

# International Training Seminar

## POSITIVE PSYCHOTHERAPY

### BASIC COURSE MODULE 1&2

- LONDON 2019 -  
27.05 – 01.06

The course will be led by WAPP certified  
International Master Trainer Arno Remmers MD

#### Duration

60 Academic hours (over 6 days)

#### Title and Qualifications

All participants will receive a "Certificate of Attendance of Basic Course 1&2 in Positive Psychotherapy"

University graduates (minimum bachelor degree) in fields such as humanistic sciences, psychology, counselling, education, health or medical sciences or students in their third year of studies in one of the mentioned fields, may undergo an examination at the end of the training to receive the WAPP Certificate "Basic Consultant of Positive Psychotherapy". This is the first step towards the certification as Positive Psychotherapist.

#### How to Apply

Please contact

[contact@positivepsychotherapy.org.uk](mailto:contact@positivepsychotherapy.org.uk)  
[www.positivepsychotherapy.org.uk](http://www.positivepsychotherapy.org.uk)

**Basic Course Participants** must have an open and inquisitive mind and be interested in self-reflection and committed to self-development.

**Closing Date: 31.03.2019**

#### Fees

**£750** for Basic Course Modules 1-2,  
**£600** for WAPP members

**£1400** for Basic Course Modules 1-4,  
**£1100** for WAPP members

The fee includes attendance at training days, materials and tutorials.

NB: This is the first out of 2 training courses. Module 3 & 4 of the Basic Course will be held in the second part of 2019. An exact date will be communicated in due time.

**Positive Psychotherapy** (PPT) is **Transcultural, Humanistic** and **Psychodynamic**, resource-oriented and conflict-centred psychotherapeutic method for individuals, couples, and families. Prof. Nosrat Peseschkian and collaborators developed the method in the '70 in Germany and today there are more than twenty trainings centres worldwide.

The term “**positive**” is derived from the original Latin expression “positum or positivus” which means the actual, the real, the concrete. Disorders and conflicts are not the only things real, factual, the client also holds the capacity to deal with the conflicts.

In *Positive Psychotherapy* the client's resistance is not challenged directly. “The consultation takes place in a loving way through allusions to poetry, proverbs and oriental fairy tales and myths” (Prof. Gaetano Benedetti, MD, 1980)

Through the use of stories, metaphors, role-play and various other creative techniques the patient is encouraged to play an active role in his own healing process.

**The Transcultural aspect** is the base from which *Positive Psychotherapy* grows.

The changes in our environment, urbanization, population growth, etc have made possible that national, ethnic and cultural groups have opened up to the world (i.e. to other groups). This has brought with itself a new set of possibilities and a new set of transcultural challenges. (Prof. N Peseschian, 1980). The *Positive Psychotherapy* method equips Psychotherapists with the necessary tools to support their clients in this new, diverse world.

A person's context (environmental, social cultural, political, religious and linguistic) is an important part of the development of their identity, and to understand that identity one needs to understand the context. “Every person stands as a member of a group and as an individual. [...] He also has his own personal sphere as a result of his upbringing. This can lead to transcultural problems in dealing with his fellowmen.” (Prof N.Peseschian, 1980).

**The aim** of *Positive Psychotherapy* is to help the clients discover their abilities, strengths, resources and potential and how to efficiently use them by relinquishing their role as client/patient and becoming their own therapist.