



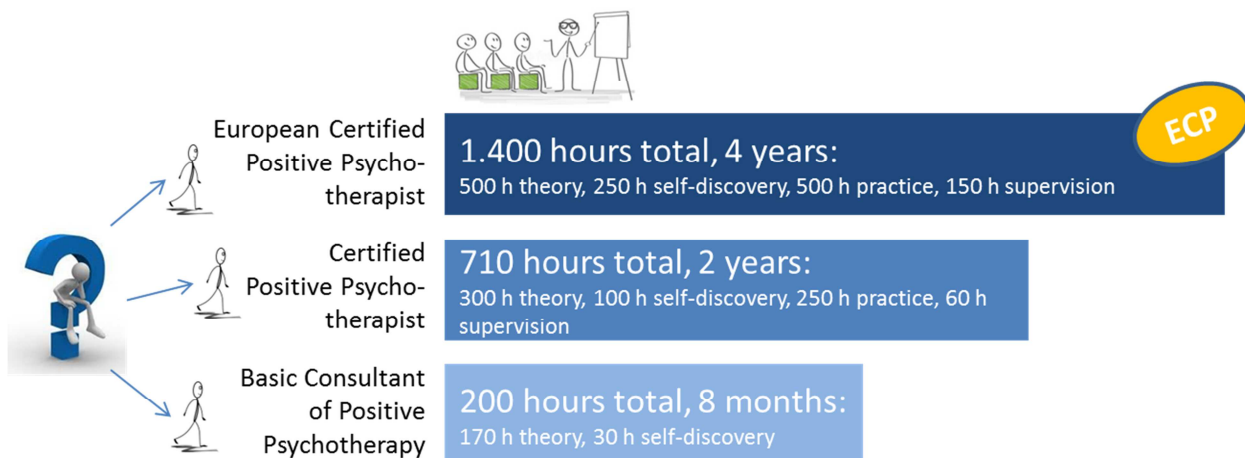
Training Standards for Trainings in Positive Psychotherapy

The **World Association for Positive and Transcultural Psychotherapy (WAPP)** is the international umbrella organization of Positive Psychotherapy. It consists of national associations, national and regional training institutes, centers, representative offices and individual members.

WAPP promotes the theory, method and practice of Positive Psychotherapy (PPT after Peseschkian, since 1977)TM. The Association is engaged in the **training of postgraduate professionals in psychotherapy, family therapy and counseling** all over the world.

These Training Standards define the training programs offered by WAPP:

1. “European Certified Positive Psychotherapist”-Training
2. Basic Training in Positive Psychotherapy
3. Master Training in Positive Psychotherapy
4. Basic Trainer of Positive Psychotherapy
5. Master Trainer of Positive Psychotherapy



These Standards also include the requirements for:

- European Certificate for Psychotherapy (ECP)
- World Certificate for Psychotherapy (WCPC)
- Membership in the World Association for Positive and Transcultural Psychotherapy (WAPP)



1 “European Certified Positive Psychotherapist”-Training

1.1 Overview

1.1.1 Preconditions for participants

- University graduates (minimum bachelor degree) in fields such as humanistic sciences, psychological, counseling, educational, health or medical field plus full WAPP membership.

1.1.2 Duration (1400 hours; minimum time: 4 years)

- 500 hours of theory seminars
- 250 hours of self-discovery (group and/or individual).
- 500 hours of practical work with 10 individual cases.
- 150 hours of regular supervision.

1.1.3 Title and qualification

- **European Certified Positive Psychotherapist**
- With this qualification you may apply for the European Certificate of Psychotherapy (ECP) which in some countries allows you to practice as psychotherapist (please see your national psychotherapy law).

1.2 Training in detail

1.2.1 Preconditions for participants

- Additional to the above mentioned formal educational preconditions participants need the personal qualification to become psychotherapists.

1.2.2 Training

- In the training included is **literature study** of Positive Psychotherapy and other modalities, with **written reflection** on the literature and on each seminar.
- All training parts must be documented in a study book.

1.2.3 Exams and certification

- The examinee has to pass the following exams:
 - 1) Final thesis with, at least, 20 pages on a theoretical or applied topic
 - 2) Oral examination
 - 3) Case documentation of, a minimum of 10 cases

1.2.4 Costs

- The fee for the training is decided by the local organizer. The fee for the Certificate has been fixed by the World Association for Positive and Transcultural Psychotherapy and is based on the categories of the World Bank regarding the economic situation of the country (see Training Standards chapter 9 “Costs of Certificates and Diplomas”).



“European Certified Positive Psychotherapist”-Training

1.3 Commentary / Further explanations

1.3.1 Preconditions for participants

- The Head of the Trainer Team of the European Certified Positive Psychotherapy Training will –at the end of the course’s first module– assess the participants’ ability and suitability for the training. In rare cases, participants who seem unfit for the training and future profession (due to mental disturbance or personality issues) will be expelled. No refunding.

1.3.2 Training

- Written reflection on the literature and on each seminar has to be presented to and evaluated by the trainer.
- Evaluations of the intervision groups have to be presented to and evaluated by the trainer at the next or at every third module.
- The maximum number of seminar hours per day is 10 academic hours (45 minutes).
- Practical work with patients should not start before the second year of the training.

1.3.3 Exams and certification

- 1) The final thesis can be written in English or in the participants’ native language with a short English abstract.
- 2) Oral examination with a commission of, at least, 2 examiners. One of them has to be the Head of the Trainer Team. If a second MC-Trainer is not available for the exams, a local well-known psychiatrist, psychologist or psychotherapist who has been approved to by WAPP may also be a member of the examination commission.
- 3) The 10 case documentations can also be written in English or in the participants’ native language with a short English abstract.
- The exams should not be conducted by the same trainer who has done the examinee’s self-discovery hours. Exceptions from this have to be agreed upon by the WAPP Board of Directors before the exams.
- If a participant fails the oral exams, he or she can repeat it no earlier than three months after the failed exam.
- The participants will receive a **certificate of attendance** for each module signed by organizer and trainer.
- The final certificate will be issued, stamped and signed by WAPP after receipt of the certificate fee.

