Aug)  
RM180 (after 8 Aug)  
Livestream available RM100

Available for conversion to  
1-credit course via AOIC  
(Additional fee + short  
assignment required)

E: [enquiries@aoic.org.my](mailto:enquiries@aoic.org.my)  
T: +6011-5630-7994

**T**he church is more than a place of worship—it is a community of healing, restoration, and transformation. Every week, people walk into our churches carrying unseen burdens—marital struggles, anxiety, grief, addiction, and deep emotional wounds. Yet, many never seek professional counselling due to stigma, cost, or lack of access. Who will care for them?

Pastors alone cannot bear the full weight of shepherding every hurting soul. This is why the ministry of lay counselling is not just helpful—it is essential.

## Why Lay Counseling Matters In The Church

- The need is greater than ever—emotional and mental health struggles are rising, and many turn to the church first for help
- Pastors cannot do it alone—lay counsellors provide essential support so pastors can focus on preaching, vision, and leadership
- Biblical and psychological integration—lay counsellors help people navigate life's challenges with Christ-centered wisdom and emotional care
- Strengthening the church community—trained lay counsellors foster deeper discipleship, healthier relationships, and a culture of care
- Equipping ordinary believers—lay counselling is not just for professionals; it empowers everyday Christians to minister with wisdom, compassion, and effectiveness

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## What You'll Gain From This Seminar:

- A biblical foundation for lay counselling— understanding its role in the church's mission
- Practical counselling skills—how to listen well, provide encouragement, and offer biblically sound guidance
- Knowing your role—how lay counsellors can work alongside pastors and when to refer to professionals
- How to build a lay counselling ministry in your church—steps to train and equip members for this vital work
- A renewed vision for the church—as a place where people don't just attend, but truly heal and grow

## Who Should Attend?

- This seminar is for pastors, ministry leaders, small group leaders, and any believer with a heart to walk alongside the hurting. Whether you are looking to start a lay counselling ministry or enhance the care culture of your church, this seminar will equip you with the tools and vision to make a lasting impact.
- The church must be more than a preaching center—it must be a place of healing, where trained lay counsellors serve as Christ's hands and heart to those in need. Join us in discovering how ordinary believers can make an extraordinary difference through the ministry of lay counselling.

# FROM BROKENNESS TO GROWTH: THE JOURNEY OF SOUL CARE AND

## *Post-Traumatic Growth*

**Sat, 6 Sep**  
**9.00am – 3.00pm**

**Sun, 7 Sep**  
**1.00pm – 5.00pm**

RM200 (by 8 Aug)  
RM230 (after 8 Aug)

Customise this seminar into  
3-credit course via AOIC.  
Includes post-seminar Zoom  
classes (10 & 12 Sep,  
7.30pm – 10.30pm)

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**T**rauma and suffering are inevitable parts of life, yet they do not have to define or defeat us. While pain can shake our faith, it can also become a catalyst for deeper growth, healing, and transformation.

This seminar explores the intersection of soul care and post-traumatic growth. Going beyond psychological perspectives and empirical findings on resilience and posttraumatic growth, this seminar will equip participants with practical strategies to care for their souls in times of adversity and discover how challenges can foster deeper faith, renewed purpose, and lasting resilience.

Through biblical wisdom, psychological research, and real-life applications, we will uncover how God can use even the most difficult seasons to shape us into deeper, more compassionate, and spiritually mature individuals.



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### What You'll Learn:

- Understanding post-traumatic growth—how suffering, when met with faith and intentional reflection, can lead to spiritual, emotional, and psychological transformation
- The role of soul care in healing from wounds of the past, strengthening the spirit, and deepening one's connection with God
- Spiritual disciplines for resilience—practices like prayer, solitude, lament, and scripture meditation that sustain faith and inner renewal
- Finding meaning in suffering—how trials can refine character, increase empathy, and lead to a more profound sense of purpose
- Preventing burnout and compassion fatigue—how caregivers, leaders, and those in ministry can care for their own souls while serving others
- Helping others heal—practical ways to walk alongside those experiencing grief, trauma, and hardship with wisdom, love, and biblical truth

### Who Should Attend?

- This seminar is designed for pastors, lay leaders, ministry workers, caregivers, and anyone seeking spiritual and emotional healing. Whether you are navigating personal challenges, supporting others through their struggles, or simply desiring to cultivate a deeper and more resilient faith, this seminar will provide practical insights, soul-refreshing encouragement, and a community of fellow travelers on the journey toward renewal.
- Join us for this transformative experience and discover how pain can become a pathway to deeper faith, inner healing, and lifelong growth.

# SHEPHERDING WITH HEART: RENEWING YOUR PASTORAL CARE AND MINISTRY BEYOND WHAT

||| ■ *You Already Know* ■ |||

Tue, 9 Sep  
10.00am – 4.00pm

## PASTORS' & SHEPHERDS' SEMINAR

RM100 (by 8 Aug)  
RM130 (after 8 Aug)

**Y**ou already know the weight of ministry. You've preached the Word, counselled the hurting, prayed through crises, and carried the burdens of your people. But even the strongest shepherds need renewal.

Pastoral ministry is demanding—not just in what you do, but in what it requires of your soul, mind, and spirit. Over time, even the most faithful shepherds can experience compassion fatigue, discouragement, and burnout. The question isn't whether you know enough to care for God's people—it's whether you're being refreshed, strengthened, and equipped to continue the journey without losing heart.

This seminar, is designed to take you beyond what you already know—helping you deepen your soul care, sharpen your pastoral skills, and rekindle the passion and endurance you need to lead well.



