



The School of
**Positive
Psychology**

Psychotherapy and Counselling

GRADUATE DIPLOMA



Psychotherapy is an art enlightened by
wisdom, theory & research.

- *Barbara Temaner Brodley*



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.

Affiliation

THE NATIONAL COUNCIL OF PSYCHOTHERAPISTS, UK

The National Council of Psychotherapists, one of the longest established societies of its type in the UK, being formed in 1971 following the 'Foster Report' on the statutory registration of psychotherapists, is a national association of therapists, namely in private practice, to whom the public may confidently refer to. Most schools of psychological thought are represented and a wide variety of therapeutic approaches are offered.

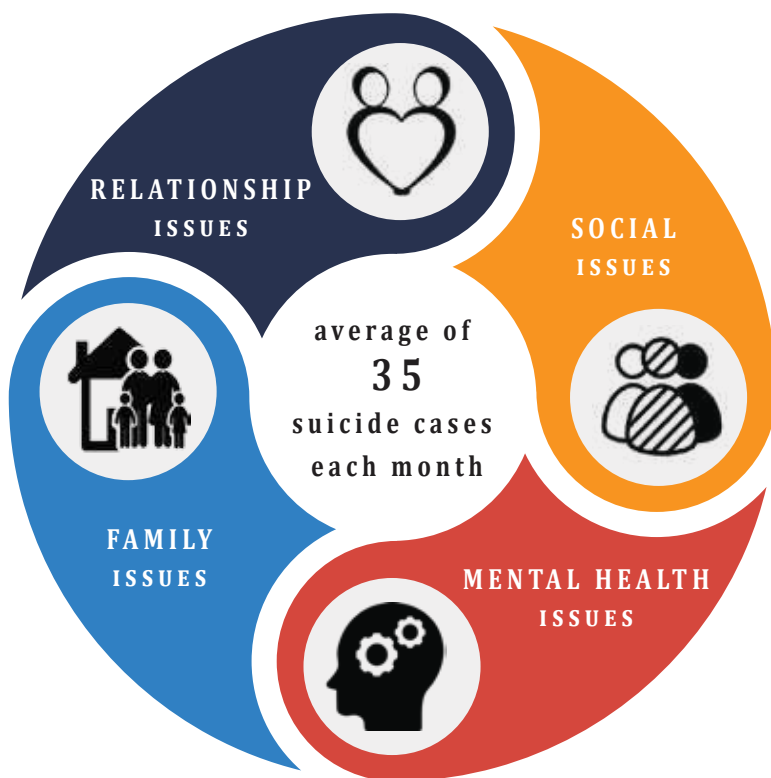
The National Council of Psychotherapists maintains a full code of ethics and practice to which all members must agree to abide by. All memberships are renewable on an annual basis to protect their members and the general public.



FACT SHEET

STATE OF MENTAL HEALTH

AFFECTIVE DISORDERS
affected over



MAJORITY
OF THE MENTAL ILLNESSES
OCCURRED BY THE AGE OF

26
YEARS

01 MAJOR DEPRESSIVE DISORDER (MDD)

MDD, also known as Clinical Depression, is marked by a depressed mood most of the day, and a loss of interest in normal activities and relationships.

TOP 3

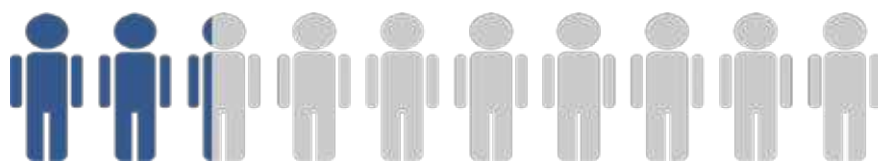
COMMON DISORDERS

02 ALCOHOL ABUSE

A maladaptive pattern of alcohol use leading to clinically significant impairment or distress.

03 OBSESSIVE COMPULSIVE DISORDER (OCD)

Uncontrollable, reoccurring thoughts (obsessions) and behaviors (compulsions) that one feels the urge to do repeatedly.



