



COUNSELLING AND CARE CENTRE

Post Graduate Diploma in Family and Systemic Practice

PGD-FSP

The course will be funded under the non-preapproved CCF route for VWOs.

COURSE DETAILS

Introduction

This course is practice-oriented and especially relevant to participants who are required to work with couples and families in their professional clinical settings. The programme is offered at the intermediate level of training in systemic and family psychotherapy, which is a progression from the basic level, "Post Graduate Certificate in Systemic Thinking and Approaches – Applications in Social Work and Clinical Practice". It provides participants with a greater understanding of the dynamics of working with couples and families from a systemic framework, and equips them with a repertoire of skills and techniques in conducting clinical sessions with couples and families.

Learning Outcomes

This course enables participants to:

Acquire an intermediate level of theoretical and clinical training in working with couples and families, from a systemic approach.

1. Develop clinical and case management skills in engaging couples and families with a range of challenging issues when working in multi-disciplinary settings.
2. Increase self-reflexivity and its application in clinical practice.
3. Increase awareness and management of ethical issues and dilemmas.
4. Increase abilities to evaluate and critique research studies in application to clinical practice.

Duration

270 hours, 13 months (students are allowed up to 25 months to complete the course)

Structure

The course will be on Fridays, 9am to 5pm. There will be 2 blocks of intensive training sessions (2 consecutive days per block) from two visiting lecturers.

COURSE MODULES

Module 1: Systemic Practice with Couples (94.5 hours)

2023 run: 14 April 2023 to 18 August 2023

2024 run: 05 April 2024 to 08 August 2024

- Reconnecting with a selection of systemic theories and models that are effective for working with couples
- Coverage on challenges faced by couples in relation to issues – namely emotions and high conflicts, betrayal and infidelity, relational/domestic violence, sexual issues, grief, loss, trauma, separation and divorce, post-divorce work, health and mental health concerns, illness and disabilities.
- Harnessing couples' internal, spiritual and relational resources
- Supervision and practice on working with couples: Participants will experience the team approach via group supervision of their direct work with couples in their own work settings. The sessions will be conducted as follows:
 - Participants are to take turns in presenting their video recording of direct work with couples in their own workplace for videotape supervision.
 - Observation of therapy by course mates and supervisors, as well as participation in preparation of cases and review of videotapes.

Module 2: Systemic Practice with Children, Youth and their Families (84 hours)

2023 run: 08 September 2023 to 01 December 2023

2024 run: 06 September 2024 to 06 December 2024

- Reconnecting with a selection of systemic theories and models that are effective for working with children, youth and their families;
- Coverage on major themes in working with children and families – namely developmental issues, negotiating transitions, establishing stability, managing change, grief and loss, working with children and youth with parents with mental illness, and interventions with families in legal and social service contexts.
- Understanding the emotional world of children – namely play, emotions, and the effects of traumatic experiences
- Building therapeutic relationships with children, youth and families, and bringing forth strengths and resilience

- Supervision and practice on working with children, youth and families: Participants will experience the team approach via group supervision of their direct work with children and families in their own work settings. The sessions will be conducted as follows:
- Participants are to take turns in presenting their video recording of direct work with children and families in their own workplace for videotape supervision.
- Observation of therapy by course mates and supervisors, as well as participation in preparation of cases and review of videotapes.

Module 3: Supervision and Practice on Working with Couples and Families (91 hours)

2025: 10 January 2025 to 09 May 2025

- Integration of theory and practice in working with couples, children and families
- Attending to the person of the therapist, the use of self in therapy and self-care practices
- Essential areas of learning and discussion for developing participants' awareness and practice of one's therapeutic postures in the therapy relationship, such as, ethical issues, and appreciating research and its value in enhancing clinical practice
- Supervision and practice on working with couples, children and families: Participants will experience the team approach via group supervision of their direct work with couples, children and families in their own work settings. The sessions will be conducted as follows:
 - Participants are to take turns in presenting their video recording of direct work with couples, children and families in their own workplace for videotape supervision.
 - Observation of therapy by course mates and supervisors, as well as participation in preparation of cases and review of videotapes.

