

A young woman with long dark hair, wearing a light-colored short-sleeved top and brown pants, is smiling broadly while holding a tablet computer. The background is a blurred outdoor setting with greenery and a building.

# Professional Diploma in **PSYCHOTHERAPY**



# 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 Professional Diploma in Psychotherapy prepares you to be a practicing psychotherapist using a range of therapeutic modalities to address challenges and symptoms associated with mental health and emotions. This interdisciplinary programme is tailored for the uniquely Asian context. It draws on evidence-based approaches, featuring a rigorous curriculum that meets international standards.**

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>



# Professional Diploma in Psychotherapy

In the Professional Diploma in Psychotherapy (PDP), you will be trained as a psychotherapist, developing your competency in interpersonal skills as well as the sensitivity to tune in to your clients' emotional wellbeing while being firm about staying on track with their treatment goals.

As a psychotherapist, you will work with individuals, couples, families and groups to help them overcome a range of psychological and emotional issues. A variety of personal treatment plans are used to address the clients' thought processes, feelings and behaviours. Psychotherapists work together with clients, guiding them to understand inner conflicts and find new ways to deal with and alleviate distress.

You will learn a range of psychotherapy techniques such as Cognitive Behavioural Therapy (CBT), Solution Focused Brief Therapy (SFBT), and an option to choose between the elective modules of Clinical Hypnotherapy, Art Therapy, or Play Therapy.

Should you be keen to further your studies, the PDP provides a pathway into the Master of Arts in Counselling and Psychotherapy at University of East London (UEL).

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**Duration:**

6 months part-time

**Course Structure:**

2 terms  
(2-3 modules per term)

**Intakes:**

January, March, May, July, September, November

**Total Tuition Fees\*:**

S\$12,290.40 w/GST (Elective: PDPSY 03 Clinical Hypnotherapy)

OR

S\$13,640.40 w/GST (Elective: PDPSY 08 Clinical Applications of Art in Psychotherapy OR PDPSY 09 Clinical Applications of Play Therapy)

*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.*

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## Curriculum

The PDP programme is structured to provide you with the skills and knowledge needed to become a proficient psychotherapist capable of counselling in diverse therapeutic environments. Below is an overview of the programme's modules:

### BRIDGING MODULES

GPSY 02	Applied Positive Psychology
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### CORE MODULES

PDPSY 01	Cognitive Behavioural Therapy (CBT)
PDPSY 02	Solution Focused Brief Therapy (SFBT)
GPSY 07	Psychotherapy Practice and Ethics

### ELECTIVE MODULES (Choose 1)

PDPSY 03	Clinical Hypnotherapy
PDPSY 08	Clinical Applications of Art in Psychotherapy*
PDPSY 09	Clinical Applications of Play Therapy**

*\*To take this elective module, you need to complete the prerequisite module of PSY 14 Introduction to Art Therapy*

*\*\*To take this elective module, you need to complete the prerequisite module of PSY 18 Introduction to Play Therapy*

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

# Practicum

There is a practicum component for the PDP curriculum. This will provide learners with real world experience, giving an edge to establishing a successful practice in the future.

The practicum requires 150 hours, and may last more than one semester. Learners will be supervised during the practicum, clocking a total of 50 hours of supervision. This supervision is essential for therapy work by providing feedback for practising therapists so that they may establish best practices in their work and help them navigate potential ethical dilemmas. The entire practicum will need to be logged to ensure the learner completes the required number of hours.

Before participating in the practicum, learners have to complete any of the following modules:

- PDPSY 01 Cognitive Behavioural Therapy (CBT)
- PDPSY 02 Solution Focused Brief Therapy (SFBT)
- PDPSY 03 Clinical Hypnotherapy
- PDPSY 08 Clinical Applications of Art in Psychotherapy
- PDPSY 09 Clinical Applications of Play Therapy

Learners will apply and practice different approaches during the practicum. Additionally, they will learn how to draw upon resilience, positive psychology and other wellbeing techniques for self-care and for professional practice.

*\*Supervision fee is at a rate of S\$150 per hour. Group Supervision fee can be shared among attendees*

The school offers the following practicum sites; trainees may source for alternate practicum sites subject to approval from the course director.

