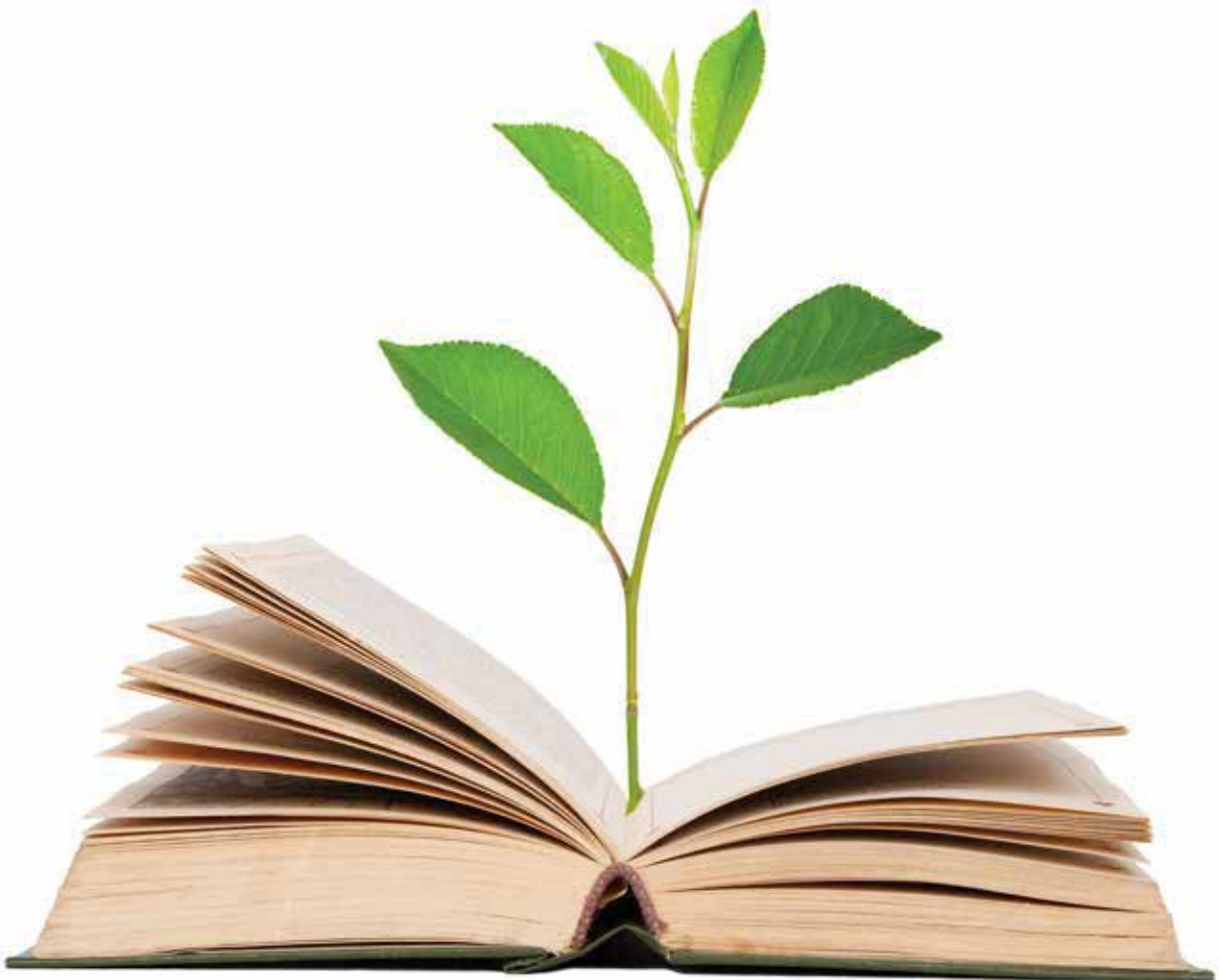




Psychology and Counselling

C E R T I F I C A T E





When you've seen beyond yourself, then you
may find, peace of mind is waiting there.

- George Harrison

ABOUT US

Our Story

Since 2007, The School of Positive Psychology is the pioneer education and training facility in Singapore and Asia, established to promote the art, science and practice of Positive Psychology and Psychotherapy. Apart from providing education and credentials, we promote research, training, and the dissemination of Positive Psychology. We are here to share the gift of joy and fulfillment using the methods offered in Positive Psychology.

Our Mission

To 'POSITIFY' people and organisations through the growth of positive psychology in Asia, leading to optimal levels of wellbeing and human functioning.

Our Vision

"A THRIVING POPULATION"

Being a positive psychology education leader in Asia to provide an accessible platform for high quality applied positive psychology, psychotherapy, positive education, and positive organisational psychology courses for personal and organisational development.