ONLY
22.1%

of people with mental illness seek PROFESSIONAL HELP

REFERENCES

- CHONG, S. A., ABDIN, E., VAINGANKAR, J.A., HENG, D., SHERBOURNE, C., ... SUBRAMANIAM, M.(2012). A POPULATION-BASED SURVEY OF MENTAL DISORDER IN SINGAPORE. ANNALS ACADEMY OF MEDICINE, 41(2), 49-66.
- NUMBER AND PROFILE OF PERSONS WHO ATTEMPTED SUICIDE. (2017). RETRIEVED JULY 07, 2017, FROM [HTTP://WWW.CITATIONMACHINE.NET/BIBLIOGRAPHIES/215023468?NEW=TRUE](http://www.citationmachine.net/bibliographies/215023468?new=true)

GRADUATE DIPLOMA IN PSYCHOTHERAPY AND COUNSELLING

Psychotherapy and Counselling are general terms for the interpersonal and relational intervention of treating mental and emotional disorders by engaging clients to vocalise their conditions and related issues with a mental health professional.

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

This course aims to equip students with the theoretical counselling and psychotherapy skills. Students will be taught talk therapy techniques such as Solution Focused Brief Therapy (SFBT) and Cognitive Behavioural Therapy (CBT). These psychotherapy and counselling techniques can be applied to areas for personal development, relationships, workplace, and family.

Apart from the counselling and psychotherapy theories and techniques, students will learn the emerging science of positive psychology and its applications to mental health and wellbeing.

Psychotherapy and counselling can help people with issues and disorders to:

- Understand behaviours, emotions, and thoughts that contribute to his or her issue or disorder;
- Understand and identify life problems or events – like a major illness, a death in the family, a loss of a job, or a divorce – that contribute to their challenge or disorder, and help them understand which aspects of those problems they may be able to resolve or improve;
- Regain a sense of control and pleasure in life; and
- Learn coping techniques and problem-solving skills.





The principle aim of psychotherapy is not to transport one to an impossible state of happiness, but to help (the client) acquire steadfastness and patience in the face of suffering.

- Carl Jung

01 APPLICATIONS OF PSYCHOLOGY

This module introduces the field of psychology as a scientific discipline concerned with the study of human behaviour and their mental processes. Students will learn the major philosophical issues dealing with the mind-brain problem, and nature versus nurture. Topics covered include the history of psychology, human development, mind and brain, perception, learning and motivation, personality, emotion, intelligence, mental health, psychological research, and ethics. Applications of psychology include mental health treatment, performance enhancement, self-help, ergonomics, and many other areas affecting health and daily life.

02 INTRODUCTION TO POSITIVE PSYCHOLOGY

This module explores the birth and development of positive psychology, with a focus on strengths and fulfilling the lives of people. In other words, it is the study of what can go right with people. It concerns the study of subjective human experiences, positive personality traits, and their influence in society. Students will learn positive psychology frameworks and theories such as Martin Seligman's PERMA: Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. Other topics include resilience, positive emotions such as gratitude and hope, the theory of "flow", cultivating positive relationships, meaning in life, and self-regulation. Additionally, students will learn the research studies in positive psychology and the skills, tools, and exercises pertaining to the module topics.

03 INTRODUCTION TO COUNSELLING, PSYCHOTHERAPY AND COACHING

This module begins by providing students with a comparison and contrast between three professions, namely counselling, psychotherapy, and coaching. Next, students are introduced to three major counselling theories that are used in the counselling progression, namely the Psychoanalytic, Person-Centered, and Cognitive Behavioural Therapy. Last but not least, students will be exposed to the Solution Focused Brief Therapy (SFBT) approach.

The SFBT approach aims to facilitate clients to become more aware of what they want different in their lives, and finding ways to make these desired outcomes a reality. Through active learning, students will have a deeper understanding of the SFBT approach, its underlying assumptions, its core skills, and some applications of this approach to counselling and coaching settings.

04 INTRODUCTION TO COGNITIVE BEHAVIOURAL THERAPY (CBT)

This module covers the fundamental theories in Cognitive Behavioural Therapy (CBT), a type of psychotherapy based on working with and modifying thought processes, assumptions, beliefs, and behaviours, with the aim of influencing disturbed emotions. It is widely accepted as an evidence and empiricism-based, cost-effective psychotherapy for many psychological challenges. It can be used with groups or individuals. It provides an understanding of the principles and therapy of Aaron T. Beck's psychotherapy model in the management of a variety of psychological disorders from a theoretical and clinical perspective. Included in the module are clinical cases and techniques.

05 PSYCHOTHERAPY PRACTICE AND ETHICS

This module introduces the importance of professional behaviour under the Ethics Code. This module aims to teach students the standards of conduct, performance, and ethics on their role as a therapist. Topics will include ethical issues such as confidentiality, informed consent, dual relationships, termination, and referral. It will guide students into making informed and reasonable decisions for their client, to behave with honesty and integrity, and to ensure that personal biasness and beliefs do not interfere with therapy.

