

Diploma in Applied Positive Psychology and Wellbeing (DAPPW)

Programme Guide



The School of Positive Psychology

Singapore • Japan • Hong Kong • Philippines

Established in 2007

The School of Positive Psychology is the first education and training facility in Asia dedicated to promoting the art, science, and practice of positive psychology and psychotherapy.

Alongside providing education and credentials, we are dedicated to advancing research, delivering impactful training, and championing the principles of positive psychology to empower individuals and communities to thrive and flourish.

Our Vision

To help the world thrive through wellbeing-based education and thought leadership.

Our Mission

To empower people with evidence-based, high-quality positive psychology and psychotherapy education, research, and professional development that fosters compassion and courage, and builds thriving communities, organisations, and societies.

The School of Positive Psychology is registered under the Enhanced Registration Framework (ERF). The ERF is administered by the SkillsFuture Singapore (SSG). ERF requires all students to be covered under the Industry-Wide Course (IWC) fee insurance scheme. In The School of Positive Psychology, this is provided through Lonpac Insurance Bhd.

For more details, please visit <https://www.skillsfuture.gov.sg/pei>

Why You'll Love Learning with Us

- **Culturally Relevant Learning**
Our programmes are tailored to resonate with the Asian market, reflecting an “intentional localism” approach that ensures cultural relevance and practical application.
- **Experiential Education**
While knowledge is abundant, the real challenge lies in its application. We focus on experiential, practical, and applicable learning, equipping you with tools to thrive in real-world scenarios.
- **A Personalised Journey**
Take ownership of your learning journey. Our customised pathways and elective options empower you to tailor your education to your goals and interests.
- **Purposeful Assignments**
Gain clarity on assignment objectives and see the tangible benefits of your efforts. Every task is designed to maximise your investment of time and energy.
- **A Passion for Learning**
Explore the full spectrum of psychology, from its foundational principles to transformative positive practices, with opportunities to delve into topics across the mental wellbeing spectrum from -10 to +10.



Diploma in Applied Positive Psychology and Wellbeing (DAPPW)

The Diploma in Applied Positive Psychology and Wellbeing is designed for individuals keen on understanding the science of happiness through the lens of positive psychology. Grounded in evidence-based, practical application of psychology theories and strategies, this diploma is great for personal development and in making a difference in the lives of people around you.

Introduction

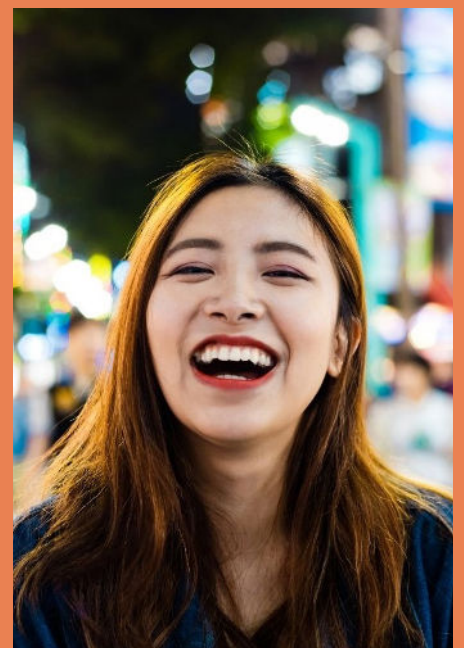
Empower yourself with our Diploma in Applied Positive Psychology and Wellbeing. Interdisciplinary in nature, it offers a wealth of psychological knowledge, backed by extensive resources and rigorous course content.

This nine-month part-time course equips you with both theoretical insights and applied knowledge to understand the complexities of the human mind and behaviour. Comprehensive, thought-provoking, and deeply enriching, this diploma programme empowers you to integrate psychological principles into real-world practice. Designed with flexibility in mind, it minimises the opportunity cost of education—balancing time, affordability, and academic excellence without compromising on quality or depth.

Rooted in world-class research and benchmarked against leading international psychology institutions, our curriculum offers a rich learning experience. At The School of Positive Psychology (TSPP), we cultivate a collaborative environment where students and practitioners connect, share, and grow into wellbeing leaders who inspire lasting change.



