

GRADUATE DIPLOMA IN

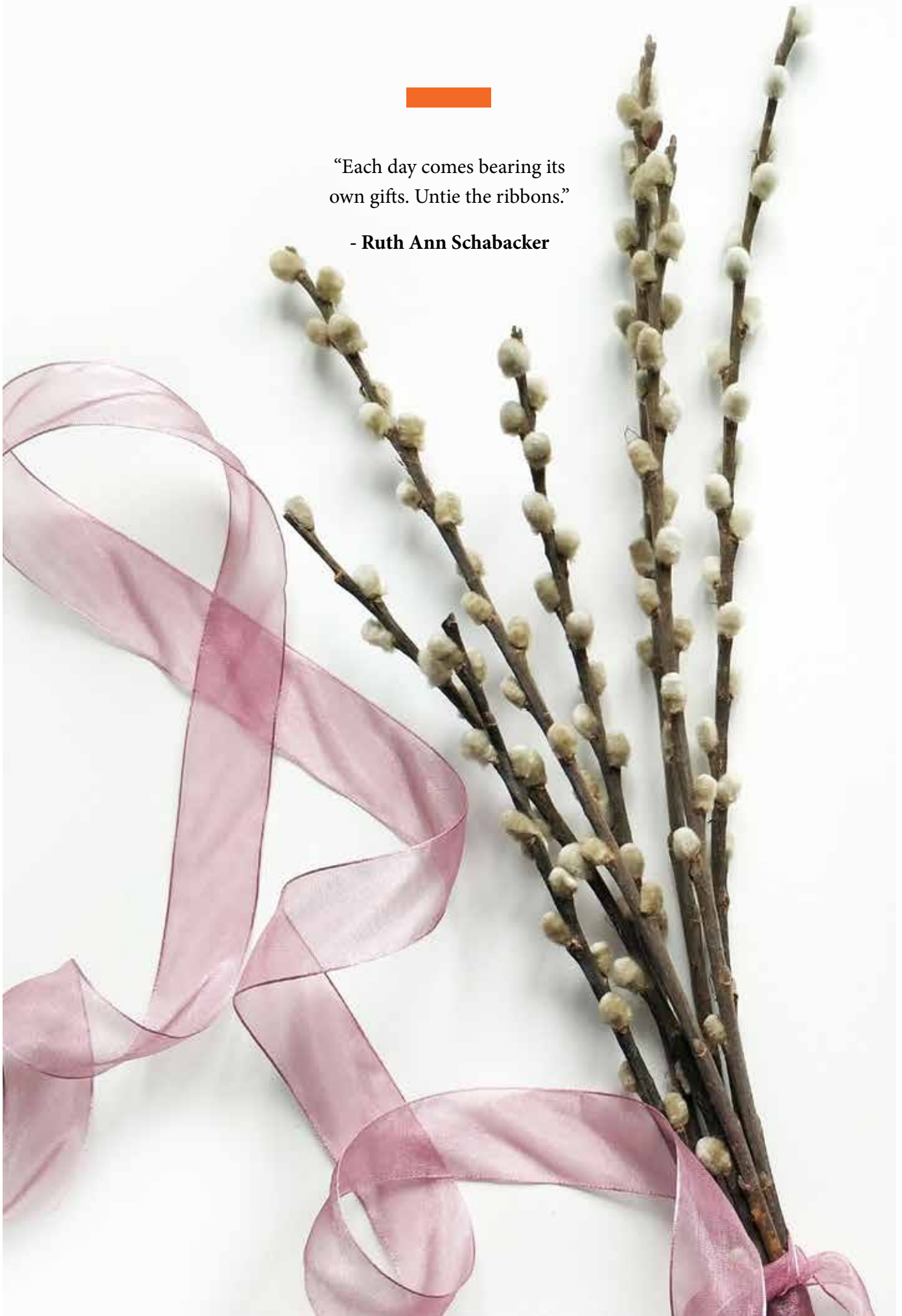
Applied Positive Psychology





“Each day comes bearing its own gifts. Untie the ribbons.”

- Ruth Ann Schabacker





THE SCHOOL OF POSITIVE PSYCHOLOGY

Established in 2007, The School of Positive Psychology is the pioneer education and training institution in Asia specialising in the art, science and practice of positive psychology. The Singapore-based institution offers certificate, diploma and postgraduate programmes in applied positive psychology, psychotherapy and positive organisational psychology in affiliation with Anglia Ruskin University in the United Kingdom.

