

# 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.

# Introduction

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.**



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

## Learning Outcomes:

- Develop foundational counselling skills to support clients with low to moderate complexity
- Apply principles of active listening, empathy, and effective communication
- Understand ethical frameworks, professional standards, and boundaries in practice
- Create safe, supportive environments and build strong therapeutic relationships
- Conduct client assessments and collaboratively set treatment goals
- Deliver evidence-informed interventions for stress, anxiety, and relational issues
- Engage in experiential learning: role-plays, case discussions, and reflective practice
- Navigate organisational notes and ethical decision-making in service delivery
- Collaborate across the social service ecosystem for holistic client care
- Adapt interventions to individual client needs and respond to crises
- Prepare for ethical, real-world counselling practice and future professional development



# Curriculum



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## Lesson

# 01

## Introduction to Counselling

- What is counselling? Understanding purpose and scope.
- Overview of major counselling theories (CBT, Humanistic, REBT).
- Matching the right modality to the right client.

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## Lesson

# 02

## Building a Therapeutic Relationship (Part 1)

- What makes therapy work: the power of the relationship.
- Core communication skills: listening, empathy, and reflecting.
- Understanding cultural sensitivity and adapting communication styles.

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## Lesson

# 03

## Building a Therapeutic Relationship (Part 2)

- Non-verbal communication: tone, body language.
- Encouraging deeper insights without taking away client autonomy.
- Spotting and handling personal biases or reactions.



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Lesson  
**04**

Assessment and  
Understanding  
Clients

- How to gather and interpret information from clients.
- Turning client stories into useful case formulations.
- Recognising how personal, environmental, and psychological factors affect wellbeing.

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Lesson  
**05**

Counselling  
Interventions (Part 1)

- Structuring sessions from beginning to end.
- Working collaboratively with clients on goals.
- Addressing common issues like stress and anxiety.

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Lesson  
**06**

Counselling  
Interventions (Part 2)

- Techniques for fostering real change in clients.
  - Adjusting interventions to suit different age groups and cultures.
  - Knowing when to be supportive vs directive.
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Lesson  
07

Ethics and Risk  
Management

- Professional ethics and boundaries in counselling.
- Handling confidentiality, consent, and sensitive topics.
- Recognising and managing high-risk situations.

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Lesson  
08

Crisis Intervention  
and Safety

- How to respond to emergencies or emotional outbursts.
- How to decide when to refer a client to higher-level care.
- Tools for staying grounded as a practitioner.

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Lesson  
09

Teamwork and  
Documentation

- Working with other professionals in social service and healthcare.
- Writing useful, ethical session notes and client records.
- Navigating workplace policies and systems.

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Lesson  
10

Ending the  
Counselling  
Relationship

- How to conclude sessions and client relationships effectively.
  - Reviewing goals and celebrating progress.
  - Ensuring clients are supported after therapy ends.
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# 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.

+65 6884 5162  
+65 8792 0415  
enquiry@positivepsych.edu.sg

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# Are you ready for your first step? Let us journey together with you now.

Discover how our programmes can transform your future.  
Chat with us to find the best fit for your goals.



Thrive together.