1.3.4 Group

- The number of participants should be at least 12 and not exceed 25. The number of participants within this range depends on the organizer.
- If a translator is needed, the translator cannot be a participant of the group. Also, the organizer should not be the translator.
- Before the training starts, the organizer has to inform the participants that an evaluation on their ability to continue the course will be given after the first module of the European Certified Positive Psychotherapy Training.
- At the first module of the European Certified Positive Psychotherapy Training the participants will have to sign confidentiality and national requirement notes as well as the Ethical Guidelines of Positive Psychotherapy.
- **Supervision groups:** Recommended are not more than 5-6 persons in one group. Once every 4 weeks each member of the group should present the cases in treatment.
- **Intervision groups:** The Head of the Trainer Team will discuss the organization of intervision groups between the seminars with the seminar organizer.

“European Certified Positive Psychotherapist”-Training

1.3.5 Trainers

- The European Certified Positive Psychotherapy Training must be conducted by at least 2 and maximum 4 different Master Trainers.
- A main trainer as Head of the Trainer Team is responsible for the whole course. He or she is the person to address, is responsible for the course of the seminars, the exams and communicates and coordinates with the organizer.
- The Head of the Trainer Team always teaches the first module of the European Certified Positive Psychotherapy Training and preferably finishes the last module, because of continuity and assessment.
- The trainers have to respect the training guidelines (Curriculum), but may present their courses as they wish, depending on countries, cultures and their own individuality.
- For countries without local MC-trainers, the organizers will arrange for the MC-trainers to arrive one day earlier to conduct the group-supervision. OR: Other supervisors who are experienced, local psychotherapists in good standing, who are regularly working with clients for more than 5 years and have a similar background to PPT (e.g. Psychodynamic, Humanistic), can also be accepted after individual consultation with the WAPP Head Office as long as no local supervisors of PPT are available.
But at least half of the supervision hours have to be covered by a Master Trainer of PPT.
- Self-discovery can only be done by a trainer of Positive Psychotherapy in block trainings or by agreements between trainer, students and organizer.
- Please note that self-discovery and supervision have to be conducted by DIFFERENT trainers.

1.3.6 Example of a European Positive Psychotherapist Certificate

| | | |
|--|--|---|
| WORLD ASSOCIATION FOR POSITIVE AND TRANSCULTURAL PSYCHOTHERAPY (WAPP) | | |
| in cooperation with | | |
|  INTERNATIONAL ACADEMY OF POSITIVE AND TRANSCULTURAL PSYCHOTHERAPY (IAPP) <small>– Professor Peseschkian Foundation (European Accredited Psychotherapy Training Institute of the European Association for Psychotherapy)</small> | | |
| EUROPEAN FEDERATION OF THE CENTERS FOR POSITIVE PSYCHOTHERAPY (EFCPP) <small>(European Wide Accrediting Organization and European Wide Organization of the European Association for Psychotherapy)</small> | | |
| WIESBADEN ACADEMY OF PSYCHOTHERAPY (WIAP) <small>(German State-licensed Postgraduate Institute for Psychodynamic Psychotherapy and Child/Adolescent Psychotherapy)</small> | | |
| <small>EFCPP is a member of the World Council for Psychotherapy (WCP) and the European Association for Psychotherapy (EAP) IAPP and WIAP are recognized and licensed as "European Accredited Psychotherapy Training Institutes" (EAPTI)</small> | | |
| EUROPEAN CERTIFIED POSITIVE PSYCHOTHERAPIST | | |
| <small>(European Certified Positive Psychotherapy Training)</small> | | |
| <i>Sample Name</i> | | |
| <small>HAS COMPLETED AN OFFICIAL CERTIFIED TRAINING PROGRAM OF 1400 HOURS IN ACCORDANCE WITH THE REGULATIONS OF THE ABOVE MENTIONED ORGANIZATIONS AND THE EAP, AND HAS PASSED SUCCESSFULLY THE REQUIRED EXAMINATION.</small> | | |
| <small>Wiesbaden, Germany: 1 February 2016</small> | <small>Certificate No.: 000-XXX-2016</small> | <small>An administration fee of XX Euro has been paid to the WAPP.</small> |
| <small>Dr. med. habil. Hamid Peseschkian President World Association for Positive and Transcultural Psychotherapy</small> | | <small>xxxx Certified Master Trainer World Association for Positive and Transcultural Psychotherapy</small> |

2 Basic Training in Positive Psychotherapy

2.1 Overview

2.1.1 Preconditions for participants

- Open for interested adults.

2.1.2 Duration (200 hours; minimum time: 8 months)

- 170 hours of theory/methodology
- 30 hours of group self-discovery

2.1.3 Title and qualification

- Certificate of Attendance of a Basic Course in Positive Psychotherapy
- Participants who fulfill the requirements as listed under 2.3.3:
Basic Consultant of Positive Psychotherapy
- The training will familiarize the participants with the method and its use in professional counseling situations as well as in any other interpersonal relationship.

2.2 Training in detail

2.2.1 Preconditions for participants

- To participate in a Basic Course training no specific preconditions need to be fulfilled.

2.2.2 Training

- Included in the 170 hours of theory/methodology are 30 hours of **regular group intervention** between the seminars and **literature study**.
- 30 hours of group self-discovery

2.2.3 Exams and certification

- All participants will receive a "Certificate of Attendance of a Basic Course in Positive Psychotherapy" issued by the organizing training institution.
- University graduates who fulfill the requirements as listed under 2.3.3 may undergo an examination in the end of the training to receive the certificate "Basic Consultant of Positive Psychotherapy".
- The examinee has to pass the following exams:
 - 1) Written homework
 - 2) Self-reflection report
 - 3) Oral colloquium

2.2.4 Costs

- The fee for the training is decided by the local organizer. The fee for the Certificate has been fixed by the World Association for Positive and Transcultural Psychotherapy and is based on the categories of the World Bank regarding the economic situation of the country (see Training Standards chapter 9 "Costs of Certificates and Diplomas").



