



**Professional Diploma in
PSYCHOTHERAPY**

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 Professional Diploma in Psychotherapy prepares you to be a practicing psychotherapist using a range of therapeutic modalities to address challenges and symptoms associated with mental health and emotions. This interdisciplinary programme is tailored for the uniquely Asian context. It draws on evidence-based approaches, featuring a rigorous curriculum that meets international standards.

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>

Professional Diploma in Psychotherapy

In the Professional Diploma in Psychotherapy (PDP), you will be trained as a psychotherapist, developing your competency in interpersonal skills as well as the sensitivity to tune in to your clients' emotional wellbeing while being firm about staying on track with their treatment goals.

As a psychotherapist, you will work with individuals, couples, families and groups to help them overcome a range of psychological and emotional issues. A variety of personal treatment plans are used to address the clients' thought processes, feelings and behaviours. Psychotherapists work together with clients, guiding them to understand inner conflicts and find new ways to deal with and alleviate distress.

You will learn a range of psychotherapy techniques such as Cognitive Behavioural Therapy (CBT), Solution Focused Brief Therapy (SFBT), and Clinical Hypnotherapy.

Duration:

6 months part-time

Course Structure:

2 terms

(2-3 modules per term)

Intakes:

January, March, May, July, September, November

Affiliation:

Curriculum

The PDP programme is structured to provide you with the skills and knowledge needed to become a proficient psychotherapist capable of counselling in diverse therapeutic environments. Below is an overview of the programme's modules:

CORE MODULES

PDPSY 01 Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) is a short-term, **goal-oriented** psychotherapy treatment that takes a hands-on, practical approach to problem-solving. CBT focuses on **modifying thought processes, assumptions, beliefs, and behaviours**, with the aim of **influencing disturbed emotions**. Unlike some other talk therapies, CBT addresses a client's current problems, rather than solely focusing on past issues.

CBT can be used to treat a wide range of issues, including sleeping difficulties, relationship problems, drug and alcohol abuse, anxiety, and depression. It works by **changing people's attitudes and behaviour** by focusing on their thoughts (cognitive processes), images, beliefs, and attitudes that are held, and how these processes relate to their behaviours, as a way of dealing with emotional problems.

CBT is widely accepted as an **evidence-based** and cost-effective psychotherapy for many psychological challenges. It can be used with groups or individuals. This module provides an understanding of the principles and therapy of **Aaron T. Beck's psychotherapy model** in managing a variety of psychological disorders from both theoretical and clinical perspectives. Clinical cases and techniques are included in this module.

PDPSY 02 Solution Focused Brief Therapy (SFBT)

Solution Focused Brief Therapy (SFBT), also known as 'solution focused therapy' or 'brief therapy', is a type of talk therapy based on social constructionist philosophy. SFBT is **future-focused, goal-directed, and focuses on solutions**, rather than the problems that brought clients to seek therapy.

SFBT encourages the development of **effective behavioural management**. Clients are encouraged to adopt a positive stance in which energy is directed towards finding satisfactory ways forward, instead of focusing on what is going wrong in a given situation.

SFBT **concentrates on what works** and ceases activities that are ineffective. A hallmark of SFBT is its **emphasis on clear, concise, realistic goal negotiations**. It is a **practical, goal-driven model** that grounds sessions in the present while working toward a future in which clients' current problems have a lesser impact on their lives.

This module aims to deepen learners' understanding of the SFBT approach, its underlying assumptions, its core skills, and its application to different clientele groups in therapeutic practice.

PDPSY 07 Psychotherapy Practice and Ethics in a Multicultural Context

Psychotherapy Practice and Ethics in a Multicultural Context introduces the importance of professional behaviour under the Ethics Code. This module aims to teach the **standards of conduct** and **ethics** on the role of a psychotherapist. There will be discussions about topics like confidentiality, informed consent, dual relationships, ending a relationship, and referral. It will guide learners into making informed and reasonable decisions for their clients, to behave with honesty and integrity, and to ensure that personal bias and beliefs do not interfere with therapy. Other ethical issues such as sexual harassment, discrimination, privacy, and harm will also be discussed.

PDPSY 11 Risk Assessment

This module aims to equip students with a comprehensive understanding and practical skills to **effectively engage and respond to individuals dealing with suicidality**. Students will understand how to respond to suicide-related situations. This module is not solely theoretical, it is structured to provide students with opportunities to practice the skills they learned. Multiple role plays are designed to help **address the challenge of initiating questions and continuing with effective exploration of suicidality and self-harm**.

ELECTIVE MODULES

To choose either (1) or (2)

Option 1 (consists of 1 module)

PDPSY 03 Clinical Hypnotherapy

Clinical Hypnotherapy teaches participants to foster rapport by **opening up channels of communication** with clients. During hypnotherapy, clients remain in control. Hypnosis is a state of inner absorption, concentration, and focused attention. It is not possible for clients to be forced to do anything against their will, even under hypnosis.

Learners of clinical hypnotherapy will develop **effective communication** through the use of voice, tone, pace of delivery, expression, and narrative styles of the clients. Learners are able to demonstrate **trance induction abilities** across a variety of styles and techniques, which may include direct and indirect suggestions, eye relaxation, tactile triggers, and metaphors. Learners will be taught a variety of techniques utilising authoritative and permissive styles, which include Ericksonian, analytical, regression, and self-hypnosis. They will be able to demonstrate how to gather sufficient and valid information from the clients during the initial assessment session. Thereafter, they will be empowered to design a hypnotherapy intervention for therapeutic purposes, and learn how to evaluate and review the effectiveness of their own interventions.

