



COUNSELLING AND CARE CENTRE

Specialist Certificate in
Systemic Thinking and Approaches

SC-STA

4 August 2026 to 3 November 2026

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

COURSE DETAILS

Introduction

This course provides an in depth understanding of salient systemic concepts and the applications in social work and clinical practice. It enhances knowledge of a variety of foundational systemic models that are integrative to foster a coherent approach in working with clients in the multisocio-cultural context in Singapore.

In view of the grounding this course would provide in terms of the theoretical frameworks, concepts and applications to practice, it is strongly recommended that potential applicants to the Post Graduate Diploma in Family and Systemic Practice and other courses run by the centre may consider attending this course.

Learning Outcomes

This course enables participants to:

1. Equip themselves with a holistic approach in understanding the complex issues beyond the presenting symptoms that are manifested in individuals and families.
2. Learn to incorporate systemic thinking into practice through a more conversational approach to working with others.
3. Learn to deepen their self-reflexivity through examining their relational positioning and stance in the context of uncertainty and risks.
4. Gain an integrative perspective of the different systemic models in working with individuals and families.

Duration

77 hours, 4 months

With exemption from Module 1 & 2: 35 hours, 2 months (Module 3)

Structure

Trainees will be provided with an in-depth understanding of salient systemic concepts such as general systems theory, circularity, feedback loops, context (inclusive of wider social and cultural discourse) and appreciate how the family functions and organises itself during transitional points, that supports personal autonomy while maintaining togetherness. They will learn how to bridge thinking to clinical and casework practice. They will learn the “use of the self” as a main tool in practice, especially in the uncertain and risk environment that practice is operating from. Additionally, trainees will study a variety of systemic models. There will be demonstrations and discussions on the integration of the approaches to adapt to the social-cultural context of families in Singapore.

COURSE MODULES
<p>MODULE 1 of SC-STA (21 hours)</p> <ul style="list-style-type: none"> • Introduction to systemic thinking • The development of the self in the relational world; Problem development and resolution
<p>MODULE 2 of SC-STA (21 hours)</p> <ul style="list-style-type: none"> • Reflexive practice (I): Way of Being; Therapeutic practice: Interventive Interviewing (I) • Reflexive practice (II): Safe uncertainty and relational risk-taking; Therapeutic practice: Interventive Interviewing (II)
<p>MODULE 3 of SC-STA (35 hours)</p> <ul style="list-style-type: none"> • Structural Family Therapy • Bowen Family Systems Theory: Key concepts and practice in working with individuals and families • Milan / Post Milan Systemic Family Therapy: understanding the individual and family as a system and its clinical application • Narrative Therapy: valuing diversity, justice and empowerment through stories • Integration of Systemic Thinking and Approaches in Social Work and Clinical Practice

Counselling and Care Centre

Minimum Class Size: 10

Average Teacher-Student Ratio: 1:10

Teaching and Learning Strategies

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.

REQUIREMENTS FOR COMPLETION

Methods of Assessment

Written assignment.

Requirements for Completion

Trainees should:

1. Attain attendance of at least 80%.
2. Submit and pass (scoring 50% and above) a written assignment

Trainees will be awarded 'Specialist Certificate in Systemic Thinking and Approaches' upon fulfilling the Requirements for Completion.

Opportunities for Further Education

Post Graduate Certificate in:

- Clinical and Casework Supervision

Post Graduate Diploma in:

- Systemic Family Psychotherapy
- Clinical Supervision

APPLICATION

2026 August Intake

Upcoming Intake: August 2026

Date of commencement: 4 August 2026

Date of commencement (For Module 3 only): 22 September 2026

Date of completion: 3 November 2026

Documents for Application

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

1. CV
2. Educational qualifications and highest English language proficiency (with grades attained, if applicable)
3. Personal statement - A letter of introduction not exceeding 200 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 14 days from the closing date of application if they have been accepted to the course.

How to Apply

Please submit the Training Application Form when the applications are open.

Counselling and Care Centre

Kindly refer to our website for updates of the closing date.

Course Fees

Fee: \$3,760.50

FPS Premium*: \$37.61

Total Course Fees: \$3,798.11

No. Of Instalments: 1

Application Fee: \$81.75

With exemption from Module 1 & 2:

Module 3

Fee: \$2,016.50

FPS Premium*: \$25.46

Total Course Fees: \$ 2,041.96

No. Of Instalments: 1

Application Fee: \$81.75

All fees quoted are inclusive of prevailing 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

Admin Executive (Training)

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