Basic Training in Positive Psychotherapy

2.3 Commentary / Further explanations

2.3.1 Preconditions for participants

- The course is open for everyone, but the organizer and trainer(s) decide if they offer mixed or specialist classes.

2.3.2 Training

- The Basic Course training consists of a minimum of three seminar modules.
- The maximum number of seminar hours per day is 10 academic hours (à 45 minutes).
- Evaluation of the intervision groups has to be presented to the trainer at the next module.
- Study of literature (basic bibliography of the books on Positive Psychotherapy). Recommended books: "Oriental stories as tools in Positive Psychotherapy", and "Positive Family Psychotherapy" and "Psychotherapy for everyday life". A written reflection on the literature has to be presented to the trainer.

2.3.3 Exams and certification

- Preconditions to become Basic Consultant of Positive Psychotherapy:
University graduates (minimum bachelor degree) in fields such as humanistic sciences, psychological, counseling, educational, health or medical field or students in their third year of studies in one of the mentioned fields.
- To university students this certificate is handed out only after graduating from university with diploma or bachelor degree. Before finishing their studies they will get the "Certificate of Attendance" by the local organizer which can be exchanged after graduating from university.
- Participants of the European Certified Positive Psychotherapy training can receive the certificate "Basic Consultant of Positive Psychotherapy" after 200 hours of training and examination.
- The participant has to fulfill the above mentioned requirements and successfully pass the colloquium to obtain the certificate as "Basic Consultant of Positive Psychotherapy".
- Self-reflection report: 5-page-written description of one's development in Positive Psychotherapy based on the study of the recommended literature (min. 10 hours). This report can be written in English or in the participants' native language with a short English abstract.
- Based on the written homework an oral colloquium will be conducted by the trainer at the end of the last seminar.
- After each seminar, the participant will receive a "Certificate of Attendance" (issued by the organizer, signed by the trainer).
- The final certificate will be issued, stamped and signed by WAPP after receipt of the certificate fee.
- The participant may then apply for full membership in the WAPP.

2.3.4 Group

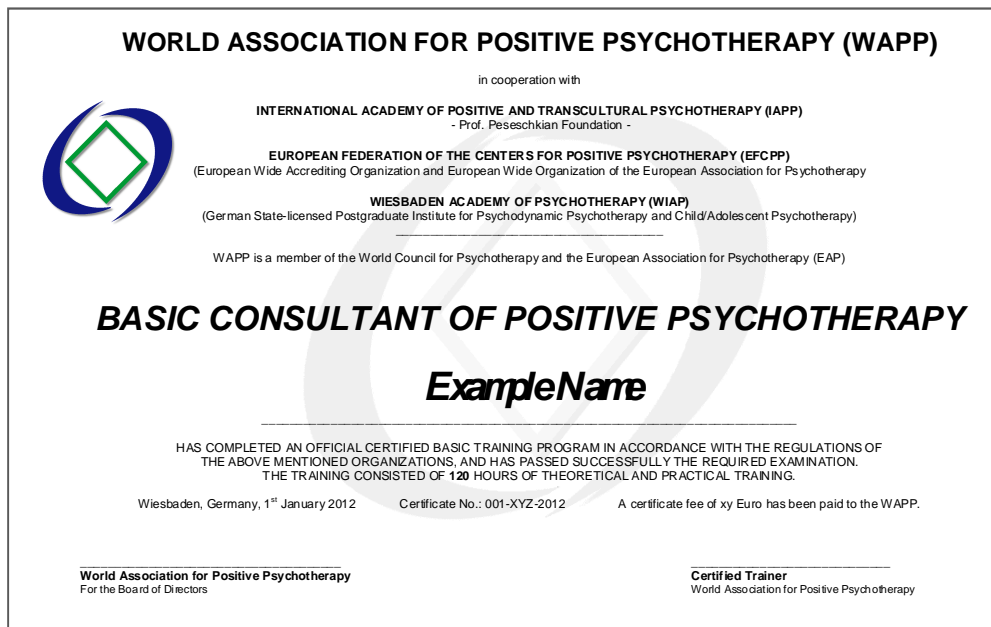
- If a translator is needed, the translator cannot be a participant of the group. Also, the organizer should not be the translator.
- The Head of the Trainer Team will discuss the organization of intervision groups between the seminars with the seminar organizer.

Basic Training in Positive Psychotherapy

2.3.5 Trainers

- The Basic Course Training must be conducted by at least one Master Trainer or two Basic Trainers. If the trainer is also the organizer, at least two trainers are necessary for the whole course.
- A main trainer as Head of the Trainer Team is responsible for the whole course. He or she is the person to address, is responsible for the course of the seminars, the exams and communicates and coordinates with the organizer.
- The Head of the Trainer Team always teaches the first module of the Basic Course training and preferably finishes the last module, because of continuity and assessment.
- The trainers have to respect the training guidelines (BC Curriculum), but may present their courses as they wish, depending on countries, cultures and their own individuality.
- Self-discovery can only be done by a trainer of Positive Psychotherapy in block trainings or by agreements between trainer, students and organizer.

2.3.6 Example of a Basic Consultant of Positive Psychotherapy Certificate





3 Master Training in Positive Psychotherapy

3.1 Overview

3.1.1 Preconditions for participants

- University graduates (minimum bachelor degree) in fields such as humanistic sciences, psychological, counseling, educational, health or medical field
- Completed Basic Course training in Positive Psychotherapy (200 hours) and certification as Basic Consultant of Positive Psychotherapy
- Full WAPP membership

3.1.2 Duration (710 hours; minimum time: 2 years)

- 300 hours of theory seminars
- 100 hours of self-discovery (group and/or individual)
- 250 hours of practical work with clients
- 60 hours of regular supervision

3.1.3 Title and qualification

- **Certified Positive Psychotherapist**
- The training will deepen the participants' knowledge of Positive Psychotherapy and other methods and teaches them to use it in professional counseling and therapy situations.

