



POST GRADUATE DIPLOMA IN SYSTEMIC FAMILY PSYCHOTHERAPY (PGDSFP)

This course will be funded under the non-preapproved PCG route for SSAs

This course replaces the previous PGC-SPC, PGC-CYF, Module 3 of PGDFSP and PGDFSP.

It combines the three certificate courses into a one year Post Graduate Diploma Course.

The course seeks to provide rigorous training for future and aspiring family therapists in the Singapore context.

Course Duration

- 4 July 2025 to 19 June 2026
- 315 training hours
(12 months)
Part-time

Structure

The course will be on Fridays, 9am to 5pm, unless otherwise stated. There will be 4 blocks of intensive training by visiting trainers, covering specialised / specific topics, including supervised practice. With the exception of one block of 2 consecutive days of intensive training, each block will be 3 consecutive days of intensive training.

Training Venue

CCC Training Wing

Course Fees

Course Fee: \$18,857
FPS Premium: \$188.57*
Total Course Fee: \$19,045.57
No. of Instalments: 1
Application Fee: \$163.60

All fees quoted are inclusive of GST.

Contact Details

lichye@counsel.org.sg

64313939

(Ms Cheong Li Chye

Admin Executive

(Sales & Fundraising)



For more information about our organisation structure, senior management staff and trainers, please scan this QR code.



counsellingandcarecentre



RealityBitesSG



Counselling and Care Centre



Counselling and Care Centre

Introduction

The Post Graduate Diploma in Systemic Family Psychotherapy is a 315-hour part-time programme to equip course participants to work with couples and families with relational and parenting challenges. It is offered at the intermediate level of training in systemic and family psychotherapy. Course participants are expected to have a foundational appreciation or understanding of Systemic Thinking and Psychotherapy. They need to have gone through foundational post graduate certification in Systemic Thinking and Practice. One example of such a course at this level is the “Post Graduate Certificate in Systemic Thinking and Approaches – Applications to Social Work Context and Clinical Practice” course offered by the Centre.

This programme aims to provide course participants with a greater understanding of the dynamics of couples and families from a systemic framework. Its distinctive feature is the emphasis on facilitating course participants’ development of a repertoire of skills and techniques through guidance and supervision on their clinical practice with couples and families.

Teaching & Learning Methodology

The programme adopts an integrated approach comprising of lectures, group discussions, readings, interactive role plays, experiential exercises, skills practice, written assignments and supervised clinical practice. Course participants are expected to take responsibility for their own learning by preparing a portfolio of clinical practice, which would be presented for assessment towards the end of the programme.

Learning Outcomes

This course enables participants:

Knowledge

1. To provide an intermediate level of knowledge, understanding and application of a range of theories from systemic practice and family therapy in working with couples and families using a systemic approach.
2. To enhance abilities of course participants to appreciate, evaluate and critique relevant research studies, evidence base for systemic practice, and to utilize research appropriately in clinical practice.

Theory into Practice

3. To enable course participants to apply clinical and case management skills systemically in working with couples and families from convening and engaging, to developing and conducting systemic hypotheses and interventions, and maintaining therapeutic alliance, and in working with couples and families systemically in multi-disciplinary settings.
4. To increase reflexivity of course participants by generating an understanding of the self of the practitioner and consideration of the impact of their personal and professional issues on clinical practice and issues of power and difference, as well as develop understanding and management of ethical issues in clinical practice.

1. Theories and Practice of Systemic Family Psychotherapy Across Life Cycle and Specific Issues

- Theories and Practice of Systemic Family Psychotherapy Across Life Cycle, namely Principles and Precepts in Working with Couples, Families when Children and Adolescents are involved, and Families with Older Adults
- Use of Self of the Therapist
- Ethical Issues in Systemic Family Psychotherapy
- Research in Systemic Family Psychotherapy
- Working with Diversity, Spirituality and Cross-Cultural Issues in Systemic Family Psychotherapy
- Specific issues commonly faced by couples and families, namely Grief and Loss, Mental Health Issues, Trauma, Relational Violence, Divorce and Post-Divorce Adjustments, Sex and Sexuality, Betrayal, Infidelity and Affairs

Sharon Sng, Foo Soo Jen, Dr. Chua Wei Bin, Tony Ong, Terence Tan, Charlotte Chen, Cheryl Lim, Jade Low, Dr. Ang Xinying, Andrew Chong, Dr. Jenny Brown, Jill Freedman, Gene Combs, Dr. Alba Nino

2. Supervision and Practice on Working with Couples and Families Systemically

Throughout the course, a substantial amount of time has been allocated towards the acquisition and honing of clinical skills using the systemic approach in working with couples and families, through skills practice and supervised practice. Course participants will have ample opportunities to receive feedback through video and live supervision on their direct work with couples and families from intake stage onwards. These intakes could come from either CCC or from their own home agencies. The learning experience will be enhanced through a team approach whereby course participants learn not only from the course supervisors, but also from their peers in a group setting. There will also be a 3-day intensive skills training and integration of theory into practice.

The Supervisor to Student ratio will be kept at a maximum of 1:6

Sharon Sng, Foo Soo Jen, Dr. Chua Wei Bin, Dr. Jenny Brown, Jill Freedman, Gene Combs, Dr. Alba Nino, Cheryl Lim, Charlotte Chen, Jade Low, Tony Ong, Terence Tan

Entrance Requirements

Applicants should:

1. Preferably possess at least a bachelor's degree in social work, psychology, counselling and /or Post Graduate Diploma in Social Work or Counselling.
2. Have completed PGC–STA (conducted by CCC) or equivalent of a postgraduate certificate/ basic course in systemic thinking and family therapy with at least 60 training hours.
3. Have at least 5 years relevant work experience and are currently involved in direct clinical work with couples and families in their own work settings.
4. Obtain relevant permission for audio/ video recorded materials to be utilised for supervision in class, and for clients to be brought in for live supervised practice.

Requirements for completion

Methods of Assessment:

Written assignment, Reflection of Readings, Portfolio of Clinical Practice, Clinical Supervisor's Continual Assessment of Learning and Practice.

Trainees should:

1. Attain attendance of at least 80% of total course hours (315 hours)
2. Submit and pass one written assignment.
3. Complete a Reflection of Readings.
4. 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 reference from relevant research studies to a panel of assessors, demonstrating appropriate conceptualisation and integration of theory in relation to therapeutic work.
5. Satisfactory assessment by supervisors.
6. Participation in Group Personal Development as part of the course.
7. Completion of log of clinical work of at least 100 hours with couple and families in their home agencies.
8. Complete 20 hours of tape reviews of their work with couples and families
9. Complete supervised clinical work.

Application

Documents for Application

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

1. CV
2. Educational qualifications and highest English language proficiency (with grades attained, if applicable)
3. Completed Letter of reference from the home agency/ Employer
4. 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, most preferably with couples or families in their work settings, as part of the entrance interview. More details on this will be provided to shortlisted applicants.

Interviews will be scheduled in May 2025.

•

REGISTER NOW



Register your interest now
Minimum Class Size: 10

*FPS is Fee Protection Scheme. FPS premium amounting to 1.0% of the Course Fees (subject to a minimum premium of S\$XX.XX) 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>

