

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 Postgraduate Diploma in Psychotherapy and Counselling features a sophisticated curriculum encompassing a broad range of topics to equip individuals for a career as a mental health professional in Singapore. Set a firm foundation in clinical skillsets and choose to go deeper in highly relevant specialisations in this advanced interdisciplinary programme.

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.

Postgraduate Diploma in Psychotherapy and Counselling

The Postgraduate Diploma in Psychotherapy and Counselling (PGDPC) strives to cultivate learners with a comprehensive understanding of psychological, psychotherapeutic and counselling theories and techniques. The programme aims to equip learners with professional knowledge and skills necessary for conducting therapy effectively, while exhibiting sensitivity towards cultural nuances. Learners will also gain the ability to apply their skills in various contexts, including personal life, relationships, family, and the workplace.

Furthermore, learners will develop expertise in addressing clients' past, present and future issues, guiding them on managing issues with stress, anxiety, emotions, relationships, and personal growth. The PGDPC will also enable learners to tackle common challenges such as addictions, and family and marital issues.

Learners will be trained on the ethics in psychotherapy practice, covering areas such as standards of practice and client confidentiality. Apart from counselling and psychotherapy theories and techniques, learners will explore the science of positive psychology and its applications to mental health and wellbeing.

Duration:

12 months part-time

Course Structure:

4 terms per year (2-3 modules per term)

Intakes:

January, April, July, October

Total Tuition Fees*:

S\$21,783.60 w/GST

S\$26,352.00 w/GST (Wellbeing Interventions specialism)

S\$25,833.60 w/GST (Children and Adolescents specialism)

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.

Career Prospects:

The PGDPC is committed to educating learners on varied disciplines of psychology and psychotherapy applications, as well as promoting specialised training for learners who are keen to practice counselling or psychotherapy professionally and independently in Singapore. The course is designed to specifically teach learners two types of therapy approaches that psychologists, counsellors, and psychotherapists use to conduct therapy sessions. They are Cognitive Behavioural Therapy (CBT), and Solution Focused Brief Therapy (SFBT).



Curriculum

The PGDPC programme comprises of 12 modules that aim to enhance learners' skills and competencies, enabling them to apply their knowledge to treat various mental health and emotional challenges and symptoms. Together, these modules offer PGDPC learners a solid foundation in various aspects of psychotherapy and counselling. Below is an overview of the programme's modules:

FOUNDATIONAL MODULES

PSY 03	Developmental Psychology*
PSY 07	Family and Marital Counselling
PSY 08	Group Counselling
GPSY 01	Applications of Psychology
GPSY 02	Applied Positive Psychology
GPSY 03	Introduction to Counselling, Psychotherapy and Coaching*
GPSY 07	Psychotherapy Practice and Ethics*
PGDPSY 07	Research Methods in Psychology
PGDPSY 08	Multicultural Counselling in Singapore*
WSRM	Wellbeing Strategies to Boost Resilience and Mental Health

^{*} Prerequisite for Core Modules

CORE MODULES

PDPSY 01	Cognitive Behavioural Therapy (CBT)	
PDPSY 02	Solution Focused Brief Therapy (SFBT)	

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

Practicum in Psychotherapy and Counselling

A psychotherapy and counselling practicum is a requirement of the PGDPC 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. 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 that may occur during practice.

The entire practicum will need to be logged to ensure the learner completes the required number of hours.

Breakdown of practicum hours:

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

Before participating in the practicum, learners have to complete the core modules:

- PDPSY 01 Cognitive Behavioural Therapy (CBT)
- PDPSY 02 Solution Focused Brief Therapy (SFBT)

Learners will apply and practice CBT and/or SFBT 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.

*There is a supervision fee of indicative S\$150 per hour, subject to the supervisor. It can be split for group supervision.

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

THRIVE PSYCHOLOGY CLINIC

101 Irrawaddy Road #17-10 Royal Square Medical Centre Singapore 329565 www.thrivepsychology.com.sg

COUNSELING PERSPECTIVE

9 Raffles Place #17-25 Republic Plaza II Singapore 048619 www.counselingperspective.com/

SAFE SPACE

www.safespace.sg/

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

Specialism

The PGDPC curriculum offers two specialisations for learners to enhance their expertise in. Please refer to the tables below for more details about each specialisation and their respective modules.

Learners are required to complete 3 modules for each specialism. Those who wish to take on either or both specialisms may do so concurrently or at their own pace.

WELLBEING INTERVENTIONS

In this specialism, learners will delve into positive psychology concepts and strategies to develop their capabilities in applying wellbeing interventions in their work. As trained positive psychology practitioners, they can help their clients increase levels of happiness, foster positive relationships, identify strengths, and build resilience.

ADDITIONAL MODULES:

GPSY 04	Mindfulness Psychology
GPSY 05	Resilience Training for Practitioners
GPSY 09	Strengths Development

CHILDREN AND ADOLESCENTS

If you aspire to work with children, the Children and Adolescents specialism is for you. Through this specialism, learners will gain knowledge of child and adolescent psychology, and apply specialised interventions in their work with children and youths.

ADDITIONAL MODULES:

PSY 15	Childhood and Adolescent Disorders
PSY 16	Special Needs Education
PSY 17	Working with Children and Adolescents

Admissions and Applications

	Postgraduate Diploma in Psychotherapy and Counselling	Postgraduate Diploma in Psychotherapy and Counselling (Wellbeing Interventions)	Postgraduate Diploma in Psychotherapy and Counselling (Children and Adolescents)
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	 Lectures and case studies discussions Role plays Practicum supervision 		
Entry Requirements	 A Bachelor's Degree, or Graduate Diploma in Psychotherapy and Counselling from TSPP, or Professional Diploma in Psychotherapy from TSPP, or Mature candidates (30 years old and above) with a Diploma and minimum 8 years working experience* *All mature candidates are to be subjected to a one-to-one interview by the course leader to determine suitability for the course 		
English Language Proficiency	 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\$21,783.60 w/GST	S\$26,352.00 w/GST	S\$25,833.60 w/GST
Application Requirements	 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 CourtSingapore 178892

FOLLOW US

For more wellbeing & mental health content:

Θ	positive psych.edu.sg
f	The School of Positive Psychology
0	positive psychsg
	The School of Positive Psychology

The School of Positive Psychology

in