3.2 Training in detail

3.2.1 Preconditions for participants

- Additional to the above mentioned formal educational preconditions participants need the personal qualification to become psychotherapists.

3.2.2 Training

- Included in the 300 hours of theory are 60 hours of regular **group intervision** between the seminar modules.
- 100 hours of self-discovery (group and/or individual)
- 60 hours of regular supervision
- Also included is **literature study** of Positive Psychotherapy and other modalities.
- The 250 hours of practical work have to include at least 5 individual cases with, at least, 15 sessions each.
- Practical work with patients should not start before the second year of the training.
- All training parts must be documented in a study book.

3.2.3 Exams and certification

- The examinee has to pass the following exams:
 - 1) Final thesis
 - 2) Oral examination
 - 3) Case documentation

3.2.4 Costs

- The fee for the training is decided by the local organizer. The fee for the Certificate has been fixed by the World Association for Positive and Transcultural Psychotherapy and is based on the categories of the World Bank regarding the economic situation of the country (see Training Standards chapter 9 "Costs of Certificates and Diplomas").



Master Training in Positive Psychotherapy

3.3 Commentary / Further explanations

3.3.1 Preconditions for participants

- The Head of the Trainer Team of the Master Course Training will –at the end of the course’s first module– assess the participants’ ability and suitability for this training. In rare cases, participants who seem unfit for the training and future profession (due to mental disturbance or personality issues) will be expelled. No refunding.
- Participants of the European Certified Positive Psychotherapy training can receive the certificate “Certified Positive Psychotherapist” after 910 hours of training and examinations.

3.3.2 Training

- The Master Course training consists of a minimum of 10 seminar modules.
- The maximum number of seminar hours per day is 10 academic hours (à 45 minutes).
- Each seminar and literature study has to be summarized with written reflection. This has to be presented to and evaluated by the trainer.
- Evaluations of the intervision groups have to be presented to and evaluated by the trainer at the next or at every third module.

3.3.3 Exams and certification

- Participants of the European Certified Positive Psychotherapy training can receive the certificate “Certified Positive Psychotherapist” after 910 hours of training and examinations.
- 1) Final thesis with, at least, 20 pages on a theoretical or applied topic. The thesis can be written in English or in the participants’ native language with a short English abstract.
- 2) Oral examination with a commission of, at least, 2 examiners. One of them has to be the Head of the Trainer Team. If a second MC-Trainer is not available for the exams, a local well-known psychiatrist, psychologist or psychotherapist who has been approved to by WAPP may also be a member of the examination commission.
- 3) Case documentation of, at least, 5 cases. These documentations can also be written in English or in the participants’ native language with a short English abstract.
- The exams should not be conducted by the same trainer who has done the examinee’s self-discovery hours. Exceptions from this have to be agreed upon by the WAPP Board of Directors before the exams.
- If a participant fails the oral exams, he or she can repeat it no earlier than three months after the failed exam.
- The participants will receive a **certificate of attendance** for each module signed by organizer and trainer.
- The final certificate will be issued, stamped and signed by WAPP after receipt of the certificate fee.

3.3.4 Group

- The number of participants should be at least 12 and not exceed 25. The number of participants within this range depends on the organizer.
- The group is closed, i.e. no further participants are allowed to join the group module by module.
- If a translator is needed, the translator should not be a participant of the group. Also, the organizer should not be the translator.
- Before the training starts, the organizer has to inform the participants that an evaluation on their ability to continue the course will be given after the first module of the Master Course Training.



Master Training in Positive Psychotherapy

- At the first module of the Master Course Training the participants will have to sign confidentiality and national requirement notes as well as the Ethical Guidelines of Positive Psychotherapy.
- **Supervision groups:** Recommended are not more than 5-6 persons in one group. Once every 4 weeks each member of the group should present the cases in treatment.
- **Intervision groups:** The Head of the Trainer Team will discuss the organization of intervention groups between the seminars with the seminar organizer.

3.3.5 Trainers

- The Master Course Training must be conducted by at least 2 and maximum 4 different Master Trainers. Ideally, the number of modules held by the trainers is spread evenly among them.
- A main trainer as Head of the Trainer Team is responsible for the whole course. He or she is the person to address, is responsible for the course of the seminars, the exams and communicates and coordinates with the organizer.
- The Head of the Trainer Team always teaches the first module of the Master Course Training and preferably finishes the last module, because of continuity and assessment.
- The trainers have to respect the training guidelines (MC Curriculum), but may present their courses as they wish, depending on countries, cultures and their own individuality.
- For countries without local MC-trainers, the organizers will arrange for the MC-trainers to arrive one day earlier to conduct the group-supervision. OR: Other supervisors who are experienced, local psychotherapists in good standing, who are regularly working with clients for more than 5 years and have a similar background to PPT (e.g. Psychodynamic, Humanistic), can also be accepted after individual consultation with the WAPP Head Office as long as no local supervisors of PPT are available.
- But at least half of the supervision hours have to be covered by a Master Trainer of PPT.
- Self-discovery can only be done by a trainer of Positive Psychotherapy in block trainings or by agreements between trainer, students and organizer.
- Please note that self-discovery and supervision have to be conducted by different trainers.

