

Graduate Diploma in Applied Positive Psychology and Wellbeing (GDAPPW)

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.



Graduate Diploma in Applied Positive Psychology and Wellbeing (GDAPPW)

The Graduate Diploma in Applied Positive Psychology and Wellbeing is a postgraduate programme designed for degree holders and mature students who are interested in advancing their understanding of the science of wellbeing through the lens of positive psychology. This evidence-based programme focuses on practical application of psychology theories and strategies, making it ideal for personal and professional development, and for those looking to positively impact the lives of those around them.

Introduction

Transform your passion for wellbeing into action with our six-month **Graduate Diploma in Applied Positive Psychology and Wellbeing**. This transformative programme combines cutting-edge research with practical application, empowering you to foster personal flourishing and inspire others to thrive.

Designed for professionals, leaders, educators, healthcare workers, and life-long learners, this course equips you with scientifically-backed strategies to create meaningful change in your workplace, community, and personal life. Whether you are enhancing workplace culture or strengthening relationships, this programme unlocks your potential to elevate lives.

Rooted in world-class research and benchmarked against leading international psychology institutions, our curriculum offers a rich learning experience. At The School of Positive Psychology (TSPP), we cultivate a collaborative environment where students and practitioners connect, share, and grow into wellbeing leaders who inspire lasting change.



Duration	6 months (part-time)
Course Structure	2 terms per year
Intakes	Jan, Apr, Jul, Oct



Curriculum

The GDAPPW programme comprises **7 modules** that aim to expand your knowledge of positive psychology and provide you with the necessary skills to apply positive psychology in different settings. Below is an overview of the programme's modules:

01

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.

02

GPSY 04
Mindfulness
Psychology

Mindfulness Psychology is a non-judgmental awareness of, curiosity about, and acceptance of one's present moment experience. It is becoming an increasingly popular **approach to holistic health, wellness, and thriving** for individuals and institutions. A growing body of scientific research suggests that cultivating mindfulness can robustly enhance cognitive, emotional, physical, spiritual, and social wellbeing.

In this workshop, you will equip yourself with both **theoretical and experiential understanding of mindfulness psychology**. Grounded in the assumption that effective mindfulness facilitation requires maintaining a personal mindfulness practice, this module emphasises **hands-on learning of mindfulness techniques**, explores common barriers to mindfulness and debunks the misconceptions of an effective mindfulness practice.

03

GPSY 05
Resilience Training
for Practitioners

Resilience Training builds on research findings from four relevant fields of study which includes: Cognitive Behavioural Therapy; resilience; post-traumatic growth; and positive psychology. 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.

Learners will be introduced to a range of **resilience skills and models** that are applicable to support a non-clinical population to navigate challenges and stresses effectively. At the end of this professional workshop, the learner is certified to train others as a **'SPARK Resilience Workplace Trainer'**.

Part A (14 hours): The programme 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 also **build their own 'resilience muscles'** through identifying their strengths, social support networks, sources of positive emotions and previous experiences of resilience.

Part B (7 hours): Learners will interact with **resilience strategies and practical ways to apply resilience** in a selected setting.



04

GPSY 08 Positive Psychology in Practice

This module will offer learners a practical learning experience using **evidence-based Positive Psychology Interventions (PPIs)**. PPIs are intentional actions we can take to **improve wellbeing**, that have been tried and tested through scientific research.

In this module, learners will develop their understanding of what PPIs are, how to determine the appropriate PPI to use based on needs, and how to **design and deliver PPIs** to a chosen audience. Our students will develop the critical skills in understanding the use of PPIs for individuals, communities and organisations, and will consider the appropriateness of use, based on a range of factors such as context, culture, and life domains. Most importantly, learners will personally engage with the PPIs to truly embody the learning.

05

GPSY 09 Strengths Development

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.

06

GPSY 10 Wellbeing for Individuals and Systems

In this module, learners will move to a macro-level perspective to learn about **positive psychology frameworks and systems level approaches** in an organisational setting. Learners will look at **Positive Psychology Interventions (PPIs)** that **elevate wellbeing and engagement** at a systems level. By developing a '**systems awareness**' and the unique needs of each system, individuals and teams can start to develop and integrate wellbeing programmes that support diversity, inclusion, and leverage on the collective strengths.

Learners will be equipped with **tools and techniques steeped in positive organisational psychology practices** to create a **prosocial workforce** that values the virtues of human relationships such as authenticity, connection, communication and inspires social change that could positively impact workplaces.

07

PSY 19 Positive Social Connections

Humans are inherently social beings, with our **relationships** profoundly **shaping our emotional wellbeing** and overall **quality of life**. This module explores the science behind human connection, integrating insights from positive psychology, evolutionary psychology, and social neuroscience. Discover how the brain processes relationships, the effects of social bonds and loneliness, and the value of both close and fleeting interactions. Gain a deeper understanding of the role human connection plays in shaping individual experiences and collective wellbeing.

Specialism



The GDAPPW curriculum offers a specialisation for learners to enhance their expertise in. Learners are required to complete **1 module** for this specialism.

SOCIAL WELLBEING

GPSY 16

Social Wellbeing

GPSY 16 Social Wellbeing

This module explores the potential of prosocial behaviours like altruism, empathy, and kindness, examining how they enhance both personal and collective wellbeing. It highlights the balance between self-care and caring for others, offering a holistic approach to flourishing. Through theory and practical insights, participants will uncover the motivations behind prosocial instincts, the benefits of fostering compassion, and a new wellbeing model to create environments that inspire growth and connection.

Admissions

	Graduate Diploma in Applied Positive Psychology and Wellbeing	Graduate Diploma in Applied Positive Psychology and Wellbeing (Social Wellbeing)
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, essays 	
Entry Requirements	<ul style="list-style-type: none"> • A Bachelor's Degree, or • Mature candidates (30 years old and above) with a Diploma and minimum 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\$12,753.00 w/GST	S\$15,369.00 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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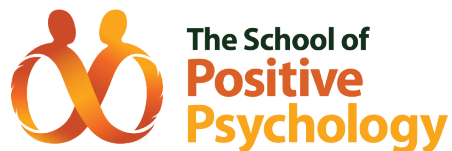


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Are you ready for your first step? Let us journey together with you now.

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



Thrive together.