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*You Already Know*



Tue, 9 Sep  
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## PASTORS' & SHEPHERDS' SEMINAR

RM100 (by 8 Aug)  
RM130 (after 8 Aug)

Pastors, please sign up  
here: [bit.ly/  
tsyseminar\\_shepherd](https://bit.ly/tsyseminar_shepherd)

### Why This Seminar Matters For You:

- Go deeper in your calling—renew your vision for pastoral care and leadership
- Move beyond survival mode—learn how to prevent burnout and sustain long-term ministry joy
- Strengthen your ability to care for others—gain fresh insights on counselling, discipleship, and guiding people through life's struggles
- Integrate spiritual formation and psychology—discover how biblical wisdom and Christian counselling principles work together in effective shepherding
- Receive pastoral care for your own soul—because shepherds need renewal, too

### Who Should Attend?

- This seminar is for pastors, ministry leaders, missionaries and shepherds of God's people who desire to grow in their effectiveness, deepen their own spiritual health, and rediscover joy and endurance in their calling. Whether you've been in ministry for decades or are just starting, this seminar will equip you to lead from a place of spiritual vitality rather than exhaustion.
- Don't just rely on what you already know—come be renewed, refreshed, and empowered for the road ahead.

# FORGIVEN AND FREE: FINDING HEALING THROUGH

## *Biblical Forgiveness*

Tue, 9 Sep  
8.00pm – 10.00pm

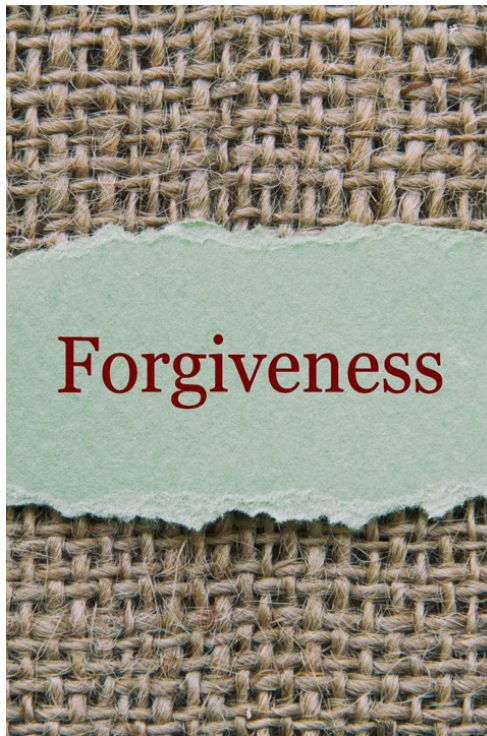
OPEN TO ALL

Free Admission  
Registration:  
[dumc.my/tsyseminar](http://dumc.my/tsyseminar)

Everyone gets hurt—but not everyone finds healing. Many Christians in Malaysia silently carry wounds from broken relationships, betrayal, or deep disappointments. While we know we are called to forgive, most of us wrestle with how. How do we forgive when the pain runs deep? And how does forgiveness lead to true freedom?

In this special evening talk, **Dr. Siang-Yang Tan**, a respected Christian psychologist and pastor, shares how forgiveness is not only a biblical command but also the pathway to deep emotional and spiritual healing.

Drawing from **Scripture, psychological insight, and 40+ years of clinical and pastoral experience**, Dr. Tan offers practical steps toward freedom, peace, and restored relationships.



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### Key Concepts You'll Explore

- **Why forgiveness is essential** to emotional and spiritual healing
- **What biblical forgiveness is—and isn't** (it's not forgetting or excusing harm)
- **How unforgiveness impacts your body, emotions, and faith**
- **The role of the Holy Spirit** in the healing process
- **Simple, practical steps to begin forgiving others** (and even yourself)
- **How forgiveness opens the door** to peace, freedom, and restored relationships

### Who Should Attend?

- This talk is for **every believer**—whether you're struggling to forgive, walking with someone who is hurting, or simply seeking peace in your own life. No counselling background needed. Just a heart willing to heal and grow.

**SPECIAL**

# **SPECIAL PACKAGE: 3-IN-1 DEAL**

**Early bird registration deadline is 8 Aug**

**RM380**

**(SPECIAL BUNDLE DISCOUNT)**

**RM280**

**(PASTORS, FULL-TIME WORKERS,  
MISSIONARIES)**

**Limited to first 100 respondents.**

**Registration: [dumc.my/tsyseminar](https://dumc.my/tsyseminar)**

## **PROFILE**



## **DR TAN SIANG YANG**

Siang Yang (PhD, Clinical Psychology, McGill University) is a Senior Professor of Clinical Psychology at the School of Psychology & Marriage and Family Therapy, Fuller Theological Seminary in Pasadena, California, USA, and Senior Pastor, Emeritus, of First Evangelical Church, Glendale, California, USA. He has published numerous articles and 17 books, including *Counselling and Psychology: A Christian Perspective*; *A Christian Approach to Counselling and Psychology*; *Lay Counselling (with Eric Scalise)*; and *Shepherding God's People: A Guide to Faithful and Fruitful Pastoral Ministry*. He now serves as Spiritual Director of the American Association of Christian Counsellors.

## **ENQUIRIES & MORE INFORMATION, KINDLY CONTACT:**



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We're an online Bible college based in the Klang Valley, dedicated to equipping lay leaders with biblically rooted teaching. Grow in God's Word and learn to use your gifts to serve your church and community.

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