3.3.6 Example of a Positive Psychotherapist Certificate

WORLD ASSOCIATION FOR POSITIVE PSYCHOTHERAPY (WAPP)

In cooperation with



INTERNATIONAL ACADEMY OF POSITIVE AND TRANSCULTURAL PSYCHOTHERAPY (IAPP)
- Prof. Pesechikian Foundation -

EUROPEAN FEDERATION OF THE CENTERS FOR POSITIVE PSYCHOTHERAPY (EFCPP)
(European Wide Accrediting Organization and European Wide Organization of the European Association for Psychotherapy)

WIESBADEN ACADEMY OF PSYCHOTHERAPY (WIAP)
(German State-licensed Postgraduate Institute for Psychodynamic Psychotherapy and Child/Adolescent Psychotherapy)

WAPP is a member of the World Council for Psychotherapy and the European Association for Psychotherapy (EAP)
WAPP and WIAP are recognized and licensed as "European Association of Psychotherapy Training Institutes" (EAPTI)

CERTIFIED POSITIVE PSYCHOTHERAPIST
(Master Training)

ExampleName

HAS COMPLETED AN OFFICIAL CERTIFIED MASTER TRAINING PROGRAM IN ACCORDANCE WITH THE REGULATIONS OF THE ABOVE MENTIONED ORGANIZATIONS, AND HAS PASSED SUCCESSFULLY THE REQUIRED EXAMINATION.
THE TRAINING CONSISTED OF 885 HOURS OF THEORETICAL AND PRACTICAL TRAINING.

Wiesbaden, Germany, 1st January 2012 Certificate No.: 001-XYZ-2012 A certificate fee of xy Euro has been paid to the WAPP.

World Association for Positive Psychotherapy
For the Board of Directors

Certified WAPP-Trainer

4 Basic Trainer of Positive Psychotherapy

4.1 Overview

4.1.1 Preconditions for participants

- WAPP Certified Positive Psychotherapist
- Full WAPP membership.
- Working experience as psychotherapist (individual or group) for a minimum of one year and 400 psychotherapy sessions.
- Participation in regular supervision.
- Active participation in two international or regional WAPP trainings for trainers.
- Two letters of recommendation before starting the training as a candidate-trainer.

4.1.2 Candidate-Training

- Accompanying one whole Basic Course training of 200 hours as candidate-trainer.

4.1.3 Title and qualification

- **Basic Trainer of Positive Psychotherapy**
- A Basic Trainer of Positive Psychotherapy can teach Basic Courses of Positive Psychotherapy and other WAPP approved specialized courses on a comparable level, e.g. WAPP Competence Development Trainings (CDT).

4.2 Training in detail

4.2.1 Preconditions for participants

- Additional to the above mentioned formal educational preconditions candidate-trainers need the personal qualification to become trainers for Positive Psychotherapy.
- All documents (letters of recommendation, documents to prove other prerequisites) have to be handed in before the candidate-training starts.

4.2.2 Training

- The Basic Course training of 200 hours includes all modules of a Basic Course, supervision and self-discovery as a candidate-trainer. The candidates will discuss the experience with the trainers in an ongoing process of reflection.

4.2.3 Costs

- The fee for the Diploma has been fixed by the World Association for Positive and Transcultural Psychotherapy and is based on the categories of the World Bank regarding the economic situation of the country (see Training Standards chapter 9 “Costs of Certificates and Diplomas”).

4.3 Commentary / Further explanations

4.3.1 Preconditions for participants

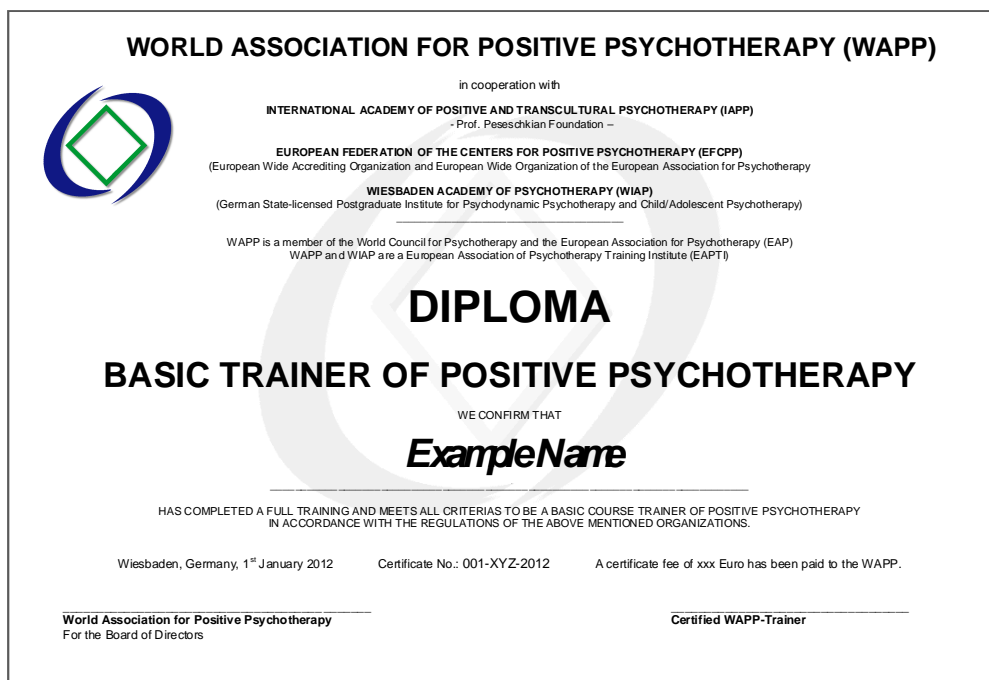
- Working experience as psychotherapist (400 hours) needs to be proved by a reference letter.
- Regular supervision or peer group at least, once a month, should be proved by a supervisor or main trainer.
- The letters of recommendation have to be provided by certified WAPP trainers – at least one Master Trainer – who know the recommended person personally and the quality of their work. The recommendation letters must be sent to the WAPP Head Office to get the approval of the status as WAPP candidate-trainer.

