1. General information

1.1. Language of the article: English, Russian
1.2. Volume: from 3 to 10 pages.
1.3. Format: Word (docx, doc)
1.4. Page numbers: bottom of the page, Times New Roman, 10
1.5. Paragraphs: first verse indented (1.2 cm)
1.6. Main text: Times New Roman, 12, full justification, automated word splitting, leading 1.5

2. Article designations

2.1. Author's name and surname: first verse in the top left-hand corner, Times New Roman, 12, bold
2.2. Place of work/studies (affiliation): next verse (underneath the name and surname), Times New Roman, 12, bold. Note: place of work is to be understood as the affiliation of the text for the particular research institution.
2.3. Article title: next verse (under the author's affiliation), Times New Roman, 12, bold, centered
2.4. In case of **co-authors** the information should be for each author separately, as follows:
Name and surname
Place of work/studies
Name and surname
Place of work/studies
TITLE

3. Layout of the article and technical information

3.1. Sections inside the article (with or without the subheadings): sections should be limited to three levels, Times New Roman, 12, bold. There should be no indentation for a section.
3.2. A manuscript has to include major structural and compositional bodies of the manuscript: Title; Abstract with keywords; Introduction; Methodology; Results; Conclusion; References.
3.3. All quotations should be placed in quotation marks.
3.4. Foreign or loan words are written in italics. This also concerns foreign words which are integral part of the text. (e.g. The word Gestalt in psychology means….), as well as the words in the author's translation, providing technical term of the original text.
3.5. Part of the text can be highlighted by the use of **bold.**
3.6. Graphic representations (e.g. diagrams): should be submitted in a separate file (jpg only).

4. Parenthetical referencing:
Articles follow uniform Harvard Referencing System.

4.1. Referencing a person for the first time in the article, the name (names) and the surname should be given. Further referencing of the same person should be reduced to the surname.
4.2. In case of the surname convergence (two authors of the same surname), the first letter of the name (first letters of the names) should be added. Each letter should be followed by a full stop (period) and after a space full surname should be given (e.g. J. Kowalski, or J.S. Kowalski).
4.3. Harvard Referencing System
4.3.1. Referencing in the text should be done in square parentheses [Author's surname the year of publishing, p. …], according to the examples below:
4.3.2. Referencing the work of one author: [Kowalski 2013, p. 23].
4.3.3. Referencing the work of two authors: [Kowalski, Nowak 2013, p. 55]. Each time two names should be indicated.
4.3.4. Referencing the work of three or more authors, we use the abbreviation "et al.": [Kowalski et al., 2013, p. 33-44].
4.3.5. Referencing different works by different authors in one place in the main text: [Kowalski, Nowak 2013, pp. 66-83; Wiśniewski 2013, p. 18; Wójcik 2013, p. 99].
4.3.6. Referencing different works of one author which were published in different years in one place in the main text: [Kowalczyk 2003, p.13; 2013, p. 31].
4.3.7. Referencing the work after another author:

[Nowak 2013, p. 10 after: Kowalski 2003, pp. 44-55], the item shall be indicated in the list of sources.

4.3.8. Whenever referencing a web page, we use a footnote with an Arabic numeral, as in the example: "The Ministry of Labour aims to promote active unemployment prevention." 2 The date of
the access should be indicated only with the first reference.

4.3.9. Referencing a document on a web page, we use a footnote with an Arabic numeral – next to the address of the file and the date of the access, in the content of the footnote, the web address of the electronic document should be indicated, as in the example below:

Eventually, according to the information submitted by the Ministry of Economy, "the agreement signed in the process of negotiations finishes the arbitrary procedures."2
Footnote:
2http://mg.gov.pl/pl/działalnosc/ugody/publikacje-akty-prawne/download,5671,1.html,   p.   2   [access: 2nd Oct., 2013].

4.3.10. Referencing a legal act for the first time, square parentheses are not used. In the main text we indicate the full title of the act, after which in two round parentheses ( ) we indicate the abbreviation of the of the act in question and the legal state validity: art. 17 banking act of 23rd April 1964 – Civil Code (J.L. No. 16, item 93 with later amendments) (C.C.). When referencing the same acts further on we use only abbreviations accordingly. We follow the same procedures while referencing other legislative acts.

5. References

5.1. References will be at the very end of the article and it should include all the sources which have been cited in the text (scientific literature, web pages, etc.). In case of journals, the whole title should be indicated, not an abbreviation or an acronym.
5.2. Items should be in alphabetical order.
5.3. As in the example below:

Kowalski Jan, Wójcik Maria (2013), Leisure Management, Honolulu: PWN.

