

# Diploma in Child Psychology and Interventions (DCPI)

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 Child Psychology and Interventions (DCPI)

The Diploma in Child Psychology and Interventions is a specially curated mental health education programme designed for individuals keen to work with children. You will gain an in-depth knowledge of child and adolescent psychology, as well as foundational understanding of popular interventions for children.

# Introduction

The Diploma in Child Psychology and Interventions (DCPI) is a programme designed by experienced mental health professionals who specialise in working with children and youths. It provides a unique teaching method that combines both theoretical knowledge and practical application.

In addition to addressing common mental health concerns, the program teaches you how to identify children with special needs and intervene effectively to promote their growth and development towards optimal functioning and independence.

The programme covers the major stages of human growth, with a particular emphasis on children and adolescents. You will explore contemporary case studies and analyse current mental health challenges, equipping you with the skills to identify and address disorders such as attention deficit hyperactivity disorder (ADHD), depression, and anxiety as they manifest at different developmental stages.

You will also be introduced to popular therapeutic approaches for children, including Play Therapy and Art Therapy. You will learn the scientific basis for these interventions and how they enable children to interact in a therapeutic environment, fostering self-expression and problem-solving skills.



Duration	12 months (part-time)
Course Structure	4 terms per year
Intakes	Jan, Apr, Jul, Oct





# Curriculum



The DCPI programme comprises **8 modules** that will enhance your understanding of children, equipping you to apply child psychology to promote children's wellbeing. Below is an overview of the programme's modules:

01

GPSY 02  
Applied Positive  
Psychology

This module explores the science of **optimal human functioning** and unpacks concepts such as **happiness, flourishing and wellbeing**. This experiential course invites learners to engage in critical thinking by exploring Positive Psychology theories, models and concepts, and applying them to their cultural and unique contexts. Learners will gain a deep understanding of the **PERMAH model pillars**, and find out how these can be applied to **elevate wellbeing** for self and others.

02

PSY 03  
Developmental  
Psychology

Developmental Psychology introduces the study of **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 covered include puberty, sexuality, adult maturity, lifestyle changes, the family life cycle, and retirement.



03

PSY 04  
Introduction to  
Psychotherapy and  
Counselling

This module introduces the fundamental theories of psychotherapy, including psychoanalytic theories of Freud, the humanistic approach of Carl Rogers, and Choice Theory/Reality Therapy. Learners will also learn the **fundamental skills of a therapist**, and how to apply psychotherapy and counselling to help clients in areas of development and to overcome their challenges.

04

PSY 14  
Introduction to  
Art Therapy

This module utilises a variety of art materials that encourages **self-expression to explore problems and facilitate positive change and personal growth**. The focus is not on artistic skills, but on engaging in a creative personal process that helps reconcile emotional conflicts, foster self-awareness, develop social skills, solve problems, reduce anxiety, aid in reality orientation, and increase self-esteem.

05

PSY 15  
Childhood and  
Adolescent Disorders

This module introduces the learners to various childhood and adolescent disorders. It explores the different disorders that these groups face, which includes depression, anxiety, obsessive-compulsive disorder (OCD), and substance abuse. Special needs such as autism spectrum disorder and attention deficit hyperactivity disorder (ADHD) will also be discussed. Learners will be taught how to **identify and differentiate between the various disorders**, which is vital in helping individuals who are suffering from them.





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06

PSY 16  
Special Needs  
Education

This module will deepen your understanding of children with special needs. **From identification to management and development**, early intervention is crucial for the growth and development of children with special needs. By understanding their challenges and implementing strategic interventions, we can help maximise their potential and improve their chances of independent living. In this module, learners will be taught **interventions** that are designed to help children with special needs learn skills that help them achieve a **higher level of personal self-sufficiency** and success in school and their community.

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07

PSY 17  
Working with  
Children and  
Adolescents

In this module, major theoretical views are introduced with emphasis on relevant evidence-based techniques, skills, and strategies that work well with children and adolescents in both individual and group settings. Common issues in childhood and adolescence will be highlighted with suggested intervention plans. Learners will also be taught how to establish a collaborative relationship with the stakeholders and community to design, manage, and review **evidence-based intervention plans** that better **support children and adolescents**.

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08

PSY 18  
Introduction to  
Play Therapy

In this module, learners can gain knowledge on how children learn about the world around them and how they interact with their environment through play. Aside from understanding what toys to choose and their uses in therapy work, you will also be equipped with foundation knowledge on **Child-centred Play Therapy** and learn how to **create therapeutic environments** for children to safely express themselves. The language of play is a powerful therapeutic medium to help adults understand children and how they make sense of the world. Play therapy is an evidence-based clinical therapy that has been shown to help children and adolescents in many areas.



# Admissions






<b>Module Exemption</b>	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.
<b>Course Delivery</b>	<ul style="list-style-type: none"><li>• Lectures and case studies discussions</li><li>• Class presentations, role plays, essays, examinations</li></ul>
<b>Entry Requirements</b>	<ul style="list-style-type: none"><li>• Grade C6 and above in at least 3 GCE 'O' Level subjects, or</li><li>• ITE Higher NITEC certificate, or</li><li>• The School of Positive Psychology (TSPP) academic certificate or Psychology, Counselling or Education academic certificate from other education institutions in Singapore with:<ul style="list-style-type: none"><li>- Grade C6 and above in any GCE 'O' Level subject conducted in English, or</li><li>- ITE NITEC certificate, or</li><li>- 30 years old with at least 8 years working experience</li></ul></li></ul>
<b>English Language Proficiency</b>	<ul style="list-style-type: none"><li>• Grade C6 and above in GCE 'O' Level English, or</li><li>• Grade E and above in any GCE 'A' Level subject conducted in English, or</li><li>• IELTS 5.5, or</li><li>• TOEFL (Internet Based) 59</li></ul>
<b>Registration Fee</b>	S\$163.50 w/GST
<b>Tuition Fee</b>	S\$13,080.00 w/GST
<b>Application Requirements</b>	<ul style="list-style-type: none"><li>• Application form</li><li>• Application statement</li><li>• 1 recent passport-sized photo</li><li>• NRIC/Valid SG pass copy</li><li>• Updated resume</li><li>• Educational certificates and academic transcripts</li></ul>

# 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.