



# CERTIFICATE PROGRAMMES





# 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.



**Our certificate programmes are carefully designed to provide you with a comprehensive introduction to the learning experience of our diploma programmes. Embark on an exciting educational journey in your chosen area of interest:**

- Certificate in Psychology
- Certificate in Counselling
- Certificate in Psychology and Counselling
- Certificate in Special Needs Education
- Certificate in Introduction to Art Therapy
- Certificate in Introduction to Play Therapy

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>



# Certificate in Psychology

The Certificate in Psychology sets the foundation of your psychology education by introducing you to the field of psychology as a scientific discipline studying human behaviour, thought and emotion. You will explore topics including the history of psychology, human development, perception, learning and motivation, intelligence, personality and emotional behaviours.

Upon completion of this certificate, you will be equipped with the fundamentals of psychology and will have a deeper understanding of self, others and interpersonal relationships.

Module:  
PSY 01            Foundation Psychology

# Certificate in Counselling

The Certificate in Counselling introduces you to the fundamental principles and theories of counselling and psychotherapy. From psychoanalytic theories of Freud to Rational Emotive Behaviour Therapy (REBT), you will be acquainted with a number of therapeutic approaches often used for counselling and psychotherapy.

You will pick up listening, attending and responding skills that will form the foundation of your budding journey in counselling and psychotherapy.

Module:  
PSY 04            Introduction to Psychotherapy and Counselling

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**Duration:**  
3 months part-time

**Course Structure:**  
1 term per year  
(1 module per term)

**Intakes:**  
January, April, July, October

**Total Tuition Fees\*:**  
S\$1,566.00 w/GST

Note: All course fees include prevailing 8% Good and Service Tax (GST). The details of the breakdown will be provided in your Student Agreement. Please contact us for more details.

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**Duration:**  
3 months part-time

**Course Structure:**  
1 term per year  
(1 module per term)

**Intakes:**  
January, April, July, October

**Total Tuition Fees\*:**  
S\$1,566.00 w/GST

Note: All course fees include prevailing 8% Good and Service Tax (GST). The details of the breakdown will be provided in your Student Agreement. Please contact us for more details.

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# Certificate in Psychology and Counselling

If you find both Psychology and Counselling interesting, this double major certificate is for you. The Certificate in Psychology and Counselling gives you the best of both worlds as you take your first steps into exploring the care economy.

This certificate will also set the foundation for you to continue your education journey towards a diploma programme.

Modules:

PSY 01	Foundation Psychology
PSY 04	Introduction to Psychotherapy and Counselling

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**Duration:**

6 months part-time  
(can be completed in 3 months)

**Course Structure:**

1 term per year  
(1 module per term)

**Intakes:**

January, April, July, October

**Total Tuition Fees\*:**

S\$2,808.00 w/GST

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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# Certificate in Special Needs Education

The Certificate in Special Needs Education will deepen your understanding of children with special needs. You will learn to identify these children and gain invaluable insights into the challenges they face.

Additionally, the programme will equip you with knowledge on strategic interventions designed to optimize the growth and development of children with special needs. With this knowledge, you will be better equipped to help these children achieve a higher level of personal self-sufficiency and maximize their potential.

Module:

PSY 16	Special Needs Education
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**Duration:**

3 months part-time

**Course Structure:**

1 term per year  
(1 module per term)

**Intakes:**

January, July

**Total Tuition Fees\*:**

S\$1,674.00 w/GST

Note: All course fees include prevailing 8% Good and Service Tax (GST). The details of the breakdown will be provided in your Student Agreement. Please contact us for more details.

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# Certificate in Introduction to Art Therapy

The Certificate in Art Therapy is a highly specialised programme that serves as an excellent introduction to the field. Art therapy utilises a diverse range of art materials and techniques to encourage individuals to express themselves creatively, explore problems and difficulties, and facilitate positive change and personal growth.

Through engaging in a personal creative process, individuals can develop a deeper understanding of themselves and their emotions. Art therapy provides a safe and supportive space for individuals to explore their feelings, thoughts, and experiences through the creation of art. It allows individuals to tap into their creative potential and use it as a tool to improve their mental health and overall wellbeing.

Module:  
PSY 14 Introduction to Art Therapy

# Certificate in Introduction to Play Therapy

Our Certificate in Play Therapy is designed to provide you with an immersive experience in the world of play therapy. This programme will equip you with introductory knowledge on how children learn about themselves and their environment through play, and how to effectively communicate with them through play.

Play is an integral part of children's lives, and it provides a means for them to express their emotions, thoughts, and experiences. Through play therapy, children can work through their challenges and develop a deeper understanding of themselves and their relationships with others.

Modules:  
PSY 18 Introduction to Play Therapy

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**Duration:**  
3 months part-time

**Course Structure:**  
1 term per year  
(1 module per term)

**Intakes:**  
January, July

**Total Tuition Fees\*:**  
S\$1,674.00 w/GST

Note: All course fees include prevailing 8% Good and Service Tax (GST). The details of the breakdown will be provided in your Student Agreement. Please contact us for more details.

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**Duration:**  
3 months part-time

**Course Structure:**  
1 term per year  
(1 module per term)

**Intakes:**  
April, October

**Total Tuition Fees\*:**  
S\$1,674.00 w/GST

Note: All course fees include prevailing 8% Good and Service Tax (GST). The details of the breakdown will be provided in your Student Agreement. Please contact us for more details.

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# Admissions and Applications

	Certificate in Psychology Certificate in Counselling	Certificate in Psychology and Counselling	Certificate in Introduction to Play Therapy Certificate in Introduction to Art Therapy Certificate in Special Needs Education
<b>Course Delivery</b>	<ul style="list-style-type: none"> <li>▪ Lectures and case studies discussions</li> <li>▪ Role plays</li> <li>▪ Class presentation</li> </ul>		
<b>Entry Requirements</b>	<ul style="list-style-type: none"> <li>▪ A pass (C6) in 1 GCE 'O' Level subject conducted in English, or</li> <li>▪ A pass for ITE NITEC course in any field, or</li> <li>▪ Mature candidates (30 years old and above), with 8 years work experience</li> </ul>		
<b>English Language Proficiency</b>	<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>		
<b>Registration Fee</b>	S\$162.00w/GST		
<b>Tuition Fee</b>	S\$1,566.00 w/GST	S\$2,808.00 w/GST	S\$1,674.00 w/GST
<b>Application Requirements</b>	<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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