The programmes are led by internationally-renowned experts in positive psychology such as Dr. Ilona Boniwell, who founded the European Network of Positive Psychology as well as the first Masters in Applied Positive Psychology programme in Europe, and Dr. Robert Biswas-Diener, best-selling author, speaker and trainer widely respected as the founder of positive psychology coaching in the world.

As the only institution dedicated to the study of positive psychology in Singapore, The School of Positive Psychology is driven by a mission to help people enhance their psychological capital, optimise human potential and functioning, and improve personal and organisational wellbeing. The school promotes the growth of this emerging discipline in Asia through its own research and development initiatives, public workshops, social experiments and events such as the positive psychology conference.

All students of The School of Positive Psychology's academic programmes are eligible to register as members of the International Positive Psychology Association (IPPA), the world's leading authority dedicated to the advancement of the science of positive psychology and its research-based applications. As part of the IPPA community, members are recognised as accredited practitioners of positive psychology worldwide.



THE APPLIED SCIENCE

Positive psychology is an applied science of the positive aspects of human life, happiness, wellbeing and flourishing. The aim of positive psychology is to form a catalyst in psychology from a preoccupation with repairing the worst things in life, to building the best qualities in life.

Positive Psychology is an emerging branch of applied psychology that combines the essentials of conventional schools of thought with modern methods. It concerns the study of subjective human experiences, positive personality traits and their influence in society.

Positive psychology training increases the abilities of individuals to pursue engagement and involvement in work, leisure and relationships. Positive emotions and memories generate hope, faith, trust, confidence and optimism, which have been documented to buffer against depression. It can instil satisfaction, serenity, contentment and fulfillment to gear and develop gratitude and forgiveness. In addition to that, positive psychology heightens individual awareness and appreciation of the pursuit of meaning in life, increasing their capacity for happiness, fulfillment and evolution.



EVIDENCE-BASED DISCIPLINE

It is scientifically proven that happier people with positive emotions and traits are more productive as they think faster, more creative, healthier, more successful, caring and more socially engaged.

Positive psychology focuses on the following key elements: positive emotions, positive individual traits, positive relationships and positive institutions.

Positive emotions entail the study of contentment with the past, happiness in the present, and hope for the future.

Positive individual traits consist of the study of the strengths and virtues, such as the capacity for love and work, courage quotient, compassion, resilience, creativity, curiosity, integrity, self-knowledge, emotional literacy, self-regulation and control, perseverance and wisdom.

Positive relationships focus on the principle of “Other People Matter” and how it can influence and affect your overall wellbeing.

Positive institutions entail the study of the strengths that foster better communities and organisations, such as integrity, justice, responsibility, civility, parenting, nurturance, work ethics, leadership, teamwork, purpose and meaning.

WHAT WILL YOU LEARN

In this course, learners are able to develop their capabilities as professional practitioners by applying positive psychology methodologies and interventions in varying areas of their work and life.

As a positive psychology practitioner, you can identify potential talent in others such as character strengths, growth or fixed mindsets, thinking and behavioural patterns, befitting of promotion of abilities in either work or social

settings. You may even coach others on the disciplines of positive psychology as well as promote specialised training in career, life, mental wellness, parenting, executive and leadership coaching.

As a graduate, you will be able to implement applications in various areas of human functioning, such as increasing levels of happiness, fostering positive relationships, identifying signature strengths and utilising them for career and life progression.

You can find yourself using positive psychology tools for training or consultancy purposes in communities, organisations, governmental institutions, educational institutions or even in social enterprises.


You are able to enjoy sustainable wellbeing and development skills for organisational development, talent management, executive and management coaching, or even use methods to transform a business or help develop and optimize the potential of an individual, group, company, community or institution.

OUR CLIENTS

Some of our clients in positive psychology training are: Singapore Civil Service, Ministry of Education, Health Promotion Board Singapore, Singapore Prison Services, Ministry of Home Affairs, National Parks Singapore, Agri-food and Veterinary Association of Singapore, Defence Science and Technology Agency, DXO Singapore, Matinal University of Singapore, Singapore Institute of Management, Singapore Management University, National Technological University, Integrated Health Information Systems, SingHealth, Singapore Civil Defence Force, and the Ministry of Social and Family Development.

AREAS OF POSITIVE PSYCHOLOGY APPLICATIONS





“Happiness can exist only
in acceptance.”

- Denis De Rougemont



GPSY 02

INTRODUCTION TO POSITIVE PSYCHOLOGY

Introduction to Positive Psychology explores the birth and development of positive psychology with a focus on strengths and fulfilling the lives of people. **It is the study of what can go right with people.** It concerns the research of subjective human experiences, positive personality traits and their influence in society.

