



Psychology

DIPLOMA COURSES



Positive Psychology teaches us that we are all mixture of strengths and weaknesses. No one has it all, and no one lacks it all.

Christopher Peterson



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 credentialing, we promote research, training, and the dissemination of positive psychology. We are here to share the gift of joy and fulfilment 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

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

Students enrolling for the single major diploma programme are only required to take 8 modules, whereas students enrolling for the double major diploma programme are required to take 10 modules. The modules are listed in the table below:

		SINGLE MAJOR			DOUBLE MAJOR	
		Diploma in Applied Positive Psychology	Diploma in Applied Psychology	Diploma in Psychotherapy and Counselling	Diploma in Psychology and Positive Psychology	Diploma in Psychology and Psychotherapy
CORE MODULES	Foundation Psychology					
	Introduction to Positive Psychology					
	Developmental Psychology					
	Introduction to Psychotherapy and Counselling					
ELECTIVE MODULES	Abnormal Psychology					
	Addictions and Interventions					
	Family and Marital Counselling					
	Group Counselling					
	Positive Emotions and Thoughts					
	Positive Reframing Workshop					
	Resilience Workshop					
	Social Psychology					

CORE MODULES

01 Foundation Psychology

How do people differ from one another? To what extent your current behaviour is shaped by your childhood development? How does motivation play a part in reaching goals? This module introduces the field of psychology as a **scientific discipline** concerned with the **study of thought and human behaviour**.

02 Introduction to Positive Psychology

Introduction to Positive Psychology examines concepts such as happiness and wellbeing. The effects of having positive interpersonal relationships and development of character strengths to help people **flourish** are emphasised here. The module also equips learners with positive intervention tools such as **mindfulness** and **resilience** to increase overall wellbeing.

03 Developmental Psychology

Developmental Psychology introduces **human growth and development over the lifespan**, from conception to death. Learners will delve into the study of major **developmental stages** such as childhood, adolescence, and adulthood. Topics on puberty, sexuality, adult maturity, lifestyle changes, the family life cycle, and retirement are covered as well.

04 Introduction to Psychotherapy and Counselling

This module introduces the fundamental theories of psychotherapy, including **psychoanalytic theories** of Freud, **humanistic approach**, and **Rational Emotive Behaviour Therapy** (REBT). Students will also learn the fundamental skills of a therapist, and how to apply psychotherapy and counselling to help clients in areas of development.

ELECTIVE MODULES

05 Abnormal Psychology

Abnormal Psychology explores the **biological, psychological, and social factors** that **cause psychological disorders** such as anxiety and mood disorders, schizophrenia, eating disorders, somatoform and dissociative disorders, and personality disorders. Various intervention methodologies and techniques will be discussed.

06 Addictions and Interventions

Addictions and Interventions aims to address the **causes of addiction** and the various **intervention techniques** used to overcome addiction. Students will learn skills to help clients set **goal commitments**, work on **resistance**, address the underlying causes that lead to the addiction, and to build up **motivational emotions** such as self-efficacy.

07 Family and Marital Counselling

In this module, we examine how individuals are affected by their own family by looking at **personal conflicts** and the **influence of family dynamics**. Various theories and techniques in working with families and couples are discussed, so learners can be equipped in working with teenagers, parents, couples, and families.

08 Group Counselling

This module allows learners to apply their knowledge in individual therapy to a group setting. Learners will learn how, as a therapist, to deal with difficult and **defensive behaviours**, create **group trust**, work with intense emotions, and to **effectively address each group member's issue**.

09 Positive Emotions and Thoughts

Learn the science behind the **formation of positive emotions**, and how these emotions can be interpreted to influence our cognitive processes. This module also highlights the importance of **self-efficacy**. The concept of **mindfulness**, an act of intentional participation in the present, will also be deliberated.

10 Positive Reframing Workshop

Positive Reframing is taught as a psychotherapy approach for personal development. You will be exposed to positive guided imagery techniques such as creative visualisation. Concepts such as **mental resilience, psychological capital, unconscious strengths, value domains,** and **creative intelligence** will be explored.

11 Resilience Workshop

In this 2-day interactive workshop, students will understand how resilience, hope, and optimism interact and affect each other. The programme aims to help you develop the ability to **thrive and flourish**, rather than to simply survive, in the face of inevitable difficulties and uncertainties. Through strengths identification, social support networks, sources of positive emotions, and previous experiences of resilience, this workshop helps learners to build their '**resilience muscles**'.

12 Social Psychology

Social Psychology studies individuals in the **social context**, and focuses on how psychological factors influence our **interactions with others**. Topics on social influence, group processes, prejudice and discrimination, aggression, attitudes, stereotypes, conformity, and compliance will be addressed.

HOW ARE WE DIFFERENT?

01 Specialisation

We only offer psychology courses at The School of Positive Psychology. The curriculum is carefully developed by acclaimed psychology experts.

02 Learn from Leading Positive Psychologists

On the list of our teaching community are Dr Ilona Boniwell, Dr Robert Biswas-Diener and graduates of Martin Seligman's Master of Applied Positive Psychology at the University of Pennsylvania.

03 Application Approach

At The School of Positive Psychology, we emphasise more on applications and discussions rather than theory. You can immediately apply what you learn after attending each lesson in your work and personal lives.

