



**International Glossary  
of  
Positive  
Psychotherapy**

**A project of**

**International Academy of  
Positive and Cross-Cultural Psychotherapy**

**- Professor Peseschkian Foundation -**



Positive Psychotherapy  
since 1968

## **A gap has been filled: finally, there is a glossary of Positive Psychotherapy.**

About 150 terms of the world-renowned method of Positive Psychotherapy are explained by its founder - Nossrat Peseschkian - and by Anas Aziz, a long-standing colleague. In this glossary not only the strictly psychological and psychiatric terms are taken into account but also therapeutic, educational and ideological aspects and theories are included.

*(Lexikon der Positiven Psychotherapie. Fischer Verlag)*

Thanks to the co-operation of a global network of centres of Positive Psychotherapy as well as many other supporters of this method, we can experience the development of Positive Psychotherapy in many countries. Collaborators of the centres and trainers are of great help for this development and have also cooperated in an international project of Peseschkian Foundation: One of the last books by Nossrat Peseschkian - in collaboration with Anas Aziz - the ***Lexikon der Positiven Psychotherapie („Encyclopedia of Positive Psychotherapy“)*** contains a valuable glossary of terms of Positive Psychotherapy in German and English. This glossary has meanwhile been translated by some trainers of Positive Psychotherapy into their mother tongues. The Foundation would like to offer the glossary in as many languages as possible. We would like to take this opportunity to thank all the previous and future contributors for their wonderful work.

## English

## Chinese

### A

|  |                  |
|--|------------------|
| Academic difficulties                            | 学习困难             |
| Active hypnosis                                  | 主动催眠             |
| Actual capacities                                | 现实能力             |
| Actual capacities in literature                  | 文献中关于现实能力的报道     |
| Actual conflict                                  | 现实冲突             |
| Actual concept                                   | 现实概念             |
| Adiposity / obesity                              | 肥胖症              |
| Aggression                                       | 攻击               |
| Alcoholism and drug abuse                        | 酒精与药物滥用          |
| Alternative concept                              | 替代概念             |
| Ambivalente                                      | 矛盾               |
| Analysis of utterances                           | 话语分析             |
| Angina pectoris                                  | 心绞痛              |
| Anorexia nervosa                                 | 神经性厌食症           |
| Anxiety hierarchy                                | 焦虑层序             |
| Anxiety reduction                                | 焦虑减轻             |
| Anxiety / fear                                   | 焦虑/恐惧            |
| Archetypes                                       | 原型               |
| Association                                      | 联系               |
| Attachment                                       | 连结               |
| Attention-getting behavior in children and youth | 儿童和青少年中吸引他人关注的行为 |
| Autogenic Training                               | 自生训练             |

### B

|                                |              |
|--------------------------------|--------------|
| Balance-model                  | 平衡模式         |
| Balint Group                   | 巴林特小组        |
| Basic capacities               | 基本能力         |
| Basic capacities in literature | 文献中关于基本能力的报道 |
| Basic concept                  | 基本观念         |
| Basic conflict                 | 基本冲突         |
| Bedwetting                     | 尿床           |
| Behavior, desired - undesired  | 可取与不可取行为     |
| Behavior therapist             | 行为治疗师        |
| Broadening of goals            | 扩大目标         |
| Bronchial asthma               | 支气管哮喘        |

**C**

|   |                   |
|---|-------------------|
| Capacities                              | 能力                |
| Capacities, primary and secondary       | 原发和继发能力           |
| Capacity to know                        | 知的能力              |
| Capacity to know, media of              | 知的能力的媒介           |
| Capacity to love                        | 爱的能力              |
| Certitude                               | 坚定                |
| Child psychologist                      | 儿童心理工作者           |
| Cleanliness                             | 清洁                |
| Client-centered therapy                 | 来访者中心疗法 ( 罗杰斯治疗 ) |
| Climacteric                             | 更年期               |
| Colitis ulcerativa                      | 溃疡性结肠炎            |
| Communication with my ill organ         | 与我的病变器官沟通         |
| Compulsive neurosis                     | 强迫性神经症            |
| Concepts                                | 观念/概念             |
| Concepts of illness                     | 关于疾病的概念           |
| Conflict                                | 冲突                |
| Conflict contents and conflict dynamics | 冲突内容和冲突动力         |
| Conflict in the PPT                     | 积极心理治疗中的冲突        |
| Conflict, inner                         | 内在冲突              |
| Conflict, unprocessed, latent           | 未处理的、隐性的冲突        |
| Conflict situation                      | 冲突情境              |
| Consciousness                           | 意识                |
| Contact                                 | 关系                |
| Conversation therapy                    | 谈话疗法              |
| Courtesy                                | 礼貌                |
| Criminality                             | 犯罪                |
| Cultural psychology                     | 文化心理学             |

