



**Diploma in
APPLIED POSITIVE
PSYCHOLOGY**



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 Diploma in Applied Positive Psychology is designed for individuals keen on understanding the science of happiness through the lens of positive psychology. Grounded in evidence-based, practical application of psychology theories and strategies, this diploma is great for personal development and in making a difference in the lives of people 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 <https://www.skillsfuture.gov.sg/pei>



Diploma in Applied Positive Psychology

Interested in exploring the fascinating world of psychology and making a positive impact on yourself and your community? Our Diploma in Applied Positive Psychology (DAPP) provides the perfect starting point for a comprehensive psychology education.

Through our fundamental psychology modules, you'll gain a deep understanding of the subjective human experience and a range of psychological approaches. But that's just the beginning.

With a focus on positive psychology, you'll learn practical strategies for building resilience and utilising a strengths-based approach to improve your life and the lives of those around you. You'll explore real-world applications of positive psychology and discover how to make a meaningful impact on your community.

But learning isn't just about the coursework. At The School of Positive Psychology, we foster a collaborative learning culture that will boost your journey towards personal growth and development. You'll have the opportunity to share and collaborate with fellow learners and practitioners, gaining insights and support that will propel you to take charge of your own wellbeing.

Duration:
12 months part-time

Course Structure:
4 terms per year
(2 modules per term)

Intakes:
January, April, July, October



Curriculum

Our Diploma in Applied Positive Psychology (DAPP) programme is designed to equip you with the knowledge and skills needed to improve mental health and wellbeing, both for yourself and others.

Consisting of eight comprehensive modules, this programme will provide you with a strong foundation in various aspects of psychology, psychotherapy, and positive psychology. From developing your practical skills to honing your theoretical knowledge, our DAPP program focuses on fostering your competencies in applying psychology to real-world scenarios.

Our module topics cover a wide range of crucial topics, from understanding the human mind to developing resilience and wellbeing. Below are the list of modules covered in the programme:

MODULES

PSY 01 Essentials of Psychology and Mental Health

How do people differ from one another? To what extent is your current behaviour shaped by your childhood development? How does motivation play a part in reaching goals? This module introduces the field of psychology as a **scientific discipline** concerned with the **study of thought and human behaviour**.

PSY 03 Developmental Psychology

Developmental Psychology introduces the study of **human growth and development over the lifespan**, from conception to death. Learners will delve into the study of **major developmental stages** such as childhood, adolescence, and adulthood. Topics covered include puberty, sexuality, adult maturity, lifestyle changes, the family life cycle, and retirement.

This module introduces the fundamental theories of psychotherapy, including psychoanalytic theories of Freud, the humanistic approach of Carl Rogers, and Choice Theory/Reality Therapy. Learners will also learn the **fundamental skills of a therapist**, and how to apply psychotherapy and counselling to help clients in areas of development and to overcome their challenges.

The module is organised around **SPARK** acronym and teaches learners to break simple and complex situations into manageable components of **Situation, Perception, Affect, Reaction and Knowledge**. Originally developed by Dr. Ilona Boniwell and Dr. Lucy Ryan, this ground-breaking programme for developing resilience is currently employed by educational and people centric organisations. The module enables learners to **challenge their interpretation of any life situation** and consider other alternatives as they are being introduced to the skills of assertiveness and problem solving. Learners are also helped to **build their own 'resilience muscles'** through identifying their strengths, social support networks, sources of positive emotions and previous experiences of resilience.

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.

This module explores the **science of strengths** as the foundation of positive psychology and a guide to understanding human highest potential. Learners will learn about classifications and measures of strengths and explore the **diverse strength-based approaches** for individuals, teams, and organisations. Learners will have an opportunity to apply science-based practices to activate their strengths, learn the 'golden mean' of strengths and explore how they can apply their unique strengths constellations across life domains.

Learners will engage in online self-paced learning from Dr. Robert Biswas-Diener. They will discuss and learn about a wide range of theories and research results from the study of happiness. In curating this content, Dr. Robert Biswas-Diener has made every effort to go beyond the most commonly reported scientific studies from the past 20 years. Learners will be introduced to novel ideas about **happiness intervention**, the **role of life circumstances**, and **positive thinking** among other topics. This online module has a duration of 9 hours and is delivered through 8 hours of self-paced online curriculum and a 1-hour debrief session.

In this module, learners will learn how to **elevate their mental, emotional, social and physical wellbeing**. Learners will be introduced to evidence-based strategies to recognise their thinking traps, build and leverage internal and external resources, and understand drivers for sustainable behaviour change.

Admissions and Applications

	Diploma in Applied Positive Psychology
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"> ▪ Lectures, case studies, discussions ▪ Class presentations, role plays, essays, examinations
Entry Requirements	<ul style="list-style-type: none"> ▪ Diploma holder, or ▪ 2 GCE 'A' Level H2 passes, or ▪ The School of Positive Psychology (TSPP) academic certificate or Certificate in Psychology and/or Counselling from other education institutions in Singapore with: <ul style="list-style-type: none"> - At least C6 in any GCE 'O' level subject conducted in English, or - A pass for ITE NITEC course in any field, or - 30 years old with at least 8 years working experience ▪ Applicants with minimum 2 years working experience and holding either: <ul style="list-style-type: none"> - 5 GCE 'O' Level passes with minimum grade of C6, or - A pass for ITE Higher NITEC course in any field
English Language Proficiency	<ul style="list-style-type: none"> ▪ Pass in GCE 'O' Level English Language, or ▪ Pass in any GCE 'A' Level subject conducted in English, or ▪ IELTS 5.5, or ▪ TOEFL (Internet Based) 59, or ▪ Pearson PTE Academic 52
Registration Fee	S\$163.50 w/GST
Tuition Fee	S\$11,532.20 w/GST
Application Requirements	<ul style="list-style-type: none"> ▪ Completed application form ▪ Completed application statement ▪ 1 recent passport-sized photo ▪ 1 photocopy of NRIC or Singapore valid pass ▪ 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:


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