

# Essential Counselling Skills for Mental Wellbeing and Human Connection

WSQ SSG-Funded Course 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.



# Essential Counselling Skills for Mental Wellbeing and Human Connection

This programme is designed to equip learners with essential counselling skills to support individuals facing emotional and mental challenges. Through immersive learning—including theory, case studies, demonstrations, and hands-on practice—you will build confidence in areas like therapeutic relationships, client assessment, crisis management, and ethical practice. Ideal for those in social services, healthcare, education, HR, and community work, this course empowers you to listen deeply, respond meaningfully, and make a real difference.

# Curriculum



Duration	3 months (part-time)
Course Structure	4 terms per year
Intakes	Jan, Apr, Jul, Oct

Today, many people are facing complex emotional, mental, and social challenges. Across a wide range of sectors—from healthcare and education to social services, human resources, and community work—professionals are being called to support others in distress. Yet many step into these moments without adequate preparation, relying instead on instinct, empathy, and goodwill.

This programme offers a compassionate and practical grounding in **counselling intervention skills**, empowering you to support others with greater confidence and care. Whether you're looking to deepen your impact in your current role or expand your professional capacity, it invites you to grow into a more thoughtful, grounded, and effective presence.

Tailored for those who regularly work with individuals facing life's challenges, this programme is about more than just theory. At its heart, it's about cultivating the ability to **listen deeply, respond meaningfully, and support others when they need it most.**

## Learning Units

- Foundations of Counselling
- Building Therapeutic Relationships (Part 1)
- Building Therapeutic Relationships (Part 2)
- Client Assessment and Goal Setting
- Counselling Techniques and Interventions (Part 1)
- Counselling Techniques and Interventions (Part 2)
- Ethical and Cultural Considerations
- Crisis Management
- Professional Collaboration and Documentation
- Evaluating and Concluding Counselling Relationships

# Admissions

	Individual Sponsored	Company Sponsored [Non-SME]	Company Sponsored [SME]
<b>Course Delivery</b>	<ul style="list-style-type: none"> <li>Lectures and case studies discussions</li> <li>Demonstration, practice, discussion, and Q&amp;A</li> </ul>		
<b>Entry Requirements</b>	<ul style="list-style-type: none"> <li>A pass in 1 GCE 'O' Level subject conducted in English, or</li> <li>At least Grade 5 in GCE 'N' Level English Language, or</li> <li>At least D7 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</li> </ul>		
<b>Course Fee</b> for foreigners and those not eligible for subsidies	S\$1,635.00 w/GST		
<b>Course Fee</b> for Singapore Citizens aged 39 years and below, and for Singapore Permanent Residents and Long Term Visit Pass+ Holders (The minimum age for individual sponsored trainees is 21 years old)	S\$885.00 w/GST	S\$885.00 w/GST	S\$585.00 w/GST
<b>Course Fee</b> for Singapore Citizens aged 40 years and above	S\$585.00 w/GST		
<b>Application Requirements</b>	<ul style="list-style-type: none"> <li>Application form</li> <li>Application statement</li> <li>1 recent passport-sized photo</li> <li>NRIC/Valid SG pass copy</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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Thrive together.