04 Small Teacher-to-Student Ratio

Studies have shown that a small teacher-to-student ratio dramatically increases learning effectiveness. Reduced class sizes and the number of students that a faculty member is responsible for teaching lead to significant improvements in student outcomes.



Don't just take our word for it, hear from our students how positive psychology education has changed their lives.

Every module I've done has been an eye opener and joy. I was searching for answers to questions in my own life and I am especially grateful that the trainers have helped me to make sense of that. A year to remember for the rest of my life – a very happy year!

*- Jennifer Mitchell,
Office Manager*

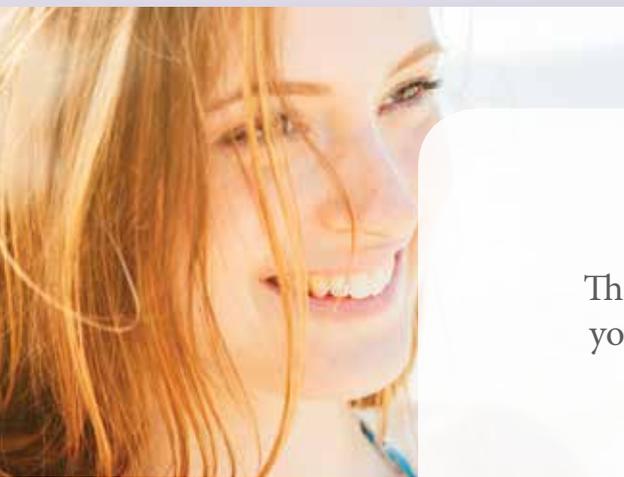
Classes were very engaging because we were given opportunities to do hands-on applications of the theories taught. The applications we learnt could be used in many situations and are easily applicable to anyone!

*- Priya D/O Kromoorthy,
Educator*

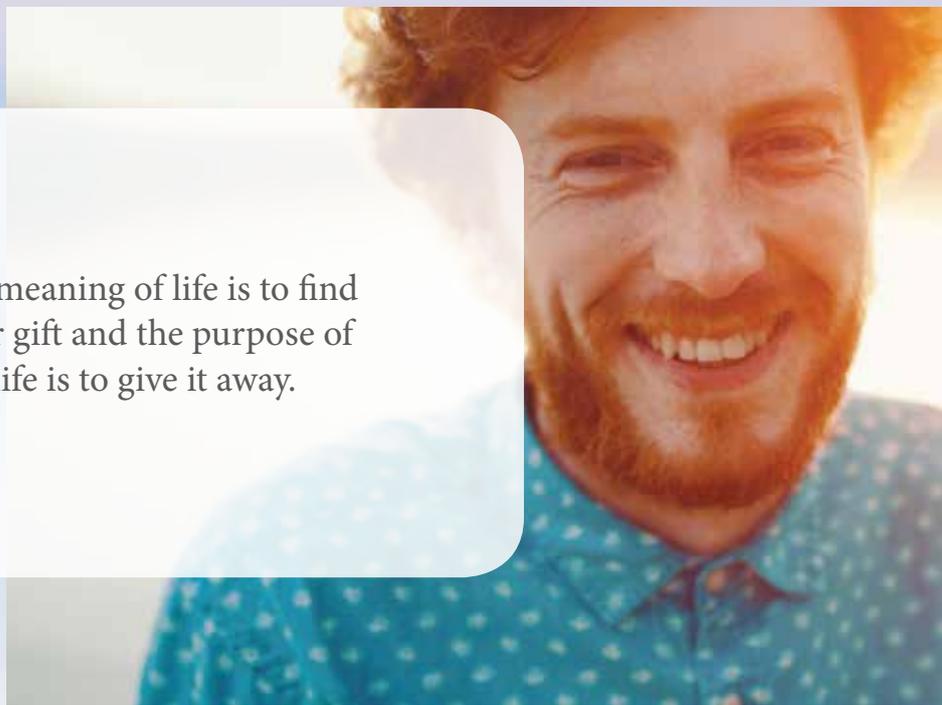
The lecturers delivered the course interactively which I found easy to comprehend. I highly recommend the course to anyone who would like to positively impact their own life and the lives of people around them

*- Belle Lee Shuxian,
Cabin Crew*





The meaning of life is to find
your gift and the purpose of
life is to give it away.



ENROLMENT

Entry Requirements

- Diploma holder from Polytechnic or recognised PEI, or
- 2 GCE 'A' Level H2 passes, or
- Certificate in Psychology and/or Counselling from TSPP or other recognised PEI with:
 - At least C6 in any GCE 'O' level subject conducted in English, or
 - ITE NITEC; or
 - 30 years old with at least 8 years working experience
- Applicants with minimum 2 years working experience and holding either:
 - 5 GCE 'O' Level passes with minimum grade of C6, or
 - ITE Higher NITEC

English Language Requirements

- GCE 'O' level minimum C6 in English, or
- Grade E in any GCE 'A' level subject conducted in English, or
- TSPP English placement test, or
- IELTS 5.5 or equivalent

Application Procedure

- Step 1: Pre-course interview with course supervisor
- Step 2: Write a mission statement of 200 words on why you want to study the course

Course Fees

- SGD 8,560 w/GST (Single major)
- SGD 10,700 w/GST (Double major)

Application Requirements

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

Course Delivery and Assessments

- Lectures, case studies, discussions
- Class presentations, role plays, essays, examinations

Course Duration

- 12 months



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Committee for
Private Education
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