

Certificate in Psychology and Counselling (CIPC)

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.



Certificate in Psychology and Counselling (CIPC)

The Certificate in Psychology and Counselling is a specially curated mental health education programme designed for individuals seeking to enhance their interpersonal skills or explore a career in mental health, this course equips learners with essential knowledge in human behaviour, emotional wellbeing, and effective communication.

Curriculum



Duration	6 months (part-time)
Course Structure	4 terms per year
Intakes	Jan, Apr, Jul, Oct

The CIPC programme comprises **2 modules** that will provide a foundational understanding of psychological principles and counselling techniques. Below is an overview of the programme's modules:

01

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**.

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.

Admissions

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

- Lectures and case studies discussions
 - Class presentations, role plays, essays, examinations
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Entry Requirements

- A pass in 1 GCE 'O' Level subject conducted in English, or
 - A pass for ITE NITEC course in any field, or
 - Mature candidates (30 years old and above), with 8 years work experience
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English Language Proficiency

- 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
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Registration Fee

S\$163.50 w/GST

Tuition Fee

S\$3,488.00 w/GST

Application Requirements

- 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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Thrive together.