Minimum Class Size: 10

Average Teacher-Student Ratio: 1:10

Teaching and Learning Strategies

Group supervision will be conducted in small groups (less than 10 persons) at our premise. Each group will be assigned with a supervisor for interactive and experiential learning such as group discussions, reflective exercises, audio/video-taped demonstration of clinical work, supervised practice of clinical work, and presentation of portfolio.

ENTRANCE REQUIREMENTS

Applicants should:

1. Be at least 23 years old and be proficient in English
2. Possess a degree in Counselling, Psychology or Social Work and/or post graduate diploma in Social Work or Counselling.
3. Have completed CST, CSA or PGC-STA (conducted by CCC) or equivalent of a postgraduate certificate/basic course in systemic thinking and family therapy with at least 40 training course hours.
4. Have a minimum of 2 years of relevant work experience, and are currently involved in direct clinical work with couples and families in their own work settings.
5. Obtain relevant permission for audio/video recorded materials to be utilised for supervision in class, and/or for clients to be brought in for live supervised practice.

REQUIREMENTS FOR COMPLETION

Methods of Assessment

Written assignment, project paper, Portfolio of Clinical Practice and Integration of Learning, Clinical Supervisor's continual assessment of learning.

Trainees should:

1. Attain attendance of at least 80% of total course hours (270 Hours)
2. Submit and pass two written essays.
3. Present and pass Portfolio of Clinical Practice and Integration of Learning – presentation of videotaped material of clinical work with discussion of knowledge of systemic theories and references from relevant research studies to a panel of assessors, demonstrating appropriate conceptualisation and integration of theory in relation to therapeutic work.
4. Satisfactory assessment by supervisors.
5. Participation in personal development sessions.
6. Completion of log of clinical work of at least 60 hours with couple and families in their home agencies.
7. Complete 20 hours of tape reviews of their work with couples and families.
8. Complete supervised clinical work.

APPLICATION

2023 Intake

Date of commencement: 14 Apr 2023

Date of completion: 09 May 2025

Note: Both Module 1 and Module 2 will be taught in 2023 and 2024. (See dates in module introduction on page 3).

Applicants have the option of attending these modules under PGDFSP in 2023 or 2024.

Documents for Application

Submission of the following supportive documents is required for processing of the application:

1. CV
1. Educational qualifications and highest English language proficiency (with grades attained, if applicable)
2. Completed [Letter of reference from the home agency/ Employer](#)
3. Personal statement - A letter of introduction not exceeding 500 words on your reasons and/or experiences that have shaped your desire to apply for this course of study

Shortlisted Applicants

- Applicants will be notified via email within 7 days from the closing date of application if they have been shortlisted for an interview.
- Only shortlisted applicants will be scheduled for an entrance interview to be assessed for suitability for admission into the course.
- They are also to prepare an audio/videotaped segment of their clinical work, preferably with couples or families in their work settings, as part of the entrance interview.
- Interviews will be scheduled between 16 March 2023 to 22 March 2023.

How to Apply

Applications are **now** open. Please submit the Training Application Form using the following link:

<https://counsel.org.sg/post-graduate-diploma-in-family-and-systemic-practice-pgdfsp/>

Closing date for intake is 10 March 2023, 5pm.

Course Fee

Course Fee: \$17,701.20

FPS Premium: \$177.01

Total Course Fee: \$17,878.21

No. of Instalments: 1

Application Fee: \$162.00

All fees quoted are inclusive of GST.

*FPS is Fee Protection Scheme. FPS premium amounting to 1.0% of the Course Fees (subject to a minimum premium of S\$25.00) will be paid by the trainee. Application fee, FPS premium, and GST are non-refundable.

For more information about fee payment structure, please refer to the following link in our website.

<https://counsel.org.sg/fee-payment-structure>

Contact Us

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