

Diploma in  
**CHILD PSYCHOLOGY  
AND INTERVENTIONS**



# 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 Child Psychology and Interventions is a specially curated mental health education programme designed for individuals keen to work with children. You will gain an in-depth knowledge of child and adolescent psychology, as well as foundational understanding of popular interventions for children.**

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 Child Psychology and Interventions

The Diploma in Child Psychology and Interventions (DCPI) is a programme designed by experienced mental health professionals who specialise in working with children and youths. It provides a unique teaching method that combines both theoretical knowledge and practical application.

In addition to addressing common mental health concerns, the program teaches you how to identify children with special needs and intervene effectively to promote their growth and development towards optimal functioning and independence.

The programme covers the major stages of human growth, with a particular emphasis on children and adolescents. You will explore contemporary case studies and analyse current mental health challenges, equipping you with the skills to identify and address disorders such as attention deficit hyperactivity disorder (ADHD), depression, and anxiety as they manifest at different developmental stages.

You will also be introduced to popular therapeutic approaches for children, including Play Therapy and Art Therapy. You will learn the scientific basis for these interventions and how they enable children to interact in a therapeutic environment, fostering self-expression and problem-solving skills.

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**Duration:**  
12 months part-time

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

**Intakes:**  
January, April, July, October

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## Curriculum

The DCPI programme comprises 8 modules that will enhance your understanding of children, equipping you to apply child psychology to promote children's well-being. Below are the list of modules covered in the programme:

### FOUNDATIONAL 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.

PSY 04

### Introduction to Psychotherapy and Counselling

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.

PSY 14

### Introduction to Art Therapy

This module utilise 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.

PSY 15

### Childhood and Adolescent Disorders

This module introduces the learners to various childhood and adolescent disorders. It explores the different disorders that these groups face, which includes depression, anxiety, obsessive-compulsive disorder (OCD), and substance abuse. Special needs such as autism spectrum disorder and attention deficit hyperactivity disorder (ADHD) will also be discussed. Learners will be taught how to **identify and differentiate between the various disorders**, which is vital in helping individuals who are suffering from them.

PSY 16

### Special Needs Education

This module will deepen your understanding of children with special needs. **From identification to management and development**, early intervention is crucial for the growth and development of children with special needs. By understanding their challenges and implementing strategic interventions, we can help maximise their potential and improve their chances of independent living. In this module, learners will be taught **interventions** that are designed to help children with special needs learn skills that help them achieve a **higher level of personal self-sufficiency** and success in school and their community.

PSY 17

### Working with Children and Adolescents

In this module, major theoretical views are introduced with emphasis on relevant evidence-based techniques, skills, and strategies that work well with children and adolescents in both individual and group settings. Common issues in childhood and adolescence will be highlighted with suggested intervention plans. Learners will also be taught how to establish a collaborative relationship with the stakeholders / community to design, manage, and review **evidence-based intervention plans** that better **support children and adolescents**.

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 and Applications

	Diploma in Child Psychology and Interventions
<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, case studies, discussions</li> <li>▪ Class presentations, role plays, essays, examinations</li> </ul>
<b>Entry Requirements</b>	<ul style="list-style-type: none"> <li>▪ Diploma holder, or</li> <li>▪ 2 GCE 'A' Level H2 passes, or</li> <li>▪ 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"> <li>- At least C6 in any GCE 'O' level subject conducted in English, or</li> <li>- A pass for ITE NITEC course in any field, or</li> <li>- 30 years old with at least 8 years working experience</li> </ul> </li> <li>▪ Applicants with minimum 2 years working experience and holding either:               <ul style="list-style-type: none"> <li>- 5 GCE 'O' Level passes with minimum grade of C6, or</li> <li>- A pass for ITE Higher NITEC course in any field</li> </ul> </li> </ul>
<b>English Language Proficiency</b>	<ul style="list-style-type: none"> <li>▪ Pass 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, or</li> <li>▪ Pearson PTE Academic 52</li> </ul>
<b>Registration Fee</b>	S\$163.50 w/GST
<b>Tuition Fee</b>	S\$13,080.00 w/GST
<b>Application Requirements</b>	<ul style="list-style-type: none"> <li>▪ Completed application form</li> <li>▪ Completed application statement</li> <li>▪ 1 recent passport-sized photo</li> <li>▪ 1 photocopy of NRIC or Singapore valid pass</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:


-  Call +65 6884 5162  
Whatsapp +65 8792 0415
-  Email [enquiry@positivepsych.edu.sg](mailto:enquiry@positivepsych.edu.sg)
-  Visit us at our campus:  
61 Stamford Road  
#01-09 Stamford Court  
Singapore 178892

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