

Postgraduate Diploma in Psychotherapy and Counselling (PGDPC)

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.



Postgraduate Diploma in Psychotherapy and Counselling (PGDPC)

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.

Introduction

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
Intakes	Jan, Apr, Jul, Oct

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 **14 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:

01

PSY 01
Essentials of
Psychology and
Mental Health

How do people differ from one another? To what extent is our current behaviour shaped by early experiences? How does motivation influence goal attainment? This module introduces psychology as a **scientific discipline** exploring thought and human behaviour, laying the **foundation for understanding how individuals think, feel, and act**.

02

PSY 03
Developmental
Psychology

This module explores **psychological science** and **human development**, helping you understand how cognitive, emotional, and social processes shape learning, well-being, 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 04
Introduction to
Psychotherapy and
Counselling

This module introduces students to the foundational theories and practices of psychotherapy and counselling. Learners will explore key approaches including **Psychoanalytic Therapy**, **Person-Centred Therapy**, and **Cognitive Behaviour Therapy**. Emphasis is placed on developing essential helping skills such as listening, empathy, and establishing a safe therapeutic environment. Students will gain an understanding of **how counselling and psychotherapy differ yet complement each other** in supporting clients' development and addressing psychological challenges.

04

PSY 07
Family and Marital
Counselling

This module explores how individuals are influenced by their families-of-origin and how these dynamics shape personal and professional development. Students will examine key theories and approaches in family and couple therapy, gaining **awareness of intergenerational patterns and relational systems**. Emphasis is placed on **developing practical skills and self-awareness** to work effectively with couples, parents, teenagers, and families across diverse contexts.



05

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.

06

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**.

07

PGDPsy 19 Psychotherapy Practice and Ethics in Multicultural Context

This module explores the **principles and complexities of ethical practice** in psychotherapy, emphasizing professional behaviour in accordance with established codes of ethics. Students will examine core ethical concepts such as confidentiality, informed consent, dual relationships, termination, and referral, as well as issues related to supervision, competence, and multicultural sensitivity. Through applied discussion of case examples and ethical dilemmas, learners will develop the ability to make informed, reasoned, and contextually appropriate decisions. The module promotes **professional integrity**, **accountability**, and **reflective awareness** to ensure that personal values and biases do not interfere with ethical clinical practice.

08

PGDPsy 15 Cognitive Behavioural Therapy

This module introduces students to the principles and practice of Cognitive Behavioural Therapy (CBT), a **short-term, goal-oriented, and evidence-based approach** to psychotherapy. CBT focuses on identifying and modifying unhelpful thoughts, beliefs, and behaviours that contribute to emotional distress and psychological difficulties. Through both theoretical and experiential learning, students will explore how cognitive, emotional and behavioural processes interact. The module covers core CBT concepts, including the relationship between thoughts, feelings, and behaviours, cognitive restructuring, behavioural activation, and relapse prevention. Emphasis is placed on developing practical therapeutic skills through clinical case examples and role-play, equipping learners to apply Aaron T. Beck's model of CBT effectively across a range of psychological presentations.

09

PGDPsy 16 Solution Focused Brief Therapy

Solution Focused Brief Therapy (SFBT), also known as 'solution focused therapy' or 'brief therapy', is a type of talk therapy based on 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, core skills, and application to different clientele groups in therapeutic practice.

10

PGDPsy 07 Research Methods in Psychology

Research Methods in Psychology is designed to give learners an overview of the diverse methods available in psychological research. This module has a focus on the scientific method, allowing learners to **apply the theoretical knowledge learned** in selecting a suitable research method for a subject matter of their choice and to reflect that in a simple proposal at the end of this module. This module will give learners a good starting point to reflect on the **impact of psychological research** in our lives.



11**GPSY 17**
Understanding
Trauma and Trauma
Treatment⁽¹⁾

This module offers **strategies for effectively engaging** with clients who have experienced complex trauma. Guided by the latest advancements in trauma theory, therapy, attachment, affective neuroscience, and interpersonal neurobiology, this module is designed to equip students with essential principles to **navigate the complexities of working with trauma**. Students will develop knowledge of complex trauma, the neurobiology of trauma, as well as current trauma theories and models. They will also gain insights into the **cognitive, emotional, and behavioural impacts** of trauma, enabling them to identify signs in clients.

12**PGDPsy 20**
Risk Assessment

This module equips students with a comprehensive understanding of suicidality and the practical skills required to engage and respond effectively to individuals at risk. Emphasis is placed on both theoretical understanding and experiential learning. Students will explore frameworks for suicide risk assessment, safety planning, and therapeutic response while developing confidence in initiating and sustaining conversations about suicide and self-harm. Through structured role plays and reflective exercises, learners will strengthen their **competence in risk formulation, intervention, and self-care** as essential components of ethical clinical practice.

