

Scholarship Stories: Ms Claire Tan Yun Min

Master of Arts (Applied Psychology)



What sparked your interest in Counselling Psychology?

Before joining the NIE's Master of Arts (Applied Psychology) - counselling psychology track, I worked in a non-profit organisation with the elderly population and their families. During my two years in Social Work, I developed an interest in understanding the psychosocial and emotional needs of individuals and wanted to better assess and provide interventions. This sparked my interest in enrolling in NIE's Master of Arts (Applied Psychology).

Congrats on being awarded the Irene Tan Liang Kheng Master's Degree Scholarship. Please share more about the community outreach project you embarked on.

COVID-19 was a bleak period for many. NIE's Irene Tan Liang Kheng Master's Degree Scholarship recipient, Ms Claire Tan Yun Min, saw this as an opportunity to shine a light on mental health and, in turn, illuminate the lives of others.

While I was completing my Master of Arts (Applied Psychology), I volunteered with a mental health NGO that provides psychoeducation on mental health and affordable psychotherapy for individuals in Malaysia. Apart from providing psychotherapy online, the NGO hosts frequent talks and live conversations on social media to

educate the community on mental health. At that time, the COVID-19 pandemic had just started, and the demand for emotional and psychological support was high.

What are some insights you gained through this experience?

It was an insightful experience learning to provide evidence-based psychotherapy to clients facing daily stressors, life transitions, clinical depression, anxiety, and other mood disorders. I was thankful for the ongoing education from NIE's Master of Arts (Applied Psychology), which equipped me with foundational skills and knowledge in psychotherapy to help others in this capacity.

What were your most memorable recollections of NIE's Master of Arts (Applied Psychology) Programme?

When I first started the programme, I was struck by the general friendliness and warmth of my course mates. While the programme was challenging at times, it was always encouraging to know that we were able to learn and grow together and, from each other as trainee practitioners. Our classes often involved role-plays and practising therapeutic skills and techniques. I also enjoyed meeting course mates from various professional backgrounds and learning from their experiences. This allowed us to connect and apply the theoretical knowledge we had learnt in class to the specific populations we were working with or wanted to work with in the future.

What are some unique features of NIE's Master of Arts (Applied Psychology) programme?

As someone new to psychotherapy, the programme provides opportunities to explore specific therapeutic approaches and modalities, including group counselling and play therapy. The programme encourages a holistic approach to learning by focusing not just on the theoretical foundations and research of Applied Psychology, but also on practising skills and techniques during the practicum.

How has the master's programme benefited you?

The learning environment in NIE encourages openness, curiosity, and a love for learning. NIE's Master of Arts (Applied Psychology) allows me to be better equipped to work with various populations and has fuelled my interest in Psychology.

NIE's Master of Arts (Applied Psychology) is designed to provide theoretical knowledge and research insights as well as practical skills to interested individuals who have the pre-requisite qualifications to train as specialists in the field of Educational Psychology or Counselling Psychology.



For more information on the Master of Arts (Applied Psychology) programme, please visit [https://www.ntu.edu.sg/education/graduate-programme/master-of-arts-\(applied-psychology\)](https://www.ntu.edu.sg/education/graduate-programme/master-of-arts-(applied-psychology)).