

Certificate in Play and Art Therapy (CPAT)

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.



Certificate in Play and Art Therapy (CPAT)

The Certificate in Play and Art Therapy is a specially curated mental health education programme designed to explore the power of play and art as effective tools for communication and therapy, helping individuals—especially children—navigate emotions, trauma, and personal challenges in a safe and supportive environment.

Curriculum



Duration	6 months (part-time)
Course Structure	4 terms per year
Intakes	Jan, Apr, Jul, Oct

The CPAT programme comprises **2 modules** that will provide you with creative therapeutic techniques to support emotional expression and healing. Below is an overview of the programme's modules:

01

PSY 14
Introduction to
Art Therapy

This module utilises a variety of art materials that encourages **self-expression to explore problems and facilitate positive change and personal growth**. The focus is not on artistic skills, but on engaging in a creative personal process that helps reconcile emotional conflicts, foster self-awareness, develop social skills, solve problems, reduce anxiety, aid in reality orientation, and increase self-esteem.

02

PSY 18
Introduction to
Play Therapy

In this module, learners can gain knowledge on how children learn about the world around them and how they interact with their environment through play. Aside from understanding what toys to choose and their uses in therapy work, you will also be equipped with foundation knowledge on **Child-centred Play Therapy** and learn how to **create therapeutic environments** for children to safely express themselves. The language of play is a powerful therapeutic medium to help adults understand children and how they make sense of the world. Play therapy is an evidence-based clinical therapy that has been shown to help children and adolescents in many areas.

Admissions

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 • Class presentations, role plays, essays, examinations
Entry Requirements	• A pass in 1 GCE 'O' Level subject conducted in English, or equivalent • A pass for ITE NITEC course in any field, or equivalent • Mature candidates (30 years old and above), with 8 years work experience
English Language Proficiency	• GCE 'O' Level English (Grade C6 and above), or • Any GCE 'A' Level subject conducted in English (Grade E and above), or • English language proficiency via one of the following: • IELTS 6.0 (no component < 6.0) • TOEFL iBT 74 (no component < 18) • Pearson PTE Academic 52 (no component < 52) • C1 Advanced/C2 Proficiency 169 (no component < 169) • ISLPR: Minimum 3 in each skill • AEAP DEP: Final Exam Overall 65% (no sub-score < 65%), or • Completion of a course delivered in English or relevant English-speaking work experience.
Registration Fee	S\$163.50 w/GST
Tuition Fee	S\$3,488.00 w/GST
Application Requirements	• Application form • Application statement • 1 recent passport-sized photo • NRIC/Valid SG pass copy • 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.

+65 6884 5162

+65 8792 0415

enquiry@positivepsych.edu.sg

	positivepsych.edu.sg
	/TheSchoolofPositivePsychology
	/positivepsychsg
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Thrive together.