



Training Standards for Trainings in Positive Psychotherapy

Overview

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



WAPP Head Office · Luisenstrasse 28 · 65185 Wiesbaden · Germany

Tel. +49-6 11-450 34 40, Fax: +49-6 11-450 34 24,

Email: wapp@positum.org, Website: www.positum.org

Bank account: Nassauische Sparkasse, Webergasse 9, 65183 Wiesbaden, Germany

IBAN: DE 80 510 500 150 111 200 114; SWIFT/BIC: NASSDE55XXX

Registered in Germany: Weltverband für Positive und Transkulturelle Psychotherapie e.V.

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1 European Certified Positive Psychotherapy Training

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.

1.2 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.

1.3 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).

2 Basic Training in Positive Psychotherapy

2.1 Preconditions for participants

- Open for interested adults.

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

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

2.3 Title and qualification

- Certificate of Attendance of a Basic Course in Positive Psychotherapy
- Participants who are 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:
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.

3 Master Training in Positive Psychotherapy

3.1 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

3.2 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

3.3 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.



4 Basic Trainer of Positive Psychotherapy

4.1.1 Preconditions for participants

Only after all these requirements have been successfully completed the applicant can start accompanying a Basic Course as candidate-trainer.

- 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 of trainers, who trained the candidates in their Basic and/or Master Course.
- Presentation of a topic in front of an examination group (at ITS or congress).

4.2 Candidate-Training

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

4.3 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).

5 Master Trainer of Positive Psychotherapy

5.1 Preconditions for participants

Only after all these requirements have been successfully completed the applicant can start accompanying a Master Course as candidate-trainer.

- 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.
- A letter of acceptance from the main Master Trainer, with whom the candidate will work during the Master Course.
- Two letters of recommendation from Master Trainers who trained the applicants during their Basic and/or Master Course training.
- Presentation of a topic in front of an examination group (at ITS or congress).

5.2 Candidate-Training

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

5.3 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).