



Criteria for interviewing future students of Positive Psychotherapy (before entering the therapeutic Master Course)

(These guidelines have been approved by the Board of Directors of WAPP, February 2021)

Note: This document is designed to clarify the transition criteria from the Basic Course of Positive Psychotherapy to the Master Course of PPT, and to give Centers and Trainers of PPT a guideline how to choose suitable candidates in a transparent process. In the past, some enthusiastic people have entered the Master Course, without knowing that they are going to be members of a healing profession and were unqualified by their personality to become psychotherapists. Financial issues should never be allowed to play a role in choosing enough participants for a course!

The Basic Course of Positive Psychotherapy is open for anyone who wants to get insights and learn tools in order to work as a **Consultant of Positive Psychotherapy**. The level of Consultant of Positive Psychotherapy offers the possibility to work with people who are healthy and who need some guidance in order to improve their lives (this depends also on the respective country regulation). **A Consultant of PPT is a helping profession.**

The Master Course of PPT offers competencies to work as a **Certified Positive Psychotherapist**. Being a psychotherapist means working with patients with mental or psychological disorders, and a psychotherapist needs a special educational background (medicine, psychology etc.). **Psychotherapy is a healing profession.**

Below are the WAPP criteria and a guideline, followed by a checklist for trainers, who need to decide which participant could attend the Master Course. The assessment criteria can be handed out to all Basic Course participants already to inform them about the next steps for the Master Course training.

We strongly recommend that **only those who meet the following criteria enter the Master Course:**

1. Feedback/recommendation of the trainer who led the group self-discovery in the Basic Course (see the assessment checklist below)
2. University degree in medicine, psychology or other medical or human sciences
3. High level of self-reflection
4. High level of impulse control
5. High and medium integrated personality structure (cf OPD2)
6. No difficulties to work in groups

Below you can find a guideline how to assess during the self-discovery units. As a trainer for self-discovery you need to organize the seminars in a way that will enable you to see all the below listed aspects for each participant. We strongly recommend you to have a file for each member of a group and to check the criteria below during each seminar for self-discovery:



1. The Level of self-reflection

Possible questions: Are you aware of the perception of others on you when you enter a group? What kind of person are you: more sincere or more polite? How would you describe your personality traits (not disorder) based on the diagnostic criteria of ICD or DSM? And what impact have your personality traits on working in a group, working with a client or patient? What did you learn about yourself during the Basic Course and in group situations? Which are the most important insights for you from the self-discovery hours during the Basic Course?

Assessment: As a trainer or director of a center, we are looking for students, who are aware of themselves as the subject of their own changes, the ability to ask questions and seek answers to them, awareness of their own feelings, thoughts, behaviors, meanings; that others perceive them differently than their own way of looking at themselves. Without self-reflection, a person cannot work as a psychotherapist, and might be even harmful to others!

2. Personality traits

Here it would be very important for the assessor to reflect about his own countertransference he has with this person: Do they feel emotionally safe with the participant? Would the assessor choose this person to be his/her therapist in the future? Would the assessor send his children to this future psychotherapist? It is also important to assess the impulse control of the participant, the empathy level and perception of others.

3. The intellectual capacity

Psychotherapy also requires a certain level of intellectual capacity to understand the therapeutic process. You may ask some questions about the theoretical concepts of PPT, about the understanding of the dynamic of conflicts, ask the student to explain why PPT is psychodynamic, humanistic, and trans-cultural method etc. These few questions will help an objective assessor to understand how deep the understanding of a student is. To be kind and nice is not enough for a future psychotherapist. Beware of superficial answers.

4. The ability to work in a group

Possible questions: How do you feel in a group? What kind of role do you take in groups usually? Would you choose to be the leader or to be the follower of a group? What kind of experiences did you have in your group? What kind of difficult situations did you encounter in your group and how have you dealt with them?

Assessment: What we want to see in the course participants is the ability for reflective dialogue, interpersonal empathic sensitivity, congruence between what s/he says and what s/he is doing, the ability to give, to ask and to receive feedback, the ability to ask for help, the ability to cope with "narcissistic pain" under the pressure of criticism and to cope with situations of emotional tension.

5. Which is the main interest of the participant for his/her professional future?

1) To **work with clients** (counseling, coaching - more helping profession) or 2) To **work with patients** (disorders, pathology, more healing profession) - in this way we can see if they stay at the level of Basic Course or go for the Master Course. The trainers will be selected from the second category. There might be in future special Master Courses for consultants, but for the time being, the Master Course is a therapeutic course.



Assessment for entering a PPT Master Course

Assessor name: _____

Date of assessment: _____

Place of assessment
(city and country): _____

1. Personal data of participant:

First name and family name:	_____
Academic degree (e.g. Dr., PhD, MD, MSc, MA, BA):	_____
Address (town, country):	_____
Email address:	_____
Birth date (day/month/year):	_____

2. General education of participant:

Professional qualification, profession:	_____
University:	_____
Studied subject:	_____
Final degree:	_____

3. PPT education

Basic Consultant in PPT	
Date of issue:	_____
Certificate number:	_____
Trainer for theory:	_____
Trainer for Self-Experience:	_____



4. Level of self-reflection

1 (very low)	2	3	4	5 (very high)
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Comments (what trainer saw and when – which seminar, which situation)

5. Personality structure

1 (problematic, disintegrated)	2	3	4	5 (very stable, integrated)
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Comments (what trainer saw and when – which seminar, which situation)

6. Intellectual capacity

1 (low)	2	3	4	5 (high)
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Comments (what trainer saw and when – which seminar, which situation)

7. Ability to work in the group

1 (low)	2	3	4	5 (high)
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Comments (what trainer saw and when – which seminar, which situation)

8. Interest of the participant

- to work with clients (helping profession)
- to work with patients (healing profession)
- other (details)



Result of Assessment!

- YES (s/he can enter MC)
- NO (s/he cannot enter MC and the reasons are below)
 - Feedback/recommendation from the trainer who led self-discovery (please write details)
 - No studies in medical or human sciences
 - Low level of self-reflection
 - Low level of impulse control
 - Personality structure – disintegrated and low integrated (cf OPD2)
 - Difficulties to work in groups
 - Low motivation to work with disorders/pathology

Other comments:

Place, date, signature of assessor:
