

Diploma in Psychology and Counselling (DIPC)

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.



Diploma in Psychology and Counselling (DIPC)

The Diploma in Psychology and Counselling is designed for individuals interested to explore various aspects of the human experience through the study of psychology.

Understand the different aspects of psychology and gain fundamental skills of psychotherapy and counselling through this comprehensive curriculum for greater self-awareness, and make a difference in the lives of people around.

Introduction

Embark on a meaningful journey in mental health with our Diploma in Psychology and Counselling. This nine-month programme provides a strong foundation in psychology and counselling, equipping you with essential skills to support personal and professional growth. Designed with an interdisciplinary approach, it blends psychological theory, practical techniques, and globally recognised standards for a well-rounded education.

Gain practical skills in psychology fundamentals, counselling, and applied psychology through interactive learning. Engage with experienced lecturers, practitioners, and peers in a dynamic environment that fosters collaboration and real-world application, preparing you for further studies or careers in mental health and related fields.

Whether you're an aspiring mental health professional, a working professional expanding your expertise, or someone seeking personal growth, this course equips you with the tools and insights to make a meaningful impact. Supported by experienced educators, our curriculum provides a rich and supportive learning experience. At The School of Positive Psychology (TSPP), we cultivate a collaborative environment where students gain practical insights, connect with like-minded peers, and take their first steps toward professional training and meaningful application of psychological knowledge.



Duration	9 months (part-time)
Course Structure	3 terms per year
Intakes	Jan, Apr, Jul, Oct



Curriculum



The DIPC programme comprises **6 modules** that will equip learners with a strong foundation in various aspects of psychology and counselling. Below is an overview of the programme's modules:

01

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**.

02

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.



03

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.

04

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.



05

PSY 05 Mental Health Disorders

Mental Health Disorders explores the **biological, psychological, and social factors** that contribute to **psychological disorders** such as anxiety and mood disorders, schizophrenia, eating disorders, somatoform and dissociative disorders, and personality disorders. Various **intervention methodologies** and techniques will be discussed.

06

PSY 06 Addictions and Interventions

Addictions and Interventions aims to address the **causes of addiction** and the various **intervention techniques** used to overcome addiction. Students will learn skills to help clients set goal commitments, work on resistance, address underlying causes of addiction, and **cultivate motivational emotions** such as self-efficacy.

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	<ul style="list-style-type: none">• Lectures and case studies discussions• Class presentations, role plays, essays, examinations
Entry Requirements	<ul style="list-style-type: none">• Grade C6 and above in at least 3 GCE 'O' Level subjects, or• ITE Higher NITEC certificate, or• The School of Positive Psychology (TSPP) academic certificate or Psychology, Counselling or Education academic certificate from other education institutions in Singapore with:<ul style="list-style-type: none">- Grade C6 and above in any GCE 'O' Level subject conducted in English, or- ITE NITEC certificate, or- 30 years old with at least 8 years working experience
English Language Proficiency	<ul style="list-style-type: none">• Grade C6 and above in GCE 'O' Level English, or• Grade E and above in any GCE 'A' Level subject conducted in English, or• IELTS 5.5, or• TOEFL (Internet Based) 59
Registration Fee	S\$163.50 w/GST
Tuition Fee	S\$10,355.00 w/GST
Application Requirements	<ul style="list-style-type: none">• 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.

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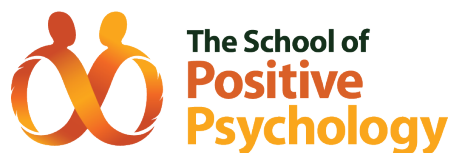


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Are you ready for your first step? Let us journey together with you now.

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



Thrive together.