



# Graduate Diploma in **PSYCHOTHERAPY AND COUNSELLING**



# 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 Graduate Diploma in Psychotherapy and Counselling is designed to provide aspiring mental health professionals with the necessary foundation and knowledge to effect positive change in their communities. Through this comprehensive curriculum, you will gain an understanding of the various aspects of psychology and develop fundamental skills in psychotherapy and counselling. By enhancing your self-awareness, you will be equipped to make a meaningful impact in the lives of those around you.**

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>



## Graduate Diploma in Psychotherapy and Counselling

The Graduate Diploma in Psychotherapy and Counselling (GDPC) aims to prepare you with the fundamentals of psychotherapy and counselling skills. You will be taught talk therapy techniques such as Cognitive Behavioural Therapy (CBT), which can be applied to areas for personal development, relationships, workplace, and family.

Apart from psychotherapy and counselling theories and techniques, you will also learn to understand behaviours, emotions, and thoughts that contribute to one's distress.

You can help others manage negative life events such as major illness, death of loved ones, or other trauma that may contribute to their mental issues. Knowledge on healthy coping mechanisms and problem-solving skills will also be gained.

The GDPC is the stepping stone towards your pathway to be a certified psychotherapist and mental health professional.

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**Duration:**

6 months part-time

**Course Structure:**

2 terms

(2-3 modules per term)

**Intakes:**

January, April, July, October

**Total Tuition Fees\*:**

S\$10,900.00 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 GDPC programme consists of 5 modules, each offering an introduction to advanced psychotherapy and counseling methodologies. By gaining practical knowledge from these modules, students will be better equipped to understand and implement mental health strategies that benefit both themselves and others. You may find the list of modules below:

### FOUNDATIONAL MODULES

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 Psychotherapy, Counselling 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 06

#### Introduction to Cognitive Behavioural Therapy

This module covers the fundamental theories of Cognitive Behavioural Therapy (CBT), a type of psychotherapy based on working with and **modifying thought processes, assumptions, beliefs, and behaviours** with the aim of **influencing disturbed emotions**. It is widely accepted as an evidence-based and cost-effective psychotherapy for many psychological challenges. It can be used with groups or individuals. It 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. Included in the module are clinical cases and techniques.

#### 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.

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

# Admissions and Applications

	Graduate Diploma in Psychotherapy and Counselling
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, case studies, discussions</li> <li>▪ Class presentations, role plays, essays, examinations</li> </ul>
Entry Requirements	<ul style="list-style-type: none"> <li>▪ A Bachelor's Degree, or</li> <li>▪ Mature candidates (30 years old and above) with a Diploma and minimum 8 years working experience*</li> </ul> <p>*All mature candidates are to be subjected to a one-to-one interview by the course leader to determine suitability for the course</p>
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\$10,900.00 w/GST
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>

## 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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Whatsapp +65 8792 0415



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