Basic Trainer of Positive Psychotherapy

4.3.2 Candidate-Training

- Trainer and candidate-trainer should have met each other before the course begin and should have a good relationship.
- A course module should not be attended by more than two candidate-trainers.
- The trainer and the candidate-trainer should reach an agreement in each module about their way of cooperation. The candidate-trainer should start to conduct parts of the modules and discuss it with the trainer afterwards.
- The trainer is the contact person for the candidate-trainer. The organizers have to agree with the candidate-trainer.
- Honorary/financial issues are to be defined by both trainers. The organizers are not obliged to pay additionally.
- When the candidate-trainer has finished training, his/her main trainer is asked to send a letter to WAPP confirming the candidate-trainer's successful completion of the training. The new trainer will receive his/her Diploma as Basic Trainer of Positive Psychotherapy after paying the fees for WAPP membership and for the diploma.
- The Basic Trainer license will be issued, signed and sealed by WAPP, and will be valid for 5 years.

4.3.3 Example of a Basic Trainer of Positive Psychotherapy Diploma



5 Master Trainer of Positive Psychotherapy

5.1 Overview

5.1.1 Preconditions for participants

- Diploma as Basic Trainer of Positive Psychotherapy
- Full WAPP membership.
- Continuing and regular working experience as a Positive Psychotherapist in a clinic, hospital, institute or private practice with at least annually 400 hours (10 hours of psychotherapy sessions per week).
- Candidate-trainer in MC must have completed at least two Basic Courses as a trainer and filed reports of these seminars.
- Participation in regular supervision.
- Active participation (with presentation, lecture, etc.) in two international or regional WAPP trainings for trainers.
- An application letter by the candidate-MC-trainer before starting the training as a candidate-trainer.
- A letter of acceptance from the main Master Trainer, with whom the candidate will work during the Master Course, before starting the training as a candidate-trainer.
- Two letters of recommendation from Master Trainers who trained the applicant during his/her Master Course before starting the training as a candidate-trainer.

5.1.2 Candidate-Training

- Accompanying one whole Master Course training of 710 hours as candidate-trainer (minimum 2 years).

5.1.3 Title and qualification

- **Master Trainer of Positive Psychotherapy**
- A Master Trainer of Positive Psychotherapy can teach Basic and Master Courses of Positive Psychotherapy and other WAPP approved specialized courses on a comparable level, e.g. WAPP Competence Development Trainings (CDT).

5.2 Training in detail

5.2.1 Preconditions for participants

- All documents (application letter, letter of acceptance, letters of recommendation, documents to prove other prerequisites) have to be handed in before the candidate-training starts.
- The application of the candidate for the Master Trainer must be accepted by the Board of WAPP before beginning this training.

5.2.2 Training

- The Master Course training of 710 hours includes all modules of a Master Course, supervision and self-discovery as a candidate-trainer. The candidates will discuss the experience with the trainers in an ongoing process of reflection.

5.2.3 Costs

- The fee for the Diploma has been fixed by the World Association for Positive and Transcultural Psychotherapy and is based on the categories of the World Bank regarding the economic situation of the country (see Training Standards chapter 9 "Costs of Certificates and Diplomas").



Master Trainer of Positive Psychotherapy

5.3 Commentary / Further explanations

5.3.1 Preconditions for participants

- The continuing and regular working experience as a Positive Psychotherapist in a clinic, hospital, institute or private practice with at least annually 400 hours, needs to be proved by a reference letter.
- Regular supervision or peer group at least, once a month, should be proved by a supervisor or main trainer.
- The application letter by the candidate-MC-trainer has to be in English language with information about his/her development, current work in Positive Psychotherapy and about his/her intention and motivation to become a MC trainer.
- The recommending Master Trainers must know the recommended persons personally and the quality of their work. The recommendation letters should be sent together to the WAPP Head Office and to the National Association or local Center of Positive Psychotherapy.
- The Board reserves the right not to accept a Master Trainer aspirant in exceptional cases where reasonable doubts against his/her eligibility and skills exist.

5.3.2 Candidate-Training

- The trainee should preferably accompany all modules of one course to see the dynamic development of the group and observe different trainers. At least 6 out of 10 modules should be obligatory in a continuing MC group.
- The Master Trainer and the candidate-trainer should have met each other before the course begins and must have a good working relationship.
- The Master Trainer chooses the candidate-trainers to accompany him/her in a Master Course.
- A course module should not be attended by more than two candidate-trainers.
- The candidate-trainer will conduct part of the session later according to the Master Trainers advices.
- The Master Trainer is the contact person for the candidate-trainer, in agreement with the organizer.
- Honorary/financial issues are to be defined by both trainers. The organizers are not obliged to pay additionally.
- When the candidate-trainer has finished training, his/her main trainer is asked to send a confirmation letter about his/her successful completion of the WAPP Master Trainer program of Positive Psychotherapy to the WAPP Head Office.
- The Trainer will receive his/her Diploma as WAPP Master Trainer after finishing all financial obligations with WAPP. The Master Trainer license will be issued, signed and sealed by WAPP and will be valid for 5 years.

Master Trainer of Positive Psychotherapy

5.3.3 Example of a Master Trainer of Positive Psychotherapy Diploma



6 Legend

- *The Main Master Trainer is a person responsible for preparing and adjusting the curriculum, being in charge of the training (the seminars/supervisions/self-discovery), evaluating the results of the students' education, self-development and assessing the effectiveness of the candidates' progress, organizing the final exam procedure and helping the trainees by mentoring the Master theses.*
- *The Master Trainer is a person providing some of the seminars/supervisions/self-discovery cooperating with the Main Master Trainer.*
- *The Organizer is a person responsible for logistic and organizational issues between trainees and trainers during the whole training course. The organizer cannot be the trainer of the training course, only for those countries in which no local trainers are trained yet and with permission of WAPP.*

European Association of Psychotherapy (EAP)

7 European Certificate for Psychotherapy (ECP)

The European Certificate for Psychotherapy (ECP) can be awarded to **practitioners of psychotherapy**, whose accredited and approved training has been fully completed and who are committed to professional and ethical standards consistent with those of the EAP.



