



Bachelor's Degree in Counseling and Pastoral Psychology

Institutional Identity

The Universidad Católica Americana (UNICA) is an ecclesiastical institution inspired by the Christian-Catholic tradition, committed to the integral formation of students in the light of the Gospel and the living tradition of the Church. UNICA integrates faith and reason, fosters spiritual life, and equips its students for intellectual, social, and pastoral service in contemporary society.

Mission

To form professionals with a solid background in counseling and pastoral psychology, integrating theological, psychological, and spiritual foundations, capable of accompanying individuals and communities in processes of human and spiritual growth, conflict resolution, mental health, and vocational discernment.

Vision

To be regionally recognized as a Catholic university of reference in the training of pastoral counselors and psychologists, offering bilingual, innovative, and academically excellent programs at the service of the Church and society.

Values

Truth, Charity, Excellence, Holiness, Unity, and Service.

Program Technical Sheet

Field	Description
Program Name	Bachelor's Degree in Counseling and Pastoral Psychology
Academic Level	Undergraduate / Bachelor's Degree
Duration	8 semesters (curricular structure organized by semesters)
Total Credits	160 credits (average of 20 credits per semester)
Modality	Virtual and hybrid (synchronous/asynchronous classes, intensive in-person sessions, and ministerial practice)
Language Offer	Spanish / English / Bilingual (according to student's choice)
Location	State of Texas, U.S.A.

P.O. Box 16088, Houston Tx 77222
(correspondence), and 627 Rocky Mountain Dr.,
Houston, TX 77037
contacto@uca-virtual.us



Degree Awarded	Bachelor in Counseling and Pastoral Psychology — Universidad Católica Americana (UNICA)
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Admission Requirements (Profile and Documentation)

- Recognized High School Diploma or equivalent (GED).
- Secondary school transcript / academic record.
- Personal essay (motivation letter and vocational discernment).
- Admission interview (academic and vocational).
- One pastoral or academic recommendation.
- Demonstration of language proficiency according to modality (see language section).
- For international students: compliance with current immigration and/or visa requirements.
- The university may include additional requirements in accordance with institutional and accreditation standards.

Formative

To train pastoral counselors capable of integrating the contributions of psychology, theology, and Christian spirituality to accompany individuals, families, and communities in processes of healing, guidance, and integral development, promoting mental health, spiritual well-being, and community reconciliation.

Purpose

Learning Outcomes

Upon completion, the Bachelor in Counseling and Pastoral Psychology will be able to:

1. Understand biblical, theological, and psychological foundations applied to pastoral accompaniment.
2. Apply pastoral counseling techniques in individual and community settings.
3. Develop prevention and mental health promotion programs in ecclesial and social contexts.
4. Integrate spiritual resources into therapeutic and counseling processes.
5. Assess and guide crisis situations from a pastoral and psychological perspective.
6. Promote resilience and human-spiritual growth within faith communities.
7. Research and reflect on pastoral practice in dialogue with contemporary psychology.
8. Exercise pastoral leadership in human and spiritual accompaniment projects.



Competencies

General: Critical thinking, oral and written communication, leadership, teamwork, intercultural sensitivity, digital competence.

Specific: Pastoral counseling, psychology foundations, psychology of religion, spiritual accompaniment, family and community psychology, crisis intervention, pastoral ethics, and research in counseling and pastoral ministry.

Language Offer and Language Requirements

The program is offered in three modalities: Spanish, English, and Bilingual.

Certification requirements are equivalent to those established for the Bachelor's Degree in Theology, with emphasis on technical vocabulary in psychology and pastoral studies.

