

A woman with dark hair, wearing a black and white striped top, is smiling and looking towards the right. She is holding a blue clipboard with a pen. The background is a brick wall with a window showing a blurred outdoor scene.

Diploma in PSYCHOTHERAPY AND COUNSELLING



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, our focus is on promoting research, training, and the dissemination of positive psychology with the aim of sharing the gift of joy and fulfilment.

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 Diploma in Psychotherapy and Counselling is for individuals interested to explore various aspects of the human experience through the study of psychology. Understand the different aspects of psychology and gain fundamental skills of psychotherapy and counselling through this comprehensive curriculum for greater self-awareness, and make a difference in the lives of people around.

The School of Positive Psychology is under the Enhanced Registration Framework (ERF). The ERF is administered by the Committee for Private Education (CPE), a part of 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 the Committee for Private Education (CPE), a part of SkillsFuture Singapore (SSG) website: <https://www.ssg.gov.sg/cpe/pei.html>



Diploma in Psychotherapy and Counselling

The Diploma in Psychotherapy and Counselling (DIPC) is the first step towards a career in mental health. It will equip you with foundational understanding of psychology, as well as essential knowledge in popular psychotherapeutic and counselling approaches.

Through the study of psychology, we can scientifically examine various aspects of the human experience. With the DIPC, you will be studying the brain, its cognitive processes, sensation and perception, and different forms of mental illnesses like anxiety and depression.

Acquire essential counselling abilities, such as questioning techniques and responsive strategies, which can be utilized in a variety of life contexts.

After completing this module, you can also further your studies towards becoming a certified psychotherapist and help those with mental health struggles.

Duration:

12 months part-time

Course Structure:

4 terms per year
(2 modules per term)

Intakes:

January, April, July, October

Total Tuition Fees*:

S\$13,625.00 w/GST

Note: All course fees include prevailing 9% Goods and Services Tax (GST). Students will pay the tuition fees in instalments. The details of the breakdown will be provided in your Student Contract. Please contact us for more details.



Curriculum

The DIPC programme consists of 8 modules that will equip learners with a strong foundation in various aspects of psychotherapy and counselling. Below are the list of modules covered in the programme:

MODULES

PSY 01 Foundation Psychology

How do people differ from one another? To what extent is your current behaviour 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**.

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.

PSY 03

Developmental Psychology

Developmental Psychology introduces the study of **human growth and development** over the lifespan, from pre-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.

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**.

PSY 05

Abnormal Psychology

Abnormal Psychology explores the biological, psychological, and social factors that contribute to **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.

PSY 06

Addictions and Interventions

Addictions and Interventions aim 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 underlying causes of addiction, and cultivate motivational emotions such as self-efficacy.

PSY 07

Family and Marital Counselling

In this module, we examine how individuals are affected by their own families by exploring **personal conflicts and the influence of family dynamics**. Various theories and techniques in working with families and couples are discussed, equipping learners to work with teenagers, parents, couples, and families in various settings.

PSY 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.

Module offerings for the Diploma in Psychotherapy and Counselling may vary each term. Please refer to the TSPP Student Portal for the latest updates.

Admissions and Applications

	Diploma in Psychotherapy and Counselling
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	<ul style="list-style-type: none"> ▪ Lectures, case studies, discussions ▪ Class presentations, role plays, essays, examinations
Entry Requirements	<ul style="list-style-type: none"> ▪ Diploma holder, or ▪ 2 GCE 'A' Level H2 passes, or ▪ Certificate in Psychology and/or Counselling from TSPP or other PEI with: <ul style="list-style-type: none"> - At least C6 in any GCE 'O' level subject conducted in English, or - A pass for ITE NITEC course in any field, or - 30 years old with at least 8 years working experience ▪ Applicants with minimum 2 years working experience and holding either: <ul style="list-style-type: none"> - 5 GCE 'O' Level passes with minimum grade of C6, or - A pass for ITE Higher NITEC course in any field
English Language Proficiency	<ul style="list-style-type: none"> ▪ Pass in GCE 'O' Level English Language, or ▪ Pass in any GCE 'A' Level subject conducted in English, or ▪ IELTS 5.5, or ▪ TOEFL (Internet Based) 59, or ▪ Pearson PTE Academic 52
Registration Fee	S\$163.50 w/GST
Tuition Fee	S\$13,625.00 w/GST
Application Requirements	<ul style="list-style-type: none"> ▪ 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

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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Whatsapp +65 8792 0415



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