Positive Psychotherapy – yesterday, today and tomorrow

Keynote Lecture
7th World Congress of Positive and Transcultural Psychotherapy
7 October 2019, Kemer (Turkey)
Dr. Hamid Peseschkian
www.peseschkian.com
How much time to spend with the patient’s life in psychotherapy according to Nossrat Peseschkian

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<th>Past</th>
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<th>Future</th>
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If You Want Something You've Never Had, You Have To Do Something You've Never Done
Roots of Positive Psychotherapy

- Healing profession
- New method of treatment
- Integrative meta-theory
- Transcultural understanding
- Contribution towards world peace
- Books by the founder
COLD WAR

- EASTERN BLOC
- WESTERN BLOC
- IRON CURTAIN
A global Psychotherapist
Die Erde ist nur ein Land,
und alle Menschen sind seine Bürger

The earth is but one country and mankind its citizens

La terra è un solo paese e l'umanità i suoi cittadini

Земля - единая страна,
и человечество - её граждане

Dünya bir ülke ve insanlık vatandaşı

La tierra es un solo país
y la humanidad sus ciudadanos

عالم يك وطن محسوب است و م من على الأرض اهل آن

地球乃一国，人类皆其民

ما الأرض إلا بلد واحد، والإنسانية هي مواطنيها

La Terre n’est qu’un seul pays
et tous les hommes en sont les citoyens

- Bahá’u’lláh -
Positive Psychotherapy – „a guarded secret“
“Nothing is as strong as an idea whose time has come”

Victor Hugo
(French poet of 19th century)
Positive Mental Health Movement

Positive Psychotherapy by Nossrat Peseschkian (1977)

Positive Psychology by Martin E.P. Seligman (1998)

Positive Psychiatry by Dilip V. Jeste (2012)
передавая факел
50 Years of Positive Psychotherapy

1970s  
**Birth/Development of the method of Positive Psychotherapy;**  
first publications; some training; founding of the German Association of Positive Psychotherapy

1980s  
**Curricular trainings of medical doctors in Germany**  
(training institute); Lectures in different countries; main books

1990s  
**International propagation**  
Establishing of Centers; Beginning of regular training programs outside of Germany, Founding of International Center, EAP

2000s  
**Regular annual international gatherings**  
Certified training programs; definition of training standards; first Master program at university level, founding of WAPP; ECPs

2010  
**Passing of the founder**

2010s  
**International network**  
exchange of trainers, increase of membership, establishing of headoffice, financial situation improved, contact to other methods, beginning of positive mental health movement, transcultural importance
We are Global Psychotherapists
Positive Psychotherapy = global movement
A Positive Mental Health Movement
Today’s situation
inside and outside of (positive) psychotherapy
2018: This Is What Happens In An Internet Minute

- Google: 3.7 Million Search Queries
- Facebook: 266,000 Hours Watched
- Netflix: 2.4 Million Snaps Created
- Amazon: 38 Million Messages
- YouTube: 18 Million Text Messages
- Instagram: 174,000 Scrolling Instagram
- Tinder: 481,000 Tweets Sent
- Twitch: 187 Million Emails Sent
- 67 Voice-First Devices Shipped
- 936,073 Views
- 375,000 Apps Downloaded
- $862,823 Spent Online
- 4.3 Million Videos Viewed
- 1.1 Million Swipes

Created By:
@LoriLewis
@OfficiallyChadd
Fortnite cited as reason for 5% of divorces in United Kingdom in 2018
If not us, then who?
If not now, then when?
A FILM

A BOOK
ANSWERS
SIMPLE BUT WRONG
COMPLEX BUT RIGHT
PPT after Peseschkian
Life-Balance
- The Balance Model of Positive Psychotherapy -

Body/Health
(„PHYSICAL“)

Work/Achievement
(„MENTAL“)

Future/Meaning/Goals
(„SPIRITUAL“)

Relationships/Contacts
(„EMOTIONAL“)

© 1980, Peseschkian
Positive Conception of Human Nature

- ressource-oriented
- salutogenetic
- positive
- humanistic

“(…)Regard man as a mine rich in gems of inestimable value. Education can, alone, cause it to reveal its treasures, and enable mankind to benefit therefrom.(…)“.