Learners will learn positive psychology frameworks and theories such as Dr. Martin Seligman's **PERMAH** model: **Positive Emotions, Engagement, Relationships, Meaning, Accomplishment** and **Health**. 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, learners will learn about the research studies done in positive psychology and the skills, tools and exercise pertaining to the module topics.

Learning Outcomes

Students will:

- Gain an understanding of the history of positive psychology and the current frameworks surrounding positive psychology
- Practice positive interventions and understand how these can be applied into their work, family and life
- Develop their own understanding of what positive psychology is and how it can impact themselves and the people in their lives



GPSY 08

POSITIVE PSYCHOLOGY IN PRACTICE

This module will offer learners a practical learning experience using evidence-based Positive Psychology Interventions (PPIs). PPIs are **intentional actions** we can take to improve wellbeing, that have been tried and tested through scientific research.

In this module, learners will develop their understanding of what PPIs are, how to determine the appropriate PPI to use based on needs, and how to **design and deliver PPIs** to a chosen audience. Our students will develop the critical skills in understanding the use of PPIs for individuals, communities and organisations, and will consider the **appropriateness of use**, based on a range of factors such as context, culture, and life domains. Most importantly, our learners will personally engage with the PPIs to truly embody the learning.

Learning Outcomes

Students will:

- Gain an understanding of the research and appropriate use of Positive Psychology Interventions
- Practice Positive Psychology Interventions and understand how these can be applied into their work, family and life
- Design and evaluate their own intervention to meet a need in a particular context



GPSY 10

WELLBEING FOR INDIVIDUALS AND SYSTEMS

In this **two-part module**, students will develop an advanced understanding of wellbeing from a micro and macro perspective.

Part A: In the first part of the module, students will engage in **online self-paced learning** from Dr Robert Biswas-Diener. Students will discuss and learn about a wide range of theories and research results from the study of happiness. In curating this content, Dr Robert Biswas-Diener has made every effort to extend beyond the most popularly reported science from the last 20 years. Students will be introduced to novel ideas about **happiness intervention**, the role of **life circumstances**, and **happy thinking** among other topics. This part of the module is 9 hours in length, and is delivered via 8 hours self-paced online learning and 1 hour debrief.

Learning Outcomes

Students will:

- Gain a more nuanced understanding of key wellbeing concepts
- Update their knowledge with recently published wellbeing studies
- Extend their knowledge by learning about frequently overlooked wellbeing research from the 1970s, 80s, and 90s

Part B: In the second part of the module (21 hours), learners will move to a macro-level perspective to learn about positive psychology frameworks and systems level approaches. This module will look at how we can enable social systems, as well as individuals to thrive. Specifically, students will explore multiple perspectives on wellbeing through a cultural, ethical and social lens. By developing a 'systems awareness' and the unique needs of each system, we can start to develop and integrate wellbeing programmes that support diversity, inclusion and leverage on the collective strengths. These concepts will support learners to understand how they can utilise positive psychology to make change at a group or organisational level. The cultural and contextual concepts will be considered.

Learning Outcomes

Students will:

- Identify the key factors that contribute to a systems approach to wellbeing
- Understand and evaluate the evidence-based frameworks used for systems level interventions
- Create effective system-based interventions to add value at a collective level



GPSY 09

STRENGTHS DEVELOPMENT

This module will explore the strengths tools used within positive psychology, VIA, Strength Profiler and Gallup. Students will study the science of strengths as the foundation of positive psychology, and understanding the highest potential of the human race.

In the module, the students will learn about classifications and measures of strengths, and explore the diverse strength-based approaches for individuals, teams, and organisations. Students will have an opportunity to apply science-based practises to activate their strengths, learn the 'golden mean' of strengths, and explore how they can apply their unique strengths constellations across life domains.

Learning Outcomes

Students will:

- Gain a thorough understanding of Strengths assessments
- Learn how to use Strengths assessment tools for coaching and development
- Critically assess the use of Strengths tools
- Design and use strategies to build strengths in self and others



GPSY 05B

RESILIENCE TRAINING FOR PRACTITIONERS

Resilience Training builds on research findings from four relevant fields of study which includes: **Cognitive Behavioural Therapy; resilience; post-traumatic growth; and positive psychology.**

The module is organised around SPARK acronym, and teaches learners to break simple and complex situations into manageable components of **Situation, Perception, Auto-pilot, Reaction** and **Knowledge**. Originally developed by Dr Ilona Boniwell and Dr Lucy Ryan, this groundbreaking programme for developing resilience is currently employed by educational and people centric-organisations.

Learners will be introduced to a range of resilience skills and models that are applicable to support a non-clinical population to navigate challenges and stresses effectively. At the end of this professional workshop, the learner is certified to train others as a '**SPARK Resilience Workplace Trainer**'.