Graduate Diploma in Psychotherapy & Counselling - Professional Pathway

Upon completion of the course, graduates are eligible for further training in psychotherapy via the Professional Diploma in Psychotherapy course.

HOW WILL I BENEFIT?



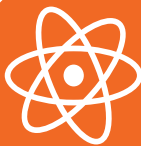
Sharpen interpersonal skills



Materialise ambition of a career in psychology



Understand the complexity of human minds



Boost confidence in dealing with the unknown or discomfort



Find meaning and purpose in life



Increase social intelligence



Improve conflict resolution skills



Discover signature strengths



Enhance listening and counselling skills



Develop resilience and increase overall well being



Reinforce communication skills and relationships



Cultivate growth mindset



Enhance understanding of self and others



Increase positive emotions through positive interventions

TESTIMONIALS

HEAR WHAT THEY HAVE TO SAY

“

I gained a lot through this course and now understand better why people think and behave the way they do. It also places me in a better position to know how to reach out to those in need. I also made new supportive friends from different walks of life through the course!

- CAROL TEO

”

“

The course was extremely enjoyable yet progressive. Trainers that delivered the course material did so with ease and patience and were extremely open to any questions or clarifications. The content provided a vital platform and foundation for the practice of the various forms of interventions used in professional psychology.

- MAHTANI AVEEN

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“

I have thoroughly enjoyed the courses offered at TSPP. The instructors are experienced and engaging, the course material interesting and relevant to laying a solid foundation for future career in psychology and psychotherapy, the people and environment helpful and conducive to learning. It has been overall an awesome experience for me!

- LIM IN IN

”

“

The course is great for aspiring psychotherapists and counsellors. You will get to learn very practical counselling skills and have the chance to practise hands-on under the careful supervision of the passionate lecturers.

- ZAX WOON

”

“

Very interactive and participatory. I have gained a lot of knowledge ... Excellent lecturers ... motivating and inspiring group!

- ANNA CHUA

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“

When I enrolled at the school, I was searching for answers, was hoping to start something new and also felt pretty low. Within a few weeks of studying Positive Psychology, my life changed. I learned to savour the present, to listen to others mindfully and reconnected with myself and my people. Learning different therapies and concepts, from amazingly talented lecturers, has also strengthened the fact that I want to use my own life experiences to pursue a career in counselling to help young adults in the future. Lastly, some of my peers have become close friends. 'Other people matter' alright!

- VALERIE GUICHARD

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ENROLMENT

Entry Requirements

- A recognised Bachelor's degree, or
- Diploma holder from Polytechnic with minimum 5 years working experience can be considered on a case-by-case basis

Application Procedures

- Step 1: Pre-course interview with course supervisor
- Step 2: Write a 300-word application statement

Course Fees

- SGD 9,523 w/GST

Applications Requirements

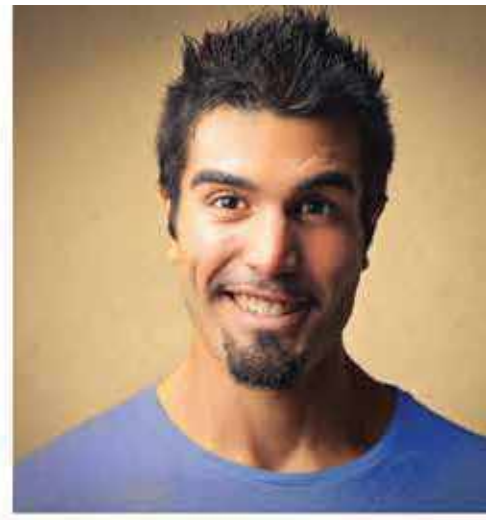
- Completed application form
- Completed application statement
- 1 recent passport-sized photo
- 1 photocopy of NRIC or Singapore valid pass
- Updated resume
- Educational certificates and academic transcripts
- Application fee: SGD 160.50 w/GST

Course Delivery

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

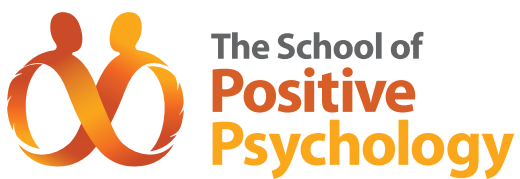
Course Duration

- 6 months



IF YOU WANT
order
IN THE
COMMONWEALTH,
YOU FIRST HAVE
TO HAVE ORDER
IN THE
individual
soul





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