Duration	9 months (part-time)
Course Structure	3 terms per year
Intakes	Jan, Apr, Jul, Oct



Curriculum



The DAPPW programme comprises **6 modules** that will equip you with the knowledge and skills needed to improve mental health and wellbeing for yourself and others. Below is an overview of the programme's modules:

01

WSQ-PP
Empowering Human
Potential and
Wellbeing through
Positive Psychology

Stress, burnout, and emotional strain are increasingly common across various areas of life. For many, finding and maintaining emotional balance, resilience, and a sense of wellbeing can often feel like an ongoing challenge. This module introduces practical, evidence-informed strategies to **strengthen resilience**, **regulate emotions**, and integrate **sustainable self-care** into daily life. Grounded in the science of positive psychology, the module is especially relevant for those in people-focused roles—or for anyone looking to develop greater self-awareness, manage stress more effectively, and create a more sustainable rhythm in life and work.

02

WSQ-CS
Essential Counselling
Skills for Mental
Wellbeing and
Human Connection

This module offers a **compassionate** and **practical grounding** in **counselling intervention skills**, empowering learners to support others with greater confidence and care. Whether you're looking to deepen your impact in your current role or expand your professional capacity, it invites you to grow into a more thoughtful, grounded, and effective presence. Tailored for those who regularly work with individuals facing life's challenges, this module is about more than just theory. At its heart, it's about cultivating the ability to **listen deeply**, **respond meaningfully**, and **support others** when they need it most.



03

PSY 11 Resilience Workshop

The module is organised around **SPARK** acronym and teaches learners to break simple and complex situations into manageable components of **Situation, Perception, Affect, Reaction and Knowledge**. Originally developed by Dr. Ilona Boniwell and Dr. Lucy Ryan, this ground-breaking programme for developing resilience is currently employed by educational and people centric organisations. The module 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 also **build their own 'resilience muscles'** through identifying their strengths, social support networks, sources of positive emotions and previous experiences of resilience.

04

GPSY 09 Strengths Development

This module explores the **science of strengths** as the foundation of positive psychology and a guide to understanding human highest potential. Learners will learn about classifications and measures of strengths and explore the **diverse strength-based approaches** for individuals, teams, and organisations. Learners will have an opportunity to apply science-based practices to activate their strengths, learn the 'golden mean' of strengths and explore how they can apply their unique strengths constellations across life domains.



05

PSY 19 Positive Social Connections

Humans are inherently social beings, with our **relationships** profoundly **shaping our emotional wellbeing** and overall **quality of life**. This module explores the science behind human connection, integrating insights from positive psychology, evolutionary psychology, and social neuroscience. Discover how the brain processes relationships, the effects of social bonds and loneliness, and the value of both close and fleeting interactions. Gain a deeper understanding of the role human connection plays in shaping individual experiences and collective wellbeing

06

GPSY 11 Coaching Foundation

This module is designed to equip learners with the basic coaching skills, knowledge, and principles that are necessary to become an accomplished coach. It follows the **ICF's Core Competencies Model**, ensuring that the training is aligned with industry standards. The module includes a variety of learning methods, including classroom discussions, reflections, supervised coaching practice, and feedback from peers. By engaging in these activities, learners are exposed to a broad range of coaching practices and techniques that will enable them to develop their coaching abilities. The goal of this module is to provide learners with a **concrete foundation** that will enable them to excel as professional coaches. By the end of the module, participants will have acquired the foundational skills and knowledge required to be a competent coach.

Admissions

Module Exemption	Learners who have taken modules from other recognised higher institutions may apply for module exemption. The school will review your application and approve it accordingly.
Course Delivery	• Lectures and case studies discussions • Class presentations, role plays, essays, examinations
Entry Requirements	• Grade C6 and above in at least 3 GCE 'O' Level subjects, or • ITE Higher NITEC certificate, or • The School of Positive Psychology (TSPP) academic certificate or Psychology, Counselling or Education academic certificate from other education institutions in Singapore with: - Grade C6 and above in any GCE 'O' Level subject conducted in English, or - ITE NITEC certificate, or - 30 years old with at least 8 years working experience
English Language Proficiency	• Grade C6 and above in GCE 'O' Level English, or • Grade E and above in any GCE 'A' Level subject conducted in English, or • IELTS 5.5, or • TOEFL (Internet Based) 59
Registration Fee	S\$163.50 w/GST
Tuition Fee	S\$ 10,028.00 w/GST
Application Requirements	• Application form • Application statement • 1 recent passport-sized photo • NRIC/Valid SG pass copy • Updated resume • Educational certificates and academic transcripts

Get in touch

Please feel free to get in touch with us online or meet us on campus if you are interested in studying at The School of Positive Psychology.

For more information regarding our courses and entry requirements, please contact us using the following details.

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Are you ready for your first step? Let us journey together with you now.

Discover how our programmes can transform your future.
Chat with us to find the best fit for your goals.



Thrive together.