

Graduate Diploma in Therapeutic Interventions with Children and Youth (GDTICY)

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.



Graduate Diploma in Therapeutic Interventions with Children and Youth (GDTICY)

The Graduate Diploma in Therapeutic Interventions with Children and Youth is a nine-month, part-time academic programme designed for individuals seeking to deepen their understanding of child and adolescent development and apply therapeutic approaches in professional settings. Grounded in psychological theory and practice, the programme equips learners with advanced competencies in assessment, formulation, and intervention planning to support the wellbeing of children and young people across diverse contexts.

Introduction

The **Graduate Diploma in Therapeutic Interventions with Children and Youth** is designed for individuals who want to make a meaningful difference in the lives of children and adolescents. Designed for those drawn to mental health, education, and child development work, this programme equips you with the psychological knowledge and practical skills needed to support young people through emotional, behavioural, and developmental challenges.

You will gain a deeper understanding of how children and adolescents think, feel, and behave across different developmental stages. The programme integrates key areas such as developmental psychology, child and adolescent psychopathology, counselling skills, and trauma-informed care, helping you learn how to assess concerns, formulate cases, and plan developmentally appropriate interventions with confidence and care.

At The School of Positive Psychology, learning goes beyond the classroom. You will be part of a supportive and reflective learning community where students, educators, and practitioners learn from one another through discussions, case examples, and applied activities. The programme is designed to balance academic rigour with flexibility, allowing you to deepen your professional capabilities without putting your career or life on hold.

By the end of the programme, you will emerge as a reflective and psychologically informed practitioner, equipped to enhance the wellbeing of children and youth across a range of professional settings and ready to take the next step in your journey in child and adolescent mental health.



Duration	9 months (part-time)
Course Structure	4 terms per year
Intakes	Jan, Apr, Jul, Oct



Curriculum



The GDTICY programme comprises 7 modules designed to equip you with the skills to confidently support the development and wellbeing of children and adolescents. Below is an overview of the modules

01

GPSY 05 Resilience Training for Practitioners

Resilience Training builds on research findings from four relevant fields of study which includes: Cognitive Behavioural Therapy; resilience; post-traumatic growth; and positive psychology. 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.

Learners will be introduced to a range of resilience skills and models that are applicable to support a non-clinical population to navigate challenges and stresses effectively. At the end of this professional workshop, the learner is certified to train others as a 'SPARK Resilience Workplace Trainer'.

Part A (14 hours): The programme 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.

Part B (7 hours): Learners will interact with resilience strategies and practical ways to apply resilience in a selected setting.



02

PSY 03 Developmental Psychology

This module explores psychological science and human development, helping you understand how cognitive, emotional, and social processes shape learning, wellbeing, and behaviour.

You will engage with current research and ethical practice, applying developmental psychology to real-world contexts such as education, health, and community settings, while developing critical and reflective thinking skills relevant to professional practice, or future study.

03

PSY 14 Art Therapy: Theory, Process & Application

This module explores how art can be used as a therapeutic tool to support emotional expression, meaning-making, and wellbeing. You will engage with key theoretical frameworks, ethical practice, and cultural sensitivity, and apply these through experiential artmaking, reflection, and case-based learning to real-world therapy contexts.

04

PSY 15 Childhood and Adolescent Disorders

This module explores psychological disorders in children and adolescents through a developmental, cognitive, emotional, and behavioural lens. You will engage with evidence-based frameworks, assessment approaches, and interventions, integrating theory with clinical and educational practice while thoughtfully considering ethical, cultural, and systemic influences.



05

PSY 16
Special Needs
Education

This module explores inclusive and special needs education, focusing on how to support neurodiverse learners, including those with Autism Spectrum Disorder (ASD), Attention-Deficit/Hyperactivity Disorder (ADHD), and Intellectual Disability (ID). You will engage with evidence-based interventions, behavioural observation, and practical strategies while integrating ethical, cultural, and real-world considerations.

06

PSY 17
Working with
Children and
Adolescents

This module explores therapeutic and systemic approaches for supporting children and adolescents across clinical, educational, and community settings. You will apply evidence-based frameworks to design and evaluate interventions, while developing reflective, ethical, and collaborative skills to support young people's wellbeing and growth.

07

PSY 18
Play Therapy

This module introduces play therapy as a developmentally attuned, relationship-based, and evidence-informed approach. You will explore Child-Centred Play Therapy, applying theory and reflective practice to support children's emotional expression, resilience, and growth in diverse developmental and cultural contexts.

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	<ul style="list-style-type: none">• Lectures and 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, or• 30 years old with at least 8 years working experience are required to undergo an interview
English Language Proficiency	<ul style="list-style-type: none">• GCE 'O' Level English (Grade C6 and above), or• Any GCE 'A' Level subject conducted in English (Grade E and above), or• English language proficiency via one of the following:<ul style="list-style-type: none">• IELTS 6.0 (no component < 6.0)• TOEFL iBT 74 (no component < 18)• Pearson PTE Academic 52 (no component < 52)• C1 Advanced/C2 Proficiency 169 (no component < 169)• ISLPR: Minimum 3 in each skill• AEAP DEP: Final Exam Overall 65% (no sub-score < 65%), or• Completion of a course delivered in English or relevant English-speaking work experience.
Registration Fee	S\$163.50 w/GST
Tuition Fee	S\$12,535.00 w/GST
Application Requirements	<ul style="list-style-type: none">• 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.

- 📞 +65 6884 5162
- 📞 +65 8792 0415
- ✉️ enquiry@positivepsych.edu.sg

- 🌐 positivepsych.edu.sg
- FACEBOOK [/TheSchoolofPositivePsychology](https://www.facebook.com/TheSchoolofPositivePsychology)
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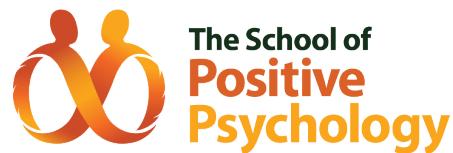


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Are you ready for your first step? Let us journey together with you now.

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



Thrive together.