

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% 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.

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

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 on puberty, sexuality, adult maturity, lifestyle changes, the family life cycle, and retirement are covered as well.

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.

GPSY 01 Applications of Psychology

This module introduces the field of psychology as a scientific discipline concerned with the study of human behaviour and their mental processes. Learners will learn about the major philosophical issues dealing with the mind-brain problem, and nature versus nurture. Topics covered include the history of psychology, human development, the mind and brain, perception, learning and motivation, personality, emotion, intelligence, and the like. Applications of psychology include mental health treatment, performance enhancement, self-help, ergonomics, and many other areas affecting health and daily life.

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

GPSY 03 Introduction to Counselling, Psychotherapy and Coaching

This module provides students with a comparison and contrast between three professions, namely, counselling, psychotherapy, and coaching. Learners will also learn listening skills in an experiential manner that will help establish a safe environment, which is an important component for all three professions. Last but not least, learners will be introduced to counselling approaches such as psychoanalytic therapy and Person-Centred therapy, as well as coaching models such as the Growth model and the Appreciative coaching model.

GPSY 07 Psychotherapy Practice and Ethics

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. 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.

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.

PGDPSY 08 Multicultural Counselling in Singapore

Multicultural counselling has never been more important than today, where Singapore's cultural tapestry is ever-growing in diversity and richness. In such a sensitive climate, it becomes imperative for counsellors, and anyone who is interested in the human condition, to discuss issues that impact our cultural experiences, in an honest and respectful way. This module discusses and examines the **principles and concepts of multicultural counselling**, focusing on the context of Singapore. At the end of this module, learners will have a deeper appreciation for the differences amongst themselves, and will also be able to identify their own personal biases, amongst other skills.

In this module, learners will learn how to **elevate their mental**, **emotional**, **social and physical wellbeing**. Learners will be introduced to evidence-based strategies to recognise their thinking traps, build and leverage internal and external resources, and understand drivers for sustainable behaviour change.

CORE 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.

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.

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 embarking on the practicum, learners have to complete the following modules:

- PSY 03 Developmental Psychology / PGDPSY 08 Multicultural Counselling in Singapore
- GPSY 03 Introduction to Counselling, Psychotherapy and Coaching
- GPSY 07 Psychotherapy Practice and Ethics
- 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.

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.sq

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 \$\$1,500 to \$\$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

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 emphasizes 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 Practitioner

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 Dr. Ilona Boniwell and Dr. 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 are also helped to 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.

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 youths.

ADDITIONAL MODULES:

PSY 15

Childhood and Adolescent Disorders

This module introduces the learners to various childhood and adolescent disorders. It explores the different disorders that these groups face, which includes depression, anxiety, obsessive-compulsive disorder (OCD), and substance abuse. Special needs such as autism spectrum disorder and attention deficit hyperactivity disorder (ADHD) will also be discussed. Learners will be taught how to identify and differentiate between the various disorders, which is vital in helping individuals who are suffering from them.

PSY 16 Special Needs Education

This module will deepen your understanding of children with special needs. From identification to management and development, early intervention is crucial for the growth and development of children with special needs. By understanding their challenges and implementing strategic interventions, we can help maximise their potential and improve their chances of independent living. In this module, learners will be taught interventions that are designed to help children with special needs learn skills that help them achieve a higher level of personal self-sufficiency and success in school and their community.

PSY 17 Working with Children and Adolescents

In this module, major theoretical views are introduced with emphasis on relevant evidence-based techniques, skills, and strategies that work well with children and adolescents in both individual and group settings. Common issues in childhood and adolescence will be highlighted with suggested intervention plans. Learners will also be taught how to establish a collaborative relationship with the stakeholders / community to design, manage, and review evidence-based intervention plans that better support 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 		

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

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