



# 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 Clinical Hypnotherapy.

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\$12,971.00 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.

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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:

### MODULES

PDPSY 01                      Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy (CBT) is a short-term, **goal-oriented** psychotherapy treatment that takes a hands-on, practical approach to problem-solving. CBT is based on working with and **modifying thought processes, assumptions, beliefs, and behaviours**, with the aim of **influencing disturbed emotions**. Unlike some other talking therapies, CBT deals with a client's current problems, rather than solely focusing on past issues.

It is used to help treat a wide range of issues in a person's life, such as sleeping difficulties, relationship problems, drug and alcohol abuse, or anxiety and depression. CBT works by **changing people's attitudes and their behaviour** by focusing on their thoughts (cognitive processes), images, beliefs, and attitudes that are held, and how these processes relate to the way a person behaves, as a way of dealing with emotional problems.

CBT is widely accepted as an **evidence-based** and cost effective psychotherapy for many psychological challenges. It can also be used with groups or individuals. CBT provides an understanding of the principles and therapy of **Aaron T. Beck's psychotherapy model** in the management of a variety of psychological disorders from a theoretical and clinical perspective. Clinical cases and technique are included in this module.

## BRIDGING MODULES

*Refer to entry requirements*

### 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 conception to death. Learners will delve into the study of **major developmental stages** such as childhood, adolescence, and adulthood. Topics covered include puberty, sexuality, adult maturity, lifestyle changes, the family life cycle, and retirement.

### 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 aims 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 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 GPSY 07 Psychotherapy Practice and Ethics in a Multicultural Context, and any of the following modules:

- PDPSY 01 Cognitive Behavioural Therapy (CBT), or
- PDPSY 02 Solution Focused Brief Therapy (SFBT), or
- PDPSY 03 Clinical Hypnotherapy

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 - S\$160 per hour. Group Supervision fee is 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)

## US THERAPY

10 Winstedt Rd, #02-10/11  
Singapore 227977  
<https://us-therapy.sg>

## SAFE SPACE

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

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

## ACCREDITATION & MEMBERSHIP

### 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

## OPTIONAL MEMBERSHIP PATHWAY

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

- Individual APACS membership

### SINGAPORE ASSOCIATION FOR COUNSELLING (SAC)

- Allied or Associate Membership

## PDPSY 02

### Solution Focused Brief Therapy (SFBT)

Solution Focused Brief Therapy (SFBT) is also known as 'solution focused therapy' or 'brief therapy', is a type of talking therapy based upon social constructionist philosophy. SFBT is **future-focused, goal-directed, and focuses on solutions**, rather than the problems that brought clients to seek therapy.

SFBT encourages the development of **effective behavioural management**. Clients are encouraged to adopt a positive stance in which energy is directed towards finding satisfactory ways forward, instead of focusing on what is going wrong in a given situation.

SFBT **concentrates on what works** and ceases activities that are ineffective. A hallmark of SFBT is its **emphasis on clear, concise, realistic goal negotiations**. It is a **practical, goal-driven model** that grounds sessions in the present while working toward a future in which clients' current problems have a lesser impact on their lives.

This module aims to deepen learners' understanding of the SFBT approach, its underlying assumptions, its core skills, and its application to different clientele groups in therapeutic practice.

## PDPSY 03

### Clinical Hypnotherapy

Clinical Hypnotherapy teaches participants to foster rapport by opening up channels of communication with clients. During hypnotherapy, **clients remain in control**. Hypnosis is **a state of inner absorption, concentration, and focused attention**. It is not possible for clients to be forced to do anything against their will, even under hypnosis.

Learners of clinical hypnotherapy will develop **effective communication** through the use of voice, tone, pace of delivery, expression, and narrative styles of the clients. Learners are able to demonstrate **trance induction abilities** across a variety of styles and techniques, which may include direct and indirect suggestions, eye fixation, tactile triggers, and metaphors. Learners will be taught a variety of techniques utilising authoritative and permissive styles, which include Ericksonian, analytical, regression, and self-hypnosis. They will be able to demonstrate how to gather sufficient and valid information from the clients during the initial assessment session.

Thereafter, they will be empowered to **design a hypnotherapy intervention** for therapeutic purpose, and also learn how to evaluate and review the effectiveness of their own interventions.

## GPSY 07

### Psychotherapy Practice and Ethics in a Multicultural Context

This module introduces the importance of professional behaviour under the Ethics Code. This module aims to teach learners the **standards of conduct, performance, and ethics** in their role as therapists/counsellors. Topics will include ethical issues such as confidentiality, informed consent, dual relationships, termination, and referral. It will guide learners into making informed and reasonable decisions for their client, to behave with honesty and integrity, and to ensure that personal biases and beliefs do not interfere with therapy.

# Admissions and Applications

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> (with bridging modules GPSY 02 Applied Positive Psychology), 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\$163.50 w/GST
Tuition Fee	S\$12,971.00 w/GST
Bridging Module	S\$2,180.00 w/GST (GPSY 02) S\$1,625.00 w/GST (PSY 03, PSY 05 and PSY 06/07)
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

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