



Graduate 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 Graduate Diploma in Psychotherapy and Counselling is designed to provide aspiring mental health professionals with the necessary foundation and knowledge to effect positive change in their communities. Through this comprehensive curriculum, you will gain an understanding of the various aspects of psychology and develop fundamental skills in psychotherapy and counselling. By enhancing your self-awareness, you will be equipped to make a meaningful impact in the lives of those around you.

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 Psychotherapy and Counselling

The Graduate Diploma in Psychotherapy and Counselling (GDPC) aims to prepare you with the fundamentals of psychotherapy and counselling skills. You will be taught talk therapy techniques such as Cognitive Behavioural Therapy (CBT), which can be applied to areas for personal development, relationships, workplace, and family.

Apart from psychotherapy and counselling theories and techniques, you will also learn to understand behaviours, emotions, and thoughts that contribute to one's distress.

You can help others manage negative life events such as major illness, death of loved ones, or other trauma that may contribute to their mental issues. Knowledge on healthy coping mechanisms and problem-solving skills will also be gained.

The GDPC is the stepping stone towards your pathway to be a certified psychotherapist and mental health professional.

Duration:

6 months part-time

Course Structure:

2 terms
(2-3 modules per term)

Intakes:

January, April, July, October

Total Tuition Fees*:

S\$10,422.00 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 GDPC programme consists of 5 modules, each offering an introduction to advanced psychotherapy and counseling methodologies. By gaining practical knowledge from these modules, students will be better equipped to understand and implement mental health strategies that benefit both themselves and others. You may find the list of modules below:

FOUNDATIONAL MODULES

GPSY 01	Applications of Psychology
GPSY 02	Applied Positive Psychology
GPSY 03	Introduction to Psychotherapy, Counselling and Coaching
GPSY 06	Introduction to Cognitive Behavioural Therapy
GPSY 07	Psychotherapy Practice and Ethics

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

Admissions and Applications

	Graduate 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"> ▪ 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\$10,422.00 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



“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
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