

# Graduate Diploma in Psychotherapy and Counselling (GDPC)

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 Psychotherapy and Counselling (GDPC)

The Graduate Diploma in Psychotherapy and Counselling is designed to provide aspiring mental health professionals with the necessary foundation and knowledge to effect positive change in their communities. Through this comprehensive curriculum, you will gain an understanding of the various aspects of psychology and develop fundamental skills in psychotherapy and counselling. By enhancing your self-awareness, you will be equipped to make a meaningful impact in the lives of those around you.

# Introduction

The Graduate Diploma in Psychotherapy and Counselling (GDPC) aims to prepare you with the fundamentals of psychotherapy and counselling skills. You will be taught talk therapy techniques such as Cognitive Behavioural Therapy (CBT), which can be applied to areas for personal development, relationships, workplace, and family.

Apart from psychotherapy and counselling theories and techniques, you will also learn to understand behaviours, emotions, and thoughts that contribute to one's distress.

You can help others manage negative life events such as major illness, death of loved ones, or other trauma that may contribute to their mental issues. Knowledge on healthy coping mechanisms and problem-solving skills will also be gained.

The GDPC is the stepping stone towards your pathway to be a certified psychotherapist and mental health professional.



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





# Curriculum



The GDCP programme comprises **6 modules** each offering an introduction to advanced psychotherapy and counselling methodologies. By gaining practical knowledge from these modules, students will be better equipped to understand and implement mental health strategies that benefit both themselves and others. Below is an overview of the programme's modules:

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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.

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02

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.

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## 03

### 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.

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## 04

### PSY 07 Family and Marital Counselling

In this module, we examine how individuals are affected by their own families by exploring **personal conflicts** and the **influence of family dynamics**. Various theories and techniques in working with families and couples are discussed, equipping learners to work with teenagers, parents, couples, and families in various settings.



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## 05

### GPSY 15 Whole Person Therapy

The Whole Person Therapy module offers psychotherapy students an in-depth exploration of **evidence-based competencies** essential for holistic therapeutic practice. Drawing from diverse therapeutic traditions, students will delve into techniques such as contingency management, coping and emotion regulation, problem-solving, interpersonal skills, cognitive reappraisal, defusion/distancing, enhancing psychological acceptance, values, and mindfulness. The module **integrates theory and practical applications**, empowering students to develop a nuanced therapeutic stance that addresses the complexity of individuals.

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## 06

### PGDPSY 09 Understanding Trauma and Trauma Treatment

This module offers **strategies for effectively engaging** with clients who have experienced complex trauma. Guided by the latest advancements in trauma theory, therapy, attachment, affective neuroscience, and interpersonal neurobiology, this module is designed to equip students with essential principles to **navigate the complexities of working with trauma**. Students will develop knowledge of complex trauma, the neurobiology of trauma, as well as current trauma theories and models. They will also gain insights into the **cognitive, emotional, and behavioral impacts of trauma**, enabling them to identify signs of trauma in clients.

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# Admissions

<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 and case studies discussions</li><li>• Class presentations, role plays, essays, examinations</li></ul>
<b>Entry Requirements</b>	<ul style="list-style-type: none"><li>• A Bachelor's Degree, or</li><li>• Mature candidates (30 years old and above) with a Diploma and minimum 8 years working experience</li></ul>
<b>English Language Proficiency</b>	<ul style="list-style-type: none"><li>• Grade C6 and above in GCE 'O' Level English, or</li><li>• Grade E and above in any GCE 'A' Level subject conducted in English, or</li><li>• IELTS 5.5, or</li><li>• TOEFL (Internet Based) 59</li></ul>
<b>Registration Fee</b>	S\$163.50 w/GST
<b>Tuition Fee</b>	S\$10,355.00 w/GST
<b>Application Requirements</b>	<ul style="list-style-type: none"><li>• Application form</li><li>• Application statement</li><li>• 1 recent passport-sized photo</li><li>• NRIC/Valid SG pass copy</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.

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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.**