13**PGDPsy 12**
Advanced
Counselling
Techniques and
Interventions⁽²⁾

This module is designed for psychotherapy students seeking to **enhance their counselling skills and interventions**. Building on foundational counselling principles, this advanced module delves into **sophisticated techniques and interventions aimed at addressing complex psychological issues**. The module integrates theory with practical application, fostering a deeper understanding of the therapeutic process and enhancing students' proficiency in navigating challenging counselling scenarios.

14**PGDPsy 13**
Whole Person
Therapy and Case
Formulation⁽³⁾

The Whole Person Therapy and Case Formulation module offers psychotherapy students an in-depth exploration of **evidence-based competencies essential for holistic therapeutic practice**. Drawing from diverse therapeutic traditions, students will delve into techniques such as **contingency management, coping and emotion regulation**, problem-solving, interpersonal skills, cognitive reappraisal, defusion/distancing, enhancing psychological acceptance, values, and mindfulness. Through theoretical insights and practical application, students will develop the skills necessary for comprehensive client-centred care. Students will explore **advanced techniques in case formulation**, considering biological, psychological, social, and cultural factors. The module integrates theory and practical applications, empowering students to develop a nuanced therapeutic stance that addresses the complexity of individuals.

^{1, 2 & 3} Prerequisite:
PSY 04 Introduction to Psychotherapy and Counselling

Practicum

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. Guided by supervision⁽¹⁾, students will adeptly apply evidence-based counselling techniques, professional ethics, and knowledge, thereby delivering culturally responsive therapy sessions to a diverse clientele. The incorporation of self-reflective practices is pivotal within this module, fostering continuous professional growth and promoting a culture of excellence in practice.

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

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.

● Practicum hours

Client contact	(2)	100 hrs
Indiv. supervision		20 hrs
Group supervision		30 hrs

● Before starting practicum, learners must complete the following modules:

PSY 03	Developmental Psychology
PSY 04	Introduction to Psychotherapy and Counselling
PGDPSY 19	Psychotherapy Practice and Ethics in a Multicultural Context
PGDPSY 20	Risk Assessment
PGDPSY 15	Cognitive Behavioural Therapy or
PGDPSY 16	Solution Focused Brief Therapy

¹ Individual supervision fees are approximately S\$150/hour (varies by supervisor). Group supervision fees are divided among learners in the group.

² Practicum placement fees may apply depending on the site.

To learn more about practicum and how TSPP can support you, scan this QR code:



Specialisms

The PGDPC curriculum offers two specialisations for learners to enhance their expertise in. Here are 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

GPSY 04	Mindfulness Psychology
GPSY 05	Resilience Training for Practitioners
GPSY 09	Strengths Development
CHILDREN AND ADOLESCENTS	
PSY 15	Childhood and Adolescent Disorders
PSY 16	Special Needs Education
PSY 17	Working with Children and Adolescents



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.

GPSY 04

Mindfulness Psychology

Mindfulness Psychology is a non-judgmental awareness of, curiosity about, and acceptance of one's present moment experience. It is becoming an increasingly popular **approach to holistic health, wellness, and thriving** for individuals and institutions. A growing body of scientific research suggests that cultivating mindfulness can robustly enhance cognitive, emotional, physical, spiritual, and social wellbeing.

In this workshop, you will equip yourself with both **theoretical and experiential understanding of mindfulness psychology**. Grounded in the assumption that effective mindfulness facilitation requires maintaining a personal mindfulness practice, this module emphasises **hands-on learning of mindfulness techniques**, explores common barriers to mindfulness and debunks the misconceptions of an effective mindfulness practice.

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 Prof. Ilona Boniwell and 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.

GPSY 09

Strengths Development

This module explores the **science of strengths** as the foundation of positive psychology and a guide to understanding human highest potential. Learners will learn about classifications and measures of strengths and explore the **diverse strength-based approaches** for individuals, teams, and organisations. Learners will have an opportunity to apply science-based practices to activate their strengths, learn the 'golden mean' of strengths and explore how they can apply their unique strengths constellations across life domains.



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 youth.

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.

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.

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.



Admissions

	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	<ul style="list-style-type: none"> • Lectures and case studies discussions • Role plays • Practicum supervision 		
Entry Requirements	<ul style="list-style-type: none"> • A Bachelor's Degree, or • Graduate Diploma in Psychotherapy and Counselling from TSPP, or • Postgraduate Diploma in Psychotherapy and Psychological Interventions (including E-learning and Studies variants) from TSPP 		
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\$27,086.50 w/GST	S\$32,536.50 w/GST	S\$32,536.50 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.

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Thrive together.

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