Option 2 (consists of 2 modules)

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.

PGDPSY 11 Understanding Trauma and Trauma Treatment (Advanced)*

This 32-hour advanced module expands upon foundational knowledge to enhance students' understanding and skills in working with clients who have experienced single incident and complex trauma. Through a blend of theoretical learning and practical applications, students will deepen their clinical proficiency in **assessment, formulation, and intervention** within the context of trauma cases. The module will expand on the **neurobiology of trauma**, the role of the nervous system and polyvagal theory in trauma responses, and the emotional, cognitive, and behavioural impacts of complex trauma. Students will develop the ability to recognise signs and symptoms of trauma, employ diagnostic tools and assessments, and navigate common challenges in diagnosing complex trauma.

Students will also acquire **strategies for addressing dissociation, suicidal and self-harming behaviours**, reframing symptoms and triggers, and establishing a safe therapeutic environment. This will be achieved through a combination of theoretical lectures, interactive discussions, and hands-on exercises.

Additionally, the module will explore a variety of interventions tailored for trauma contexts, such as **body-focused therapies, dialectical behaviour therapy (DBT)**, and the integration of **mindfulness and cognitive behavioural therapy (CBT)** in trauma treatment. New approaches in trauma treatment will be introduced, and case examples will be utilised to illustrate key concepts to enhance understanding.

BRIDGING MODULES

Refer to entry requirements

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 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**.

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.

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 05 Mental Health Disorders

Abnormal Psychology 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.

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.

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.

Practicum

A practicum component is offered for the PDP curriculum. This will provide learners with real world experience, giving an edge to establishing a successful practice in the future.

The practicum requires 150 hours, and may last more than one semester. Guided by supervision*, students will adeptly apply evidence-based counselling techniques, professional ethics, and knowledge, thereby delivering culturally responsive therapy sessions to a diverse clientele. The incorporation of self-reflective practices is pivotal within this module, fostering continuous professional growth and promoting a culture of excellence in practice.

The entire practicum will need to be logged to ensure the learner completes the required number of hours.

Breakdown of practicum hours:

- 100 client contact hours**
- 20 hours of individual supervision
- 30 hours of group supervision

Before participating in the practicum, learners have to complete the following modules:

- PDPSY 01 Cognitive Behavioural Therapy / PDPSY 02 Solution Focused Brief Therapy / PDPSY 03 Clinical Hypnotherapy
- PDPSY 10 Psychotherapy Practice and Ethics in a Multicultural Context

The school offers support for trainees in the following ways and more.

ROOM BOOKING SERVICE AGREEMENTS

Thrive Psychology Clinic
www.thrivepsychology.com.sg

Apex Space
www.apexspacesg.com/spaces

PRACTICUM SITES

Safe Space
www.safespace.sg

Us Therapy
us-therapy.sg

**The individual supervision fee is approximately S\$150 per hour, varying by supervisor. For group supervision, this fee can be divided among the learners in the group.*

***The practicum placement fee ranges from S\$1,500 to S\$2,000, depending on the placement site.*

AFFILIATIONS

INTERNATIONAL COUNCIL OF INTEGRATIVE PSYCHOTHERAPISTS (ICIP)

For accreditation with ICIP, trainees are required to:

- clock 100 client contact hours
- clock 20 hours of individual supervision
- clock 30 hours of group supervision

Admissions and Applications

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|-------------------------------------|--|
| 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 ▪ Role plays ▪ Practicum supervision |
| Entry Requirements | <ul style="list-style-type: none"> ▪ A Bachelor's Degree in Psychology (with bridging modules GPSY 02 Applied Positive Psychology and PSY 04 Introduction to Psychotherapy and Counselling), or ▪ A Bachelor's Degree in Counselling (with bridging module GPSY 02 Applied Positive Psychology), or ▪ A Bachelor's Degree in Medicine or Social Work (with bridging modules GPSY 02 Applied Positive Psychology and PSY 04 Introduction to Psychotherapy and Counselling), or ▪ A Bachelor's Degree in Nursing (with bridging modules GPSY 02 Applied Positive Psychology, PSY 04 Introduction to Psychotherapy and Counselling, PSY 06 Addictions and Interventions and PSY 07 Family and Marital Counselling), or ▪ Diploma in Psychotherapy and Counselling from TSPP, or ▪ Diploma in Child Psychology and Interventions from TSPP (with bridging modules GPSY 02 Applied Positive Psychology, PSY 07 Family and Marital Counselling and PSY 08 Group Counselling), or ▪ Graduate Diploma in Psychotherapy and Counselling from TSPP (with bridging modules PSY 01 Essentials of Psychology and Mental Health, PSY 03 Developmental Psychology and PSY 05 Mental Health Disorders), or ▪ Postgraduate Diploma in Psychotherapy and Counselling from TSPP (with bridging module PSY 05 Mental Health Disorders) |
| 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\$13,243.50 w/GST |
| Bridging Module | S\$2,180.00 w/GST (GPSY 02) S\$1,635 w/GST (PSY 01, 03, 04, 05, 06, 07) |
| 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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