

# Postgraduate Diploma in Psychotherapy and Psychological Interventions (PGDPPI)

Programme 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.



# Postgraduate Diploma in Psychotherapy and Psychological Interventions (PGDPPI)

The Postgraduate Diploma in Psychotherapy and Psychological Interventions (PGDPPI) is designed to develop knowledgeable, competent, and confident professionals ready to embark on careers in mental health. The programme offers interdisciplinary psychological knowledge and is supported by industry professionals, extensive course materials, rich resources, and opportunities for hands-on practice.

# Introduction

The Postgraduate Diploma in Psychotherapy and Psychological Interventions (PGDPPI) programme seeks to develop students' understanding of psychological and counselling theories and methods. More importantly, it aims to equip students with the ethics, professional skills, and methods necessary to carry out therapy successfully across cultures and contexts.

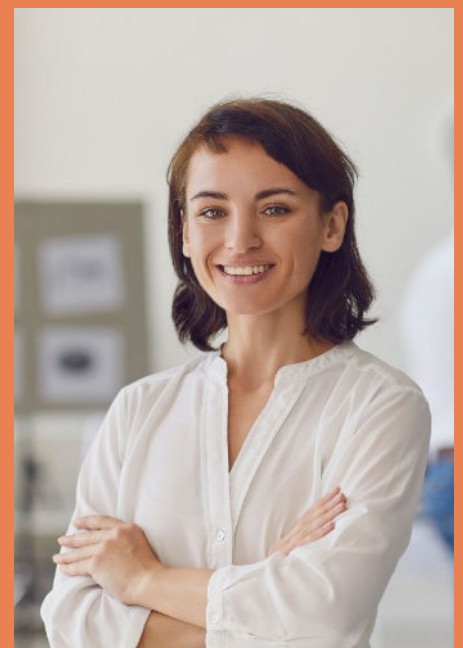
The programme ensures a two-pronged approach to equip learners with skills for professional client treatment and personal awareness. Students will learn to deal with stress, anxiety, relationship problems, anger, and personal growth and development. Furthermore, students will analyse case studies relevant and applicable to the Asian cultural context, including risk assessment and trauma cases. By having students use the tools and techniques through active learning, a supervisor will mentor the learners in using them effectively and professionally.



|                  |                       |
|------------------|-----------------------|
| Duration         | 12 months (part-time) |
| Course Structure | 4 terms per year      |
| Intakes          | Jan, Apr, Jul, Oct    |

## Career Prospects

The PGDPPI is dedicated to educating students on various psychological disciplines and psychotherapy applications and promoting specialised training for students eager to practise counselling and psychotherapy independently and professionally. The course focuses on developing competencies across three therapy approaches: Solution Focused Brief Therapy (SFBT), Cognitive Behavioural Therapy (CBT) and Clinical Hypnotherapy (elective).



# Curriculum

The PGDPPI programme comprises **6 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 PGDPPI learners a solid foundation in various aspects of psychotherapy and counselling. Below is an overview of the programme's modules:

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01

PGDPSY 15  
Cognitive  
Behavioural Therapy

This module introduces students to the principles and practice of Cognitive Behavioural Therapy (CBT), a **short-term, goal-oriented, and evidence-based approach** to psychotherapy. CBT focuses on identifying and modifying unhelpful thoughts, beliefs, and behaviours that contribute to emotional distress and psychological difficulties. Through both theoretical and experiential learning, students will explore how cognitive, emotional and behavioural processes interact. The module covers core CBT concepts, including the relationship between thoughts, feelings, and behaviours, cognitive restructuring, behavioural activation, and relapse prevention. Emphasis is placed on developing practical therapeutic skills through clinical case examples and role-play, equipping learners to apply Aaron T. Beck's model of CBT effectively across a range of psychological presentations.

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02

PGDPSY 19  
Psychotherapy  
Practice and Ethics  
in a Multicultural  
Context

This module explores the **principles and complexities of ethical practice** in psychotherapy, emphasizing professional behaviour in accordance with established codes of ethics. Students will examine core ethical concepts such as confidentiality, informed consent, dual relationships, termination, and referral, as well as issues related to supervision, competence, and multicultural sensitivity. Through applied discussion of case examples and ethical dilemmas, learners will develop the ability to make informed, reasoned, and contextually appropriate decisions. The module promotes **professional integrity, accountability, and reflective awareness** to ensure that personal values and biases do not interfere with ethical clinical practice.

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03

PGDPSY 20  
Risk Assessment

This module equips students with a comprehensive understanding of suicidality and the practical skills required to engage and respond effectively to individuals at risk. Emphasis is placed on both theoretical understanding and experiential learning. Students will explore frameworks for suicide risk assessment, safety planning, and therapeutic response while developing confidence in initiating and sustaining conversations about suicide and self-harm. Through structured role plays and reflective exercises, learners will strengthen their **competence in risk formulation, intervention, and self-care** as essential components of ethical clinical practice.