Bahá‘í- Writings
Main Characteristics of Positive Psychotherapy (PPT)

- Integrative psychotherapy method
- Humanistic Psychodynamic Psychotherapy
- Cohesive, integrated therapeutic system
- Conflict-centered, short-term method
- Systematic and semi-structured approach
- Cultural-sensitive method
- Use of stories, anecdotes and wisdoms
- Innovative interventions and techniques
- Application in psychotherapy, psychosomatics, counselling, education, prevention, management, training etc.
Positive Psychotherapy
(humanistic psychodynamic)

- Cognitive Behavioral
- Systemic
- Humanistic
- Analytical
WOMEN POWER
A short analysis of Positive Psychotherapy today

- Facebook activities
- Motivation/Atmosphere
- Trainings/Seminars
- Publications
- Knowledge of English
- Scientific Work
- Theory optimization
- Number of National Trainers
- Number of International Master Trainers
- Countries
- Members
Future challenges
What can YOU Do?
What is your vision?

• Where do I want to see the World Association and Positive Psychotherapy in 5 years?
• When we meet at the next world congress in ???, how to I imagine this meeting? Who will be there? On what should be proudly look back? What would I regret, if we have not achieved it during this five years?
• What should be my role in the further development of Positive Psychotherapy?
Positive Mental Health Movement

Positive Psychotherapy
by Nossrat Peseschkian
(1977)

Positive Psychology
by Martin E.P. Seligman
(1998)

Positive Psychiatry
by Dilip V. Jeste
(2012)
# Actual capabilities

<table>
<thead>
<tr>
<th>Secondary capabilities</th>
<th>Primary capabilities</th>
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<tbody>
<tr>
<td>• punctuality</td>
<td>• love (emotionality)</td>
</tr>
<tr>
<td>• clearness</td>
<td>• modeling</td>
</tr>
<tr>
<td>• orderliness</td>
<td>• patience</td>
</tr>
<tr>
<td>• obedience</td>
<td>• time</td>
</tr>
<tr>
<td>• courtesy</td>
<td>• contact</td>
</tr>
<tr>
<td>• honesty</td>
<td>• sexuality</td>
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<tr>
<td>• faithfulness</td>
<td>• trust</td>
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<td>• justice</td>
<td>• confidence</td>
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<td>• achievement</td>
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<td>• thrift</td>
<td>• faith</td>
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<tr>
<td>• reliability</td>
<td>• doubt</td>
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<tr>
<td>• precision</td>
<td>• certitude</td>
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<tr>
<td>• conscientiousness</td>
<td>• unity</td>
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Psychodynamic Key-Conflict in Positive Psychotherapy

- **Openness**
  - Ego-centric egoists
  - Can never say „yes“
  - Must always disagree
  - Towards outside directed aggression

- **Politeness**
  - Social inhibition of aggression
  - Cannot say „no“
  - Have no opinion of their own
  - One has to guess their wishes -> leads to disappointment of expectation -> fear, anxiety, guilt, depression
Positive Psychotherapy Series

