



Graduate Diploma in
APPLIED POSITIVE PSYCHOLOGY



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 Graduate Diploma in Applied Positive Psychology is a postgraduate programme designed for degree holders and mature students who are interested in advancing their understanding of the science of wellbeing through the lens of positive psychology. This evidence-based programme focuses on practical application of psychology theories and strategies, making it ideal for personal and professional development, and for those looking to positively impact the lives of those around them.

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>



Graduate Diploma in Applied Positive Psychology

The Graduate Diploma in Applied Positive Psychology (GDAPP) is the flagship programme of The School of Positive Psychology (TSPP), the first institution in Singapore dedicated to the study of positive psychology. This programme provides a comprehensive exploration of the science of wellbeing, offering insights into the various factors that contribute to the human experience.

Delve into the science behind strengths-based approaches and actionable strategies to build resilience, and learn to apply your knowledge to improve mental health in yourself and your community.

The GDAPP has been designed with contributions from leading international experts, including Dr. Ilona Boniwell, founder of the European Network of Positive Psychology and Dr. Robert Biswas-Diener, best-selling author and founder of Positive Psychology Coaching. You will receive training exclusively from experienced practitioners holding a Master's degree in Applied Positive Psychology (MAPP).

Successful completion of the GDAPP can serve as a pathway to Masters programmes in positive psychology at top UK universities.

Duration:

6 months part-time

Course Structure:

2 terms
(2-3 modules per term)

Intakes:

January, April, July, October

Total Tuition Fees*:

S\$10,821.60 w/GST

Note: All course fees include prevailing 8% Good and Service 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 GDAPP programme aims to expand your knowledge of positive psychology and provide you with the necessary skills to apply positive psychology in different settings, such as personal and work environments. You may find the list of modules below:

MODULES

GPSY 02	Applied Positive Psychology
GPSY 04	Mindfulness Psychology
GPSY 05	Resilience Training for Practitioners
GPSY 08	Positive Psychology in Practice
GPSY 09	Strengths Development
GPSY 10a	Understanding Happiness
GPSY 10b	Wellbeing for Individuals and Systems

Module offerings for the Graduate Diploma in Applied Positive Psychology may vary each term. Please refer to the TSPP Student Portal for the latest updates.

Admissions and Applications

	Graduate Diploma in Applied Positive Psychology
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, essays
Entry Requirements	<ul style="list-style-type: none"> ▪ A Bachelor's Degree, or ▪ Mature candidates (30 years old and above) with a Diploma and minimum 8 years working experience <p>*All mature candidates are to be subjected to a one-to-one interview by the course leader to determine suitability for the course</p>
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\$162.00 w/GST
Tuition Fee	S\$ \$ 10,821.60 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



“One year from now, you’ll wish you started today.”



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:



Call +65 6884 5162
Whatsapp +65 8792 0415



Email enquiry@positivepsych.edu.sg



Visit us at our campus:
61 Stamford Road
#01-09 Stamford Court
Singapore 178892

FOLLOW US

For more wellbeing & mental health content:



positivepsych.edu.sg



TheSchoolofPositivePsychology



positivepsychsg



The School of Positive Psychology



The School of Positive Psychology