Theo A. Cope,
Dongbei University of Finance & Economics (Dufe), Dalian, China

THE INHERENTLY INTEGRATIVE APPROACH OF POSITIVE PSYCHOTHERAPY

Positive Psychotherapy (PPT) is a therapeutic metatheory and approach which was developed in 1968 by Dr. Nossrat Peseschkian. This approach to therapy is inherently and systematically integrative, along the lines of being cross-cultural, multidisciplinary, therapeutically and psychologically inter-theoretic. This article presents some basic premises of PPT that are found and undeveloped in the field of integrative psychotherapy: the use of stories; having a positive starting point; basic and actual capacities; five-stage therapeutic model; as well as mentioning other aspects of PPT. PPT is well suited to therapists advocating integrative psychotherapy as demonstrated by empirical research.

Key words: Positive Psychotherapy; stories; integration; metatheory; strategies

Introduction. In perusing articles in an American Psychological Association journal, the Journal of Psychotherapy Integration, I have noticed a view which is inherently and explicitly integrative, which has a history of over 40 years, and has not been written about in its pages. This is Positive Psychotherapy.

When it began, it was a new approach to psychotherapy and derived its orientation from spiritual, psychodynamic, behavioral and humanistic theories, adding cognitive views later. Like the founder, positive psychotherapy (PPT) is inherently transcultural as well. In his work with European, Oriental and American clients, Peseschkian realized that many conflicts presented could be attributed to different behavioral modes.

…

Methodology. As an integrative approach, it must be initially noted, PPT goes beyond a system which integrates various stances and therapies. Its integrative character encompasses traditional Eastern healing stories as well as modern scientific psychological views, individual as well as ecological and social components. PPT is premised upon a historical view of healing by acknowledging that while forms and methods of treatment have changed, personal psychological healing has always occurred. "According to the possibilities available in a period, and in accordance with the problems and behavioral models, the possibilities for psychotherapy are also modified" (Peseschkian 2000, p. 26). These possibilities are not only those of the methodologies used nor the psychotherapeutic approach taken, but as much the possibilities of the client and her/his environment. Helpful here is a comment by Beitman (1992, p. 204):

The term integration has several applications to psychotherapeutic practice: (1) integrate the multiple schools of psychotherapy; (2) integrate this integration with the personal and psychotherapeutic concepts of each individual therapist; (3) integrate this integration with the concepts, self-definitions, and world views of the patients currently in front of the therapist.

….

Results. Integrative psychotherapies have been undertaken along four lines, and Gold (2001) is emphatic in his assertion that "Integration only can be said to occur when these modalities are synthesized in ways that meet the criteria for any of the four generally accepted modes of psychotherapy integration: technical eclecticism, assimilative integration, common factors integration, or theoretical integration" (p. 286). Norcross (2005) informs us that theoretical integration seeks "to create a conceptual framework" from synthesizing elements of two or more approaches in order to create a new theory "that is more than the sum of its parts and that leads to new directions for practice and research" (p. 8-9).

While many different approaches to therapy, social science, and human life in general discuss the importance of narratives and stories, most of the therapeutic applications follow the stance proffered by White & Epstein (1990) and discuss one's life as being a narrative that can be retold and considered more objectively. The American Psychological Association, in its' third volume on narrative, keeps the focus on the relationship between psychotherapy and narrative. We find such a position articulated: "Therapy is a process of developing a narrative that brings integration and some degree of coherence to a chaotic life" (Lieblich, McAdams & Josselson 2004, p. 4). A dominant reason for looking at therapy or lives as having a narrative basis is to empower the individual to 're-author' one's life "as a means of resisting the control or subjugation of dominant cultural narratives" (McLeod 2004, p. 12). It provides the perspective that therapy is also social, not only psychological.

In PPT, this particular view of narrative and story has not been drawn out much and is an area that could be articulated more. It must be emphasized, though, that PPT is not a postmodern view of psychotherapy and does not think the 'self' is just a story we weave upon the fabric of society with the threads of other narratives. Integrative therapists conceive the narrative approach in different manners, and each helps the others to observe different nuances of the reality of our lives.

…

Conclusion. Within the framework of integrative psychotherapy, the contribution of PPT modifies the historical record. What I mean by this can be easily seen by perusing Goldfried, Pachankis, and Bell's (2005) article on the history of psychotherapy integration in the latest edition of the Handbook of Psychotherapy Integration. After providing a brief synopsis of early 20th century attempts at integrating different theoretical approaches, the authors discuss the 1960's. During this same period, in Germany, Peseschkian was developing his integrative approach. The historical inclusion is relevant, not just for the sake of a more complete history, but to credit Peseschkian with the creation of an integrative metatheory at a time when Europe was largely dominated by single theory modalities.

…..

REFERENCES

Alford, B & Beck, A. (1997). The relation of psychotherapy integration to the established systems of psychotherapy" Journal of Psychotherapy Integration, 7, 275- 289.

Alon, N., & Omer, H. (2004). Demonic and tragic narratives in psychotherapy. In A. Lieblich, D. McAdams & R. Josselson (Eds.), Healing plots: the narrative basis of psychotherapy (pp. 29-48). Washington: American Psychological Association.

American Psychiatric Association, (2000). Diagnostic and statistical manual of mental disorders, Fourth ed., Text Revision. Washington, DC.

…