1. Oriental Stories as Techniques in Positive Psychotherapy
   Noossrat Peseshkian, M.D.

2. Positive Family Therapy
   Positive Psychotherapy Manual for Therapists and Families
   Noossrat Peseshkian, M.D.

3. Positive Psychosomatics
   Clinical Manual of Positive Psychotherapy
   Noossrat Peseshkian, M.D.

4. Positive Psychotherapy of Everyday Life
   A Self-Help Guide for Individuals, Couples and Families with 250 Case Stories
   Noossrat Peseshkian, M.D.
This book is the first to bring together the innovations gained from positive psychology, positive psychotherapy, and positive psychiatry in one volume that will serve as an excellent resource for medical and mental health professionals looking to reap the benefits gained by the studies and experiences in these areas. Currently, the majority of texts that are available are targeting psychologists and researchers, whereas this book seeks to use positive mental health as the foundation on which the clinical applications are built. Written by 49 experts in psychiatry, psychotherapy, and psychology from 13 countries representing 5 continents, this book is designed to take an accessible approach to leave the reader with a clear understanding of the epidemiology, development, and clinical applications for modern practice. Chapters include discourse on positive interventions across the lifespan and psychiatric and psychosomatic disorders, including depression, psychosis, anxiety disorders, and substance use disorders. The text also covers special topics such as care of transcultural considerations, special psychotherapeutic settings, and hot topics.

Positive Psychiatry, Psychotherapy and Psychology is a valuable resource for psychiatrists, psychologists, psychotherapists, social workers, and all other mental health professionals working with patients who may benefit from this approach.
2

hours per week
Positive goals and opportunities

1) **Training:**
   1) To increase the number of Basic and Master Trainers world-wide

2) **Scientific:**
   1) Publications in national and international scientific journals (preferably in English peer-reviewed journals)
   2) Presentations of PPT at national and international professional conferences of psychiatrists, psychologists, counsellors, medical doctors and mental health professionals
   3) To encourage the writing of Master thesis’ and Doctoral dissertations in Positive Psychotherapy
   4) To encourage transcultural research (multi-center-studies) (result to be presented at conferences)
   5) To develop further the concept of a Positive Child and Adolescent Psychotherapy

3) **Academic:**
   1) To get young Positive Psychotherapists into institutions:
      1) Academic (university, chairs, departments, professors, lecturers, leaders), clinics, hospitals, organizations, board of professional organizations
      2) To include Positive Psychotherapy in university curricula
      3) To offer University M.Sc. programs in Positive Psychotherapy in cooperation with an European University
      4) To look for possibilities of founding an university of PPT in Europe (Bologna-Prozess)

4) **Societal:**
   1) To get the psychotherapeutic and transcultural insights into many branches of society, specially in the non-psychotherapeutic field (e.g. management etc.) (to promote transcultural understanding and peace)
   2) To be known and a respected partner for transcultural issues

5) **Organizational and Networking:**
   1) Establishing of centers, institutes and national associations of PPT in different countries
   2) To get more young people involved in the organizational structures of WAPP, e.g. in organizing conference committees
   3) More active members in our associations, and to increase the number of members in general
   4) To strengthen the network of Positive Psychotherapists worldwide and to foster the development of an identity as a Positive Psychotherapist
   5) To be more present in social media, YouTube, Wikipedia, Google etc. in different countries

6) **Treatment:**
   1) To exchange the results and experience of treatment, techniques and methods in different settings
   2) To publish case studies
   3) To focus also on positive psychosomatics (not only psychotherapy)
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<tr>
<th></th>
<th>Past</th>
<th>Present</th>
<th>Future (2025)</th>
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<tbody>
<tr>
<td>Organization</td>
<td>German organization</td>
<td>European organization</td>
<td>Global movement</td>
</tr>
<tr>
<td>Members</td>
<td>7</td>
<td>1,300</td>
<td>5,000</td>
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<tr>
<td>PPT university chair</td>
<td>0</td>
<td>0</td>
<td>1-5</td>
</tr>
<tr>
<td>PPT private university</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Countries of Training</td>
<td></td>
<td>25</td>
<td>50</td>
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<tr>
<td>Continents of Training</td>
<td></td>
<td>Mainly Europe, and a few countries in Asia and one in Africa</td>
<td>Europe, Africa, North and South America, Asia</td>
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To leave one`s comfort zone
If your plan is for 1 year, plant rice. If your plan is for 10 years, plant trees. It your plan is for 100 years, educate children.

Confucius
Thank you