Plan of Studies by Semesters (8 Semesters — 160 Credits)

Semester	Code	Course	Credits	Summary	Prerequisites
1	CPS-101	Introduction to Counseling and Pastoral Psychology	6	Nature and foundations of pastoral counseling.	None
	CPS-102	Biblical and Theological Foundations of Pastoral Ministry	6	Biblical and doctrinal bases of counseling ministry.	None
	CPS-103	General Psychology	4	Main theories and currents of psychology.	None
	CPS-104	Academic Writing and Communication	4	Academic writing and argumentation tools.	None
Total			20		
2	CPS-201	Human Development Psychology	6	Human development stages and pastoral relevance.	CPS-103
	CPS-202	History of Christian Counseling	6	Historical evolution of counseling and pastoral psychology.	CPS-101
	CPS-203	Christian Philosophy and Anthropology	4	Philosophical reflection on the human person from faith.	None
	CPS-204	Digital Competencies for Counseling	4	Use of digital media in pastoral accompaniment.	None
Total			20		
3	CPS-301	Psychology of Religion	6	Study of religious experience from psychology.	CPS-103
	CPS-302	Pastoral Counseling I	6	Basic counseling techniques in pastoral contexts.	CPS-101
	CPS-303	Christian Ethics and Bioethics	4	Ethical principles applied to pastoral and psychological work.	CPS-102
	CPS-304	Family and Community Sociology	4	Social dynamics applied to pastoral counseling.	None

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Total			20		
4	CPS-401	Psychopathology and Pastoral Accompaniment	6	Main psychological disorders and pastoral approaches.	CPS-301
	CPS-402	Pastoral Counseling II	6	Intervention strategies in pastoral counseling.	CPS-302
	CPS-403	Liturgy, Spirituality, and Inner Healing	4	Relationship between liturgy, sacraments, and healing processes.	CPS-102
	CPS-404	General Elective I	4	Elective in humanities, social sciences, or arts.	According to elective
Total			20		
5	CPS-501	Family and Couple Psychology	6	Family dynamics and conflict counseling.	CPS-201
	CPS-502	Crisis Counseling	6	Intervention strategies in emotional and spiritual crises.	CPS-402
	CPS-503	Pastoral Care of Health and Grief	4	Counseling in illness, grief, and end-of-life care.	CPS-302
	CPS-504	Supervised Practice I	4	First supervised counseling experience.	CPS-302
Total			20		
6	CPS-601	Community Psychology and Social Ministry	6	Psychosocial intervention in faith communities.	CPS-304
	CPS-602	Brief Psychotherapy and Pastoral Techniques	6	Psychotherapeutic tools applicable to pastoral counseling.	CPS-502
	CPS-603	Youth and Vocational Ministry	4	Accompaniment of young people in faith and discernment.	CPS-201
	CPS-604	Supervised Practice II	4	Intensive experience in pastoral counseling.	CPS-504
Total			20		
7	CPS-701	Advanced Pastoral Psychology	6	Integration of psychological theories and pastoral practices.	CPS-602
	CPS-702	Research in Counseling and Pastoral Psychology	6	Research methodology applied to pastoral work.	CPS-204
	CPS-703	Intercultural and Interreligious Counseling	4	Counseling in multicultural contexts.	CPS-402
	CPS-704	Advanced Elective in Counseling	4	Specialized course in an area of interest.	According to elective
Total			20		
8	CPS-801	Integrative Seminar and Final Project	10	Development and defense of a final project in counseling and pastoral psychology.	CPS-702
	CPS-802	Pastoral Leadership and Community Management	6	Organization and pastoral leadership strategies.	CPS-401



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	CPS-803	Specialized Counseling (Family, Youth, Health)	4	In-depth study in a pastoral counseling area.	According to elective
Total			20		

Methodology and Evaluation

- **Blended methodology:** Directed readings, synchronous and asynchronous virtual classes, intensive workshops, and supervised pastoral counseling practices.
- **Continuous evaluation:** Essays, case studies, counseling practices, research projects, and defense of the final thesis.
- **Bilingual modality:** Evaluation of competencies in both Spanish and English according to institutional standards.

Institutional Observations and Regulatory Compliance

The university will adapt admission documents and requirements in accordance with the laws of the State of Texas and the current authorization and accreditation conditions for religious institutions and programs offered in virtual or hybrid modality.

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