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## 04

### PGDPSY 09 Understanding Trauma and Trauma Treatment

This module offers **strategies for effectively engaging** with clients who have experienced complex trauma. Guided by the latest advancements in trauma theory, therapy, attachment, affective neuroscience, and interpersonal neurobiology, this module is designed to equip students with essential principles to **navigate the complexities of working with trauma**. Students will develop knowledge of complex trauma, the neurobiology of trauma, as well as current trauma theories and models. They will also gain insights into the **cognitive, emotional, and behavioural impacts of trauma**, enabling them to identify signs of trauma in clients.

## 05

### PGDPSY 11 Understanding Trauma and Trauma Treatment (Advanced)<sup>(1)</sup>

This 32-hour advanced module deepens both conceptual understanding and clinical skill in working with clients who have experienced single-incident and complex trauma. Integrating theory with experiential learning, students explore the neurobiology of trauma, the role of the nervous system and Polyvagal Theory, and how trauma shapes emotions, thinking, and behaviour.

Learners will gain confidence in **recognising trauma symptoms** and **responding to complex presentations** in a trauma-informed, attuned, and ethical manner. Practical components include applying **somatic and experiential approaches, parts work, and DBT-informed techniques** to foster regulation, integration, and resilience.

Through case discussions, role plays, and reflective practice, students strengthen their ability to establish safety, pace trauma processing, and remain present and compassionate. This module prepares practitioners to work effectively and sensitively with trauma in diverse clinical contexts.

<sup>1</sup> Prerequisite:  
PGDPSY 09 Understanding Trauma and Trauma Treatment

### 06a

#### PGDPSY 16 Solution Focused Brief Therapy

Solution Focused Brief Therapy (SFBT), also known as ‘solution focused therapy’ or ‘brief therapy’, is a type of talk therapy based on 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, core skills, and application to different clientele groups in therapeutic practice.

### 06b

#### PGDPSY 17 Clinical Hypnotherapy

Clinical Hypnotherapy teaches participants to foster rapport by **opening up channels of communication** with clients. During hypnotherapy, clients remain in control. Hypnosis is a state of inner absorption, concentration, and focused attention. It is not possible for clients to be forced to do anything against their will, even under hypnosis.

Learners of clinical hypnotherapy will develop **effective communication** through the use of voice, tone, pace of delivery, expression, and narrative styles of the clients. Learners are able to demonstrate **trance induction abilities** across a variety of styles and techniques, which may include direct and indirect suggestions, eye relaxation, tactile triggers, and metaphors. Learners will be taught a variety of techniques utilising authoritative and permissive styles, which include Ericksonian, analytical, regression, and self-hypnosis. They will be able to demonstrate how to gather sufficient and valid information from the clients during the initial assessment session. Thereafter, they will be empowered to design a hypnotherapy intervention for therapeutic purposes, and learn how to evaluate and review the effectiveness of their own interventions.



# Practicum

Psychotherapy and counselling practicum is a requirement of the PGDPPI 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. Guided by supervision<sup>(1)</sup>, students will adeptly apply evidence-based counselling techniques, professional ethics, and knowledge, thereby delivering culturally responsive therapy sessions to a diverse clientele. The incorporation of self-reflective practices is pivotal within this module, fostering continuous professional growth and promoting a culture of excellence in practice.

The entire practicum will need to be logged to ensure the learner completes the required number of hours. ● ●

Learners will apply and practice CBT, SFBT, and/or Clinical Hypnotherapy 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.

## ● Practicum hours

|                               |         |
|-------------------------------|---------|
| Client contact <sup>(2)</sup> | 100 hrs |
| Indiv. supervision            | 20 hrs  |
| Group supervision             | 30 hrs  |

● Before starting practicum, learners must complete the following modules:

|           |                                                              |
|-----------|--------------------------------------------------------------|
| PGDPSY 19 | Psychotherapy Practice and Ethics in a Multicultural Context |
| PGDPSY 20 | Risk Assessment                                              |
| PGDPSY 15 | Cognitive Behavioural Therapy or                             |
| PGDPSY 16 | Solution Focused Brief Therapy or                            |
| PGDPSY 17 | Clinical Hypnotherapy                                        |

<sup>1</sup> Individual supervision fees are approximately S\$150/hour (varies by supervisor). Group supervision fees are divided among learners in the group.

<sup>2</sup> Practicum placement fees may apply depending on the site.

To learn more about practicum and how TSPP can support you, scan this QR code:



# Bridging Modules

Refer to entry requirements

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## 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.