7.1 Requirements for the ECP

- **1400 hours of training in Positive Psychotherapy:**
 - 500 hours of theory and methodology of Positive Psychotherapy
 - 250 hours of self-discovery with PPT trainer
 - 500 hours of clinical practice with clients/patients using PPT
 - 150 hours of supervision (regularly, accompanying the clinical practice)
- **The necessary requirements are fulfilled after completion of the European Certified Positive Psychotherapy Training (see p. 2-4)**

7.2 Application process

- After completion of the ECP training please contact the WAPP Head Office (wapp@positum.org). We will send you the necessary EAP application documents.
- The International Academy for Positive and Transcultural Psychotherapy (IAPP) as authorized EAPTI (European Accredited Psychotherapy Training Institute) will then recommend you for the ECP through **Direct Award**. Therefore, please send your documents to the WAPP Head Office to forward them.
Please note that the EAP Head Office in Vienna is not allowed to receive any application or fees directly from an applicant – everything has to be sent to the EAPTI. The EAPTI will check the application and forward it and the fee to the EAP.
- After all checks have been done and the fee has been paid, the European Certificate for Psychotherapy (ECP) will be sent to the applicant by registered mail.

7.3 Costs and annual fee

- The fee for the ECP has to be submitted to the responsible EAPTI beforehand. For EU and Western countries the ECP costs **240 Euro (plus shipping)**, for non EU and Eastern countries it is **120 Euro (plus shipping)**.
- After completing the procedure the name of the new applicant will be put into the register of ECP-Psychotherapists <http://www.europsyche.org/ecp>. The annual fee for the registration in the ERP (European Register of Psychotherapists) is **40 Euro** for EU countries, for non EU countries **15 Euro per year**. The ERP fees are compulsory.

7.4 Please note:

- **ECP application by Direct Award through IAPP is not possible for practitioners from all countries yet. Please ask for information beforehand (wapp@positum.org). Thank you!**



World Council for Psychotherapy

8 World Certificate for Psychotherapy (WCPC)



The World Certificate for Psychotherapy can be awarded to all **psychotherapists who have a psychotherapeutic training according to WCP standards**. The WCP standards fully correspond to the ECP standards – which means that every ECP holder can apply for the WCPC without any problems.

8.1 How to apply for a WCPC

Please use "Practitioner Registration Form for the WCPC" (see below)

Applicants send their Curriculum Vitae (with special reference to their psychotherapy training and/or experience) to the

**WCP Headoffice, Att. Ms. Tamara Trebes,
Freudplatz 1
A-1020 Vienna, Austria
email: headoffice@worldpsyche.org**

and also transfer the fee for the WCPC to the following account:
PSK Bank, Georg Coch Platz 2, A-1018 Vienna, account no. 93.037.035,
code 60.000. IBAN: AT376000000093037035. BIC: OPSKATWW

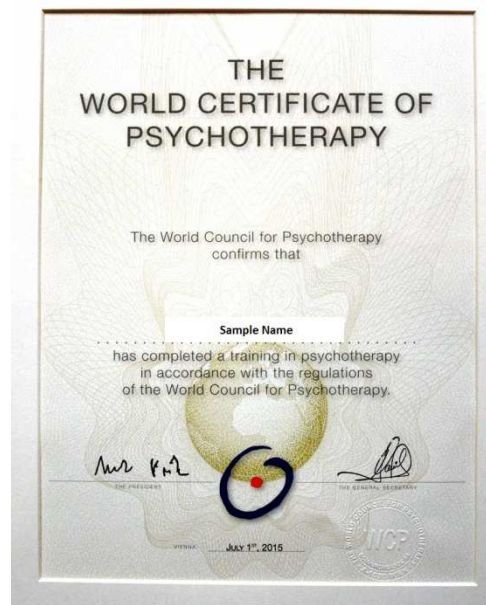
After receiving the fee, the application will be checked by the pool of experts. If there are any open questions the applicant will be asked to answer them. If the application is in order the Certificate will be issued and sent to the applicant.

Fee for the World Certificate for Psychotherapy (WCPC):

The fee for the WCPC is € 350 for each application. This fee is not refundable.

For further information please compare:

<http://www.worldpsyche.org/contents/12766/the-world-certificate-for-psychotherapy-wcpc->



9 Costs of Certificates and Diplomas of Positive Psychotherapy

Below you find the costs (all in Euro) for the certificates to be paid to the World Association for Positive Psychotherapy (WAPP). It is based on the categories of the World Bank regarding the economic situation of a country (for further information see next page). In addition to this fee, the local organizer will charge a participation fee for each seminar.

WAPP members who have paid their membership fees for the year in which they complete their training get a **25 Euro discount** on Master Training Certificate and European Certified PPT Training certificate.

The fees for Master Training Certificate and European Certified PPT Training certificate - as indicated below - include membership in WAPP for the calendar year of graduation.

Please note that until further notice all Eastern European countries, which are listed by the World Bank as category A countries, will be counted as category B countries (due to the economic situation of January 2018).

| | Category A (high-income economies) | Category B (upper-middle-income economies) | Category C (lower-middle-income economies) | Category D (low-income economies) |
|--|--|--|--|---|
| Basic Training (200 hours) | 100,- | 75,- | 50,- | 25,- |
| Master Training (710 hours) | 275,- | 225,- | 175,- | 105,- |
| European Certified PPT Training (1.400 hours) | 375,- | 300,- | 225,- | 130,- |
| Basic Trainer Diploma | 300,- | 250,- | 180,- | 100,- |
| Master Trainer Diploma | 400,- | 300,- | 200,- | 120,- |

Costs of Certificates and Diplomas of Positive Psychotherapy

9.1 World Bank Economic Categories of Countries

Source: <http://data.worldbank.org/about/country-classifications/country-and-lending-groups>

