



Graduate Diploma in **PSYCHOTHERAPY AND COUNSELLING**



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 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.

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 the Committee for Private Education (CPE), a part of SkillsFuture Singapore (SSG) website: <https://www.ssg.gov.sg/cpe/pei.html>



Graduate Diploma in Psychotherapy and Counselling

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
(2-3 modules per term)

Intakes:

January, April, July, October



Curriculum

The GDPC programme consists of 5 modules, each offering an introduction to advanced psychotherapy and counseling 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. You may find the list of modules below:

FOUNDATIONAL 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

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 06 Addictions and Interventions

Addictions and Interventions aim 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.

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.

GPSY 04 Mindfulness Psychology

Mindfulness Psychology involves non-judgmental awareness, curiosity, and acceptance of the present moment. It is an increasingly popular approach to **holistic health and wellness**, benefiting individuals and institutions alike. A growing body of scientific research indicates that mindfulness can significantly enhance cognitive, emotional, physical, spiritual, and social wellbeing.

In this workshop, you will gain both **theoretical knowledge and practical experience** in mindfulness psychology. Based on the principle that effective mindfulness facilitation requires a personal mindfulness practice, this module emphasizes hands-on learning of mindfulness techniques. It also addresses common barriers to mindfulness and dispels misconceptions about effective mindfulness practices.

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.

Module offerings for the Graduate Diploma in Psychotherapy and Counselling may vary each term. Please refer to the TSPP Student Portal for the latest updates.

Admissions and Applications

	Graduate Diploma in Psychotherapy and Counselling
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, role plays, essays, examinations
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\$10,355.00 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

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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