## TSPP WELLBEING CENTRE

61 Stamford Road, #01-09  
Stamford Court  
Singapore 178892  
[www.positivepsych.edu.sg](http://www.positivepsych.edu.sg)

## THRIVE PSYCHOLOGY CLINIC

101 Irrawaddy Road #17-10  
Royal Square Medical Centre  
Singapore 329565  
[www.thrivepsychology.com.sg](http://www.thrivepsychology.com.sg)

## COUNSELING PERSPECTIVE

9 Raffles Place #17-25  
Republic Plaza II  
Singapore 048619  
[www.counselingperspective.com/](http://www.counselingperspective.com/)

## SAFE SPACE

[www.safespace.sg/](http://www.safespace.sg/)

*\*There is a practicum placement fee (between S\$1,500 to S\$2,000, subject to the placement site)*

## AFFILIATIONS

### INTERNATIONAL COUNCIL OF INTEGRATIVE PSYCHOTHERAPISTS (ICIP)

For accreditation with ICIP, trainees are required to:

- clock 100 client contact hours
- clock 20 hours individual supervision
- clock 30 hours group supervision

### ASSOCIATION OF PSYCHOTHERAPISTS AND COUNSELLORS SINGAPORE (APACS)

For accreditation with APACS (optional practicum hours), trainees are required to:

- clock 150 client contact hours
- clock 20 hours individual supervision

*\*Trainees can clock the same hours for ICIP and APACS membership applications concurrently.*

# Admissions and Applications

	Professional Diploma in Psychotherapy	
	Elective: PDPSY 03 Clinical Hypnotherapy	Elective: PDPSY 08 Clinical Applications of Art in Psychotherapy OR PDPSY 09 Clinical Applications of Play Therapy
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"> <li>▪ Lectures and case studies discussions</li> <li>▪ Role plays</li> <li>▪ Practicum supervision</li> </ul>	
Entry Requirements	<ul style="list-style-type: none"> <li>▪ <b>A Bachelor's Degree in Psychology or Counselling</b>, or</li> <li>▪ <b>A Bachelor's Degree in Medicine or Social Work</b> (with bridging modules GPSY 02 Applied Positive Psychology and PSY 04 Introduction to Psychotherapy and Counselling), or</li> <li>▪ <b>A Bachelor's Degree in Nursing</b> (with bridging modules GPSY 02 Applied Positive Psychology, PSY 04 Introduction to Psychotherapy and Counselling, PSY 06 Addictions and Interventions and PSY 07 Family and Marital Counselling), or</li> <li>▪ <b>Graduate Diploma in Psychotherapy and Counselling from TSPP</b> (with bridging modules PSY 03 Developmental Psychology, PSY 05 Abnormal Psychology and PSY 06 Addictions and Interventions or PSY 07 Family and Marital Counselling), or</li> <li>▪ <b>Diploma in Psychotherapy and Counselling from TSPP</b>, or</li> <li>▪ <b>Diploma in Child Psychology and Interventions from TSPP</b> (with bridging modules GPSY 02 Applied Positive Psychology, PSY 07 Family and Marital Counselling and PSY 08 Group Counselling)</li> </ul>	
English Language Proficiency	<ul style="list-style-type: none"> <li>▪ Pass in GCE 'O' Level English Language, or</li> <li>▪ Pass in any GCE 'A' Level subject conducted in English, or</li> <li>▪ IELTS 5.5, or</li> <li>▪ TOEFL (Internet Based) 59, or</li> <li>▪ Pearson PTE Academic 52</li> </ul>	
Registration Fee	S\$162.00 w/GST	
Tuition Fee	S\$12,290.40 w/GST	S\$13,640.40 w/GST (inclusive of prerequisite module)
Bridging Module	S\$2,084.40 w/GST	
Application Requirements	<ul style="list-style-type: none"> <li>▪ Completed application form</li> <li>▪ Completed application statement</li> <li>▪ 1 recent passport-sized photo</li> <li>▪ 1 photocopy of NRIC or Singapore valid pass</li> <li>▪ Updated resume</li> <li>▪ Educational certificates and academic transcripts</li> </ul>	





**“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](mailto: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:



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[positivepsych.edu.sg](http://positivepsych.edu.sg)

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[The School of Positive Psychology](https://www.linkedin.com/company/TheSchoolofPositivePsychology)

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