Category A - High-income economies (\$12,236 OR MORE)

| | | |
|------------------------|--------------------------|---------------------------|
| Andorra | Greece | Poland |
| Antigua and Barbuda | Greenland | Portugal |
| Aruba | Guam | Puerto Rico |
| Australia | Hong Kong SAR, China | Qatar |
| Austria | Hungary | San Marino |
| Bahamas, The | Iceland | Saudi Arabia |
| Bahrain | Ireland | Seychelles |
| Barbados | Isle of Man | Singapore |
| Belgium | Israel | Sint Maarten (Dutch part) |
| Bermuda | Italy | Slovak Republic |
| British Virgin Islands | Japan | Slovenia |
| Brunei Darussalam | Korea, Rep. | Spain |
| Canada | Kuwait | St. Kitts and Nevis |
| Cayman Islands | Latvia | St. Martin (French part) |
| Channel Islands | Liechtenstein | Sweden |
| Chile | Lithuania | Switzerland |
| Curaçao | Luxembourg | Taiwan, China |
| Cyprus | Macao SAR, China | Trinidad and Tobago |
| Czech Republic | Malta | Turks and Caicos Islands |
| Denmark | Monaco | United Arab Emirates |
| Estonia | Netherlands | United Kingdom |
| Faroe Islands | New Caledonia | United States |
| Finland | New Zealand | Uruguay |
| France | Northern Mariana Islands | Virgin Islands (U.S.) |
| French Polynesia | Norway | |
| Germany | Oman | |
| Gibraltar | Palau | |

Category B - Upper-middle-income economies (\$3,956 TO \$12,235)

| | | |
|------------------------|--------------------|--------------------------------|
| Albania | Ecuador | Nauru |
| Algeria | Fiji | Panama |
| American Samoa | Gabon | Paraguay |
| Argentina | Grenada | Peru |
| Azerbaijan | Guyana | Romania |
| Belarus | Iran, Islamic Rep. | Russian Federation |
| Belize | Iraq | Samoa |
| Bosnia and Herzegovina | Jamaica | Serbia |
| Botswana | Kazakhstan | South Africa |
| Brazil | Lebanon | St. Lucia |
| Bulgaria | Libya | St. Vincent and the Grenadines |
| China | Macedonia, FYR | Suriname |
| Colombia | Malaysia | Thailand |
| Costa Rica | Maldives | Tonga |
| Croatia | Marshall Islands | Turkey |
| Cuba | Mauritius | Turkmenistan |
| Dominica | Mexico | Tuvalu |
| Dominican Republic | Montenegro | Venezuela, RB |
| Equatorial Guinea | Namibia | |



Category C - Lower-middle-income economies (\$1,006 TO \$3,955)

| | | |
|------------------|-----------------------|-----------------------|
| Angola | Indonesia | Philippines |
| Armenia | Jordan | São Tomé and Príncipe |
| Bangladesh | Kenya | Solomon Islands |
| Bhutan | Kiribati | Sri Lanka |
| Bolivia | Kosovo | Sudan |
| Cabo Verde | Kyrgyz Republic | Swaziland |
| Cambodia | Lao PDR | Syrian Arab Republic |
| Cameroon | Lesotho | Tajikistan |
| Congo, Rep. | Mauritania | Timor-Leste |
| Côte d'Ivoire | Micronesia, Fed. Sts. | Tunisia |
| Djibouti | Moldova | Ukraine |
| Egypt, Arab Rep. | Mongolia | Uzbekistan |
| El Salvador | Morocco | Vanuatu |
| Georgia | Myanmar | Vietnam |
| Ghana | Nicaragua | West Bank and Gaza |
| Guatemala | Nigeria | Yemen, Rep. |
| Honduras | Pakistan | Zambia |
| India | Papua New Guinea | |

Category D - Low-income economies (\$1,005 or less)

| | | |
|--------------------------|---------------------------|--------------|
| Afghanistan | Guinea | Rwanda |
| Benin | Guinea-Bissau | Senegal |
| Burkina Faso | Haiti | Sierra Leone |
| Burundi | Korea, Dem. People's Rep. | Somalia |
| Central African Republic | Liberia | South Sudan |
| Chad | Madagascar | Tanzania |
| Comoros | Malawi | Togo |
| Congo, Dem. Rep. | Mali | Uganda |
| Eritrea | Mozambique | Zimbabwe |
| Ethiopia | Nepal | |
| Gambia, The | Niger | |

10 WAPP Membership Categories and Fees

The WAPP established the following membership categories and fees:

10.1 Individual membership

- supporting members: 10 EUR per year
- full members (in training, Basic Consultants of Positive Psychotherapy): 25 EUR per year if paid annually, 60 EUR for 3 years in advance
- full members (Certified Positive Psychotherapists) 50 EUR per year if paid annually, 130 EUR for 3 years in advance
- National trainers*: 75 EUR
- International trainers**: 150 EUR

Note: Full membership is only possible after having finished an officially recognized training in psychotherapy with one's country plus a finished Basic Course in Positive Psychotherapy. For participants of the Master Training and Trainer Trainings membership in WAPP is obligatory.

*) National trainer: trainer who only offers trainings in his/her own country

**) International trainer: trainer who also travels abroad to give training seminars

10.2 Organizational membership

- Associations: First 3 years: 100 EUR / year, after 3rd year: 150 EUR
- Centers: First 3 years: 50 EUR / year, after 3rd year: 100 EUR

10.3 Honorary membership

Honorary members are appointed by the WAPP Board of Directors.

10.4 Payment of membership fees

The individual membership can be paid directly to WAPP (via bank transfer, PayPal, Western Union, MoneyGram, please ask the Head Office for payment details) or through the National Associations or Centers.

For any further questions please contact

World Association for Positive and Transcultural Psychotherapy (WAPP)

Head Office

Luisenstrasse 28, 65185 Wiesbaden, Germany

wapp@positum.org

www.positum.org