



## **Ethical Guidelines**

of the

**World Association for Positive and Transcultural Psychotherapy (WAPP)  
European Federation of the Centers for Positive Psychotherapy (EFCPP)  
International Academy for Positive and Transcultural Psychotherapy (IAPP),  
Professor Peseschkian Foundation**

If you want to bring the country in order,  
first bring the provinces in order.  
If you want to bring the provinces in order,  
you have to bring order to the cities first.  
To bring order to the cities,  
you must bring order to the families.  
If you want to bring order to the families,  
First you must bring order to your own family.  
If you want to bring order to your own family,  
you must bring order to yourself.

(Oriental Wisdom)

### **I. Introduction**

1. The method of Positive Psychotherapy belongs to the humanistic, transcultural and psychodynamic psychotherapeutic methods. This conflict-centered and capability-oriented method has been developed by Nossrat Peseschkian since 1968 in Germany.

This method is based on 9 theses, 3 dimensions of interaction and 5 stages of the therapeutic process. It is based on a positive image of man, that man is good by nature and endowed with four kinds of capabilities: Physical, mental, social and spiritual (four areas of conflict reaction and resources). Illnesses and disorders are therefore interpreted in a positive way (positive approach). Through the use of stories, anecdotes and examples from other cultures the patient is encouraged to play an active role in his/her own healing process (transcultural approach). The therapist encourages the patients to obtain proper medical care when required.

2. Positive Psychotherapy believes that every human-being is an entity of body, mind, emotions and spirit, and the aim of the therapeutic process is to help the client to develop his capabilities (basic capacities as potential and inventory of actual capacities as social norms), and to find balance in his daily-life (balance-model).

### **II. Principles**

3. The patient is encouraged to give up the passive patient's role and to take an active role ("therapeutic role") hand in hand with the therapist for his/her own family and environment. The psychotherapist shows respect for the integrity and the personal values of the patient and the patient's family throughout the therapeutic process (four dimensions of model and relation, family concepts).



4. Elements of other psychotherapeutic methods are used in Positive Psychotherapy, in order to be flexible in the treatment of the patient and to present a framework, in which different methods can work together (interdisciplinary approach).
5. Since Positive Psychotherapy deals with elementary human capabilities, it is in a position to speak to people of all languages and social strata and to cope effectively with transcultural issues. The World Association for Positive and Transcultural Psychotherapy and its European Sub-Section European Federation of Centers for Positive Psychotherapy provide services and training programs without regard to race, colour, religious creed, ancestry, sex or national origin. The main objective is to promote physical, mental, social and spiritual health of individuals, families and groups.
6. The obligation of the World Association for Positive and Transcultural Psychotherapy and the European Federation of Centers for Positive Psychotherapy are the promotion of the theory, method and practice of Positive Psychotherapy and its application under the transcultural and interdisciplinary point of view, the training of graduate and postgraduate specialists concerning:
  - The promotion of the consciousness that "man is a mine of gems of inestimable value"
  - The promotion of mutual understanding and tolerance between different cultures
  - The development of programs in the field of prevention of conflicts and disorders, treatment/correction/facilitation rehabilitation and development of individuals, families and teams and social groups.

### III. Practice

7. The basic ethical principles for application of Positive Psychotherapy are
  - Autonomy and the right of self-determination of the patient must be assured
  - The treatment may not harm the patient, family and environment
  - The treatment must be helpful and quality assured for the patient
  - Justice in the treatment system and delivery, independent of physical characteristics, economic, social and religious background of the patients.
8. The obligations for the psychotherapists, practicing Positive Psychotherapy are:
  - professional training,
  - personal therapeutic process,
  - continuing education,
  - quality assessment and
  - supervision.
9. The necessary capacities of a psychotherapist in Positive Psychotherapy:
  - To see patients as autonomous persons.
  - To give aid in conflict solving and in self-help.
  - To support understanding and clearing in a way, that patients clearly understand.



# WAPP World Association for Positive and Transcultural Psychotherapy (Est. 1994)

- To keep a good and positive quality of the therapeutic relation in balance of therapeutic empathy and distance, and to behave oneself as a model.
  - To know about the possibilities, indications and borders of psychotherapy and to use Positive Psychotherapy in a proper way without harming and to see consultation with colleagues and supervisors as necessary tool for professional practice.
  - To see psychotherapeutic treatment as temporary aid on the way of the patient's personal development.
10. The therapist has to be confidential with the information of the patients and should observe at all times an attitude of discretion and be conscious of the nature of the therapeutic relationship and has to stay away from any kind of personal relationships with patients.
11. The laws concerning professional practice of the country have to be followed.

## IV. Trainings

12. The organizer of trainings in Positive Psychotherapy has to be officially authorized for this by the World Association for Positive and Transcultural Psychotherapy and is fully responsible to fulfil requirements of the authorization and following basic principles:
- Quality of education guaranteed by WAPP, provided by certified and authorized trainers, paid by participants and/or organizations and certified by WAPP.
  - Constructive cooperation of students, organizers, trainers and WAPP guaranteed by following of mutually beneficial agreements, procedures and open information exchange.
  - Sustainable work requires announcement of the date, conditions, trainer and status of seminar at least 4 weeks before it starts, by informing of trainers, participants and WAPP and IAPP Head Office. Once a course is announced in the name of Positive Psychotherapy and the course starts, the organizer has the full responsibility towards the participants to give them the chance to finish the courses. Interruption of the course harms the image of Positive Psychotherapy.
13. The organizer guarantees to participants timely issuing of International Certificates therefore pass relevant information about the students (names in Latin and writing of the country) to the Head Office minimum 4 weeks before the last seminar. The trainer of the final course shall sign certificates issued by WAPP and present them to the participants. The organizer guarantees the payment for the certificates to the World Association for Positive and Transcultural Psychotherapy, in advance or immediately after the course is finished.

## V. Relationships with colleagues and professional institutions

14. The therapists are encouraged to exchange professional experience and results of investigation about therapeutic influence with other colleagues and therapeutic institutes and to have in mind the information needs of general public.
15. The worldview of Positive Psychotherapy requires working in respect and dignity with people who are involved in our projects (active or passive). Public criticism is not accepted at official meetings, instead conflicts should be openly discussed with the problem-partner in an atmosphere of mutual respect. "Criticize quietly and encourage loudly".



## VI. Miscellaneous

16. These Ethical Guidelines are binding for WAPP/EFPP member organizations. This is applicable to psychotherapists, trainers, students, supervisors and specialists who are working in the framework of Positive Psychotherapy worldwide.

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