Psychology

WHAT IS PSYCHOLOGY?

Psychology is the scientific study of thought, emotion, and behaviour. Psychologists examine the various aspects of human experience, such as human emotions, thoughts, and actions. They apply their understanding of people in a variety of professions, including clinical, counselling, educational, organisational, and academic settings.

Therefore, it is relevant to every aspect of human life in areas such as health, parenthood, education, business, and mental health. The key areas of psychology are developmental, social, cognitive, biological, and individual differences.

MODULE

FOUNDATION PSYCHOLOGY introduces the field of psychology as a scientific discipline concerned with the study of thought and human behaviour. How do people differ from one another? Does childhood development affect our adulthood? How does motivation play a part in reaching goals? Do we all think the same? This module tries to answer these questions and many others. It explores topics on the history of psychology, human development, mind and brain, perception, learning and motivation, intelligence, personality, and emotional behaviours.

INTENDED LEARNING OUTCOME

Upon completion of the module, students will be able to demonstrate knowledge, comprehension, and application of:

- The fundamentals of psychology;
- A deeper understanding of self, others, and interpersonal relationships; and
- The contribution of psychology towards human development and wellbeing.



Counselling

WHAT IS COUNSELLING?

Counselling and psychotherapy is a general term for the interpersonal and relational intervention of treating mental and emotional disorders by engaging clients to vocalise their condition(s) and related issues with a mental health professional.

Counsellors employ a range of techniques that focus on experiential relationship building, communication, and behaviour modification. This includes alleviation of distress, an increase in individual sense of wellbeing, and reduction of discomforting experiences. These are designed to improve the mental health of a client/patient, or to improve group relationships.

MODULE

INTRODUCTION TO PSYCHOTHERAPY AND COUNSELLING introduces the students to the fundamental theories of psychotherapy. The module looks at a number of theories such as the psychoanalytic theories of Freud, the humanistic approach, and Rational Emotive Behaviour Therapy (REBT). Students will be taught the fundamental skills of a therapist such as listening, attending, and responding skills. Students will further learn questioning techniques to be able to interact with clients. This module will provide students with the understanding and applicability of psychotherapy and counselling to successfully implement this professionally and in other areas of development such as personal life, relationships, workplace, and family.

INTENDED LEARNING OUTCOME

Upon completion of the module, students will be able to demonstrate knowledge, comprehension, and application of:

- Basic principles of counselling and psychotherapy; and
- Key processes and critical underpinnings of counselling individuals, relationships, marriages and families.



ENROLMENT

Entry Requirements

- 1 GCE 'O' Level credit (subject conducted in English), or
- ITE NITEC, or
- Mature candidates (≥ 30 years old), with 8 years work experience, or
- Other applications can be considered on a case-by-case basis

Course Fees

- SGD 1,391 w/GST (Single major)
- SGD 2,461 w/GST (Double major)

Course Duration

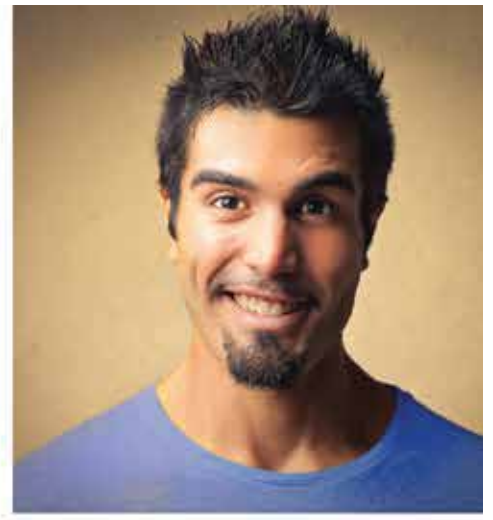
- 3 months (Single major)
- 6 months (Double major)

Applications Requirements

- Completed application form
- 1 recent passport-sized photo
- 1 photocopy of NRIC or Singapore valid pass
- Updated resume
- Educational certificates and academic transcripts
- Application fee: SGD 160.50 w/GST

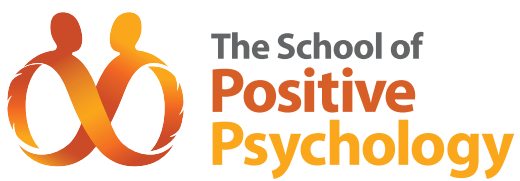
Course Delivery

- Lectures and seminars
- Class presentation
- Role plays
- Case studies



ALLOW
yourself
TO BE AN
anchor
AND
anchored
BY OTHERS





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Committee for
Private Education
Reg No. 200703523D
6 June 18 to 5 June 22