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## PSY 01 Essentials of Psychology and Mental Health

How do people differ from one another? To what extent is our current behaviour shaped by early experiences? How does motivation influence goal attainment? This module introduces psychology as a **scientific discipline** exploring thought and human behaviour, laying the **foundation for understanding how individuals think, feel, and act**.

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## PSY 03 Developmental Psychology

Developmental Psychology examines **human growth and development** across the lifespan—from conception to death—through **biological, psychological, and social lenses**. Learners will explore major developmental stages such as childhood, adolescence, and adulthood, and consider topics including puberty, sexuality, personality, family life, ageing, and retirement. The module integrates classic and contemporary theories to understand how humans change and adapt across life stages.

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## PSY 04 Introduction to Psychotherapy and Counselling

This module introduces students to the foundational theories and practices of psychotherapy and counselling. Learners will explore key approaches including **Psychoanalytic Therapy, Person-Centred Therapy, and Cognitive Behaviour Therapy**. Emphasis is placed on developing essential helping skills such as listening, empathy, and establishing a safe therapeutic environment. Students will gain an understanding of **how counselling and psychotherapy differ yet complement each other** in supporting clients' development and addressing psychological challenges.

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## PSY 05 Mental Health Disorders

This module examines the biological, psychological, and social factors that contribute to the onset and maintenance of mental health disorders across the lifespan. Students will explore a range of psychological conditions, including anxiety and mood disorders, schizophrenia, eating disorders, somatoform and dissociative disorders, and personality disorders. Emphasis will be placed on understanding **diagnostic frameworks, theoretical perspectives, and evidence-based intervention approaches** used in contemporary clinical practice.

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## PSY 06 Addictions and Interventions

Addictions and Interventions examines the **psychological, social, and biological factors** that contribute to addictive behaviours and their treatment. Students will explore **major theories of addiction, the Stages of Change model, and the principles of Motivational Interviewing**. Emphasis is placed on developing practical counselling skills to help clients set achievable goals, address resistance, strengthen self-efficacy, and sustain long-term recovery through evidence-based interventions.

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## PSY 07 Family and Marital Counselling

This module explores how individuals are influenced by their families-of-origin and how these dynamics shape personal and professional development. Students will examine key theories and approaches in family and couple therapy, gaining **awareness of intergenerational patterns and relational systems**. Emphasis is placed on **developing practical skills and self-awareness** to work effectively with couples, parents, teenagers, and families across diverse contexts.

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# Admissions

|                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                    |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Module Exemption</b>             | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                    |
| <b>Course Delivery</b>              | <ul style="list-style-type: none"> <li>• Lectures and case studies discussions</li> <li>• Role plays</li> <li>• Practicum supervision</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                    |
| <b>Entry Requirements</b>           | <ul style="list-style-type: none"> <li>• A Bachelor's Degree in Psychology, Counselling, Medicine, Nursing, Social Work, Special Education, or Education* (*Bachelor degrees in above-mentioned disciplines require additional bridging modules), or</li> <li>• A Bachelor's Degree and Diploma in Psychology and Counselling or Diploma in Child Psychology and Interventions from TSPP, or</li> <li>• A Graduate or Postgraduate Diploma in Psychotherapy and Counselling (including specialisations in Children and Adolescents or Wellbeing Interventions) from TSPP.</li> </ul> <p><i>Please refer to previous page for details on the list of bridging modules.</i></p>                                                                   |                                                                                                                                                                    |
| <b>English Language Proficiency</b> | <ul style="list-style-type: none"> <li>• GCE 'O' Level English (Grade C6 and above), or</li> <li>• Any GCE 'A' Level subject conducted in English (Grade E and above), or</li> <li>• English language proficiency via one of the following: <ul style="list-style-type: none"> <li>• IELTS 6.0 (no component &lt; 6.0)</li> <li>• TOEFL iBT 74 (no component &lt; 18)</li> <li>• Pearson PTE Academic 52 (no component &lt; 52)</li> <li>• C1 Advanced/C2 Proficiency 169 (no component &lt; 169)</li> <li>• ISLPR: Minimum 3 in each skill</li> <li>• AEAP DEP: Final Exam Overall 65% (no sub-score &lt; 65%), or</li> </ul> </li> <li>• Completion of a course delivered in English or relevant English-speaking work experience.</li> </ul> |                                                                                                                                                                    |
| <b>Registration Fee</b>             | S\$163.50 w/GST                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                    |
| <b>Tuition Fee</b>                  | S\$13,243.50 w/GST                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                    |
| <b>Bridging Module</b>              | S\$1,635.00 w/GST per module (PSY 01/03/04/05/06/07)<br>S\$2,180.00 w/GST per module (GPSY 02)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                    |
| <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> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"> <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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Chat with us to find the best fit for your goals.



Thrive together.