



Graduate 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 Graduate Diploma in Applied Positive Psychology 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.

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>.



Graduate Diploma in Applied Positive Psychology

The Graduate Diploma in Applied Positive Psychology (GDAPP) is the flagship programme of The School of Positive Psychology (TSPP), the first institution in Singapore dedicated to the study of positive psychology. This programme provides a comprehensive exploration of the science of wellbeing, offering insights into the various factors that contribute to the human experience.

Delve into the science behind strengths-based approaches and actionable strategies to build resilience, and learn to apply your knowledge to improve mental health in yourself and your community.

The GDAPP has been designed with contributions from leading international experts, including Dr. Ilona Boniwell, founder of the European Network of Positive Psychology and Dr. Robert Biswas-Diener, best-selling author and founder of Positive Psychology Coaching. You will receive training exclusively from experienced practitioners holding a Master's degree in Applied Positive Psychology (MAPP).

Duration:
6 months part-time

Course Structure:
2 terms
(2-3 modules per term)

Intakes:
January, April, July, October



Curriculum

The GDAPP programme aims to expand your knowledge of positive psychology and provide you with the necessary skills to apply positive psychology in different settings, such as personal and work environments. You may find the list of modules below:

MODULES

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.

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 emphasizes **hands-on learning of mindfulness techniques**, explores common barriers to mindfulness and debunks the misconceptions of an effective mindfulness practice.

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 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.

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

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.

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.

GPSY 10

Wellbeing for Individuals and Systems

In this two-part module, learners will develop an **advanced understanding of wellbeing** from a **micro and macro perspective**.

Part A: In the first part of the module, learners will engage in **online self-paced learning** from Dr. Robert Biswas-Diener. Learners 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 extend beyond the most popularly reported science from the last 20 years. Learners will be introduced to novel ideas about happiness intervention, the role of life circumstances, and happy thinking amongst other topics. This part of the module is 9 hours in length, and is delivered via 8-hour self-paced online learning and 1-hour debrief.

Part B: In the second part of the module (21 hours), learners will move to a macro-level perspective to learn about **positive psychology frameworks and systems level approaches** in an organisational setting. This module 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.

You 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.

Module offerings for the Graduate Diploma in Applied Positive Psychology may vary each term. Please refer to the TSPP Student Portal for the latest updates.

Admissions and Applications

	Graduate 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, 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 <p>*All mature candidates are to be subjected to a one-to-one interview by the course leader to determine suitability for the course</p>
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\$12,186.20 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



“One year from now, you’ll wish you started today.”



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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