Part A (14 hours): The programme enables learners to challenge their interpretation of any life situation and consider other alternatives as they are being introduced to the skills of assertiveness and problem solving. Learners are also helped to build their own '**resilience muscles**' through identifying their strengths, social support networks, sources of positive emotions and previous experiences of resilience.

Part B (7 hours): Students will interact with resilience strategies and practical ways to apply resilience in a selected setting.

Learning Outcomes

Students will:

- Understand the key models, research and processes that contribute to building and sustaining resilience
- Be able to design and develop resources to build and sustain resilience in self
- Design resilience strategies to build resilience awareness in others



GPSY 04

MINDFULNESS PSYCHOLOGY

Mindfulness Psychology is a non-judgmental awareness of, curiosity about, and acceptance of one's **present moment experience**. It is becoming an increasingly popular approach to holistic health, wellness, and thriving for individuals and institutions. A growing body of scientific research suggests that cultivating mindfulness can robustly enhance cognitive, emotional, physical, spiritual, and social wellbeing.

In this workshop, you will equip yourself with both theoretical and experiential understanding of mindfulness psychology. Grounded in the assumption that effective mindfulness facilitation requires maintaining a **personal mindfulness practice**, this module emphasizes hands-on learning of mindfulness techniques so that you can authentically guide yourself and others on a long-term path of mindfulness.

In this module, learners will explore the history, branches, and current state of **mindfulness psychology**. They will debunk myths and misconceptions and practise effective communication of the benefits of mindfulness. They will also explore the relationship between mindfulness and positive psychology.

Learners will experience both formal and informal mindfulness practices. On top of that, they will explore how to start, sustain, and deepen mindfulness practices and how to **coach and lead others in a guided meditation**. Common barriers to mindfulness and ways to overcome them will be explored in this module.

Learning Outcomes

Students will:

- Have a firm understanding of the background of mindfulness, including mindfulness from physiology and neuroscience lens and the benefits and possible adverse effects of mindfulness
- Practice a range of mindfulness techniques and consider the relevance of mindfulness techniques, as well as the underlying mechanisms and process
- Use critical analysis and considerations for using mindfulness for themselves and others



ADMISSIONS

ENROLMENT DETAILS

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

ENGLISH LANGUAGE REQUIREMENTS

- GCE 'O' Level English language grade 1 to 6, or
- Grade E in any GCE 'A' level subject conducted in English, or
- Pass TSPP English placement test, or
- IELTS 5.5 or equivalent

APPLICATION PROCEDURE

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

APPLICATION 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, case studies, discussions
- Class presentations, role plays, essays

COURSE DURATION

- 6 months

COURSE FEE

- SGD 9,523 w/GST



TESTIMONIALS

HEAR FROM OUR STUDENTS

“I’ve learnt a lot from the school, among them are the ‘3 blessings exercise’, ‘gratitude journal/letter’, ‘the positive emotion 3:1 ratio’ but most importantly, I have learnt the true meaning of happiness. Since the day I was introduced to positive psychology in 2012, I have applied positive psychology in both my personal and work life. My kids, wife and I practise the ‘3 blessings experience’ every night and I have also developed my own programme called ‘my emo-managing your emotions’ and introduced it to the maritime community in Singapore. My goal is to introduce positive psychology to the maritime industry, especially to the seafarers. I believe practising positive psychology in an isolated workplace, on board a ship will make the working environment a more happy and wonderful place to be in.”

STANLEY SIAW, MANAGER

“I believe that the class should continue this lively mood in building positive learning. The art of happiness is only a part of positive psychology. With more insight from this course, it opened up my mind and how to balance my current and enhance my future.”

EMIL CHUNG, MANAGER

“After taking the course, I am able to understand myself better and have a firmer grasp of my temperament and personality. Personally, I found myself transformed and becoming more tolerant, forgiving and empathetic. I am also more conscious of being overly judgmental and myopic in my social life, with my family and loved ones. Overall, I feel more resilient and less stressed when coping with difficulties. harnessing on the lessons of this course enables me to be happier and build better rapport with people in my vocation, particularly in a service-oriented environment.”


DENNIS OH, DIRECTOR

“The course was conducted in a very professional and interesting way by our lecturer, Sha-en. Right from day one she allowed us to live and apply this journey of learning with different psychology interventions. She shared with us her own experiences, which allowed us to connect easily and in a very warm-hearted way to the subject. This module already gave us amazing tools to apply positive interventions in our daily lives as much in a personal and a professional level.”

JASMINE CHEVALLEZ, LIFE COACH





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Committee for
Private Education
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