**D**

|                          |        |
|--------------------------|--------|
| Daily plan               | 每日计划   |
| Dealing with conflict,   | 冲突应对   |
| Four forms of degeneracy | 四种退化形式 |
| Dependence               | 依赖     |
| Depression               | 抑郁     |
| Detachment               | 分离     |
| Defense                  | 防御     |
| Defense mechanism        | 防御机制   |
| Development              | 发育\发展  |
| Diabetes mellitus        | 糖尿病    |

|                                    |              |
|------------------------------------|--------------|
| Differentiation                    | 区分           |
| Differentiation analysis           | 鉴别分析         |
| Differentiation-analytic inventory | 鉴别分析表        |
| Diligence / Achievement            | 勤奋/成就        |
| Disc prolapse                      | 椎间盘突出        |
| Disobedience                       | 不服从          |
| Doctor-patient-relationship        | 医生-患者关系      |
| Doubt                              | 怀疑           |
| <b>E</b>                           |              |
| Education                          | 教育           |
| Ejaculatio retardata               | 射精迟滞         |
| Encouragement, situational         | 处境鼓励         |
| Essential hypertension             | 原发性高血压       |
| Exhibitionism                      | 暴露癖          |
| Existential analysis               | 存在分析         |
| Existential anxiety                | 存在焦虑         |
| Extraversion in Behavior therapy   | 行为治疗中的外向表现   |
| <b>F</b>                           |              |
| Faith / Religion                   | 信仰/宗教        |
| Faithfulness                       | 忠诚           |
| Fear of groups                     | 对群体的恐惧       |
| Fear of solitude                   | 对孤独的恐惧       |
| Fear of the Future                 | 对未来的恐惧       |
| Feeling of community               | 社群感          |
| Fetishism                          | 恋物癖          |
| First interview                    | 首次谈话         |
| Five-Stage-Treatment               | 五阶段治疗        |
| Freudian Slips                     | 弗洛伊德口误       |
| Frigidity                          | 性冷淡          |
| <b>G</b>                           |              |
| Generalization                     | 概括化          |
| Genuineness - congruence           | 真实 - 同一性     |
| Gestalt Therapy                    | 格式塔治疗        |
| Group psychotherapy                | 团体心理治疗       |
| <b>H</b>                           |              |
| Health Interpretation in the PPT   | 积极心理治疗对健康的诠释 |

|   |                    |
|---|--------------------|
| Healthy   | 健康                 |
| Heart disturbance   | 心脏障碍               |
| Heart infarction  | 心肌梗塞               |
| Homosexuality   | 同性恋                |
| Honesty / Candor  | 诚实/坦诚              |
| Hope  | 希望                 |
| Hypertension, essential   | 原发性高血压             |
| Hypochondria  | 疑病症                |
| Hysterical reaction   | 歇斯底里反应             |
| <b>I</b>  |                    |
| I   | 我                  |
| Identifikation  | 认同                 |
| Identity crisis   | 认同危机               |
| Individual Psychology   | 个体心理学              |
| Individuation   | 个体化                |
| Inferiority complex   | 自卑情结               |
| Instrumentalities of senses   | 感官通道               |
| Integration   | 整合                 |
| Interaction, stages of attachment -<br>Differentiation - Detachment | 沟通三阶段，连结 - 区分 - 分离 |
| Interaction-analysis  | 互动分析               |
| Interpersonal relationship  | 人际关系               |
| Interpretation  | 诠释                 |
| Interval training   | 间歇训练               |
| Introversion  | 内向                 |
| Inventorization   | 清单化                |
| Irritability  | 应激性                |
| <b>J</b>  |                    |
| Jealousy mania  | 嫉妒狂                |
| Justice   | 公正                 |
| <b>K</b>  |                    |
| Kleptomania   | 盗窃癖                |
| <b>L</b>  |                    |
| Laziness  | 懒惰                 |
| Learning theory   | 学习理论               |

|   |                  |
|---|------------------|
| Libido  | 力比多              |
| Life events                                     | 生活事件             |
| Life-Style                                      | 生活方式             |
| Literary concepts: Who is your favorite author? | 文学概念：谁是你的最喜爱的作者？ |
| Logotherapy                                     | 意义疗法             |
| Love  | 爱                |
| <b>M</b>  |                  |
| Mania   | 躁狂               |
| Mania, delusion                                 | 躁狂，妄想            |
| Masochism                                       | 受虐狂              |
| Masturbation                                    | 手淫               |
| Mental hygiene                                  | 精神卫生             |
| Micro- and macrotrauma                          | 微小精神创伤和重大精神创伤    |
| Microtrauma-theory                              | 微小精神创伤理论         |
| Misunderstanding                                | 误解               |
| Modeling  | 榜样               |
| Modeling dimension                              | 榜样模型             |
| Models of etiology of diseases                  | 疾病的病因模型          |
| Modes of the capacity to love                   | 爱的能力的方式          |
| Music as bearer of concepts                     | 作为概念载体的音乐        |
| Mythology                                       | 神话               |
| <b>N</b>  |                  |
| Narcissism                                      | 自恋               |
| Neurologist                                     | 神经科医生            |
| Neurosis  | 神经症              |
| »No diagnosis«-principle                        | 无诊断原则            |
| <b>O</b>  |                  |
| Obedience                                       | 服从               |
| Observation / Distancing                        | 观察/拉开距离          |
| Oedipus complex                                 | 俄狄浦斯情节           |
| Orderliness                                     | 条理               |
| <b>P</b>  |                  |
| Paranoia  | 妄想狂              |
| Partner therapy                                 | 伴侣治疗             |
| Patience  | 耐心               |

|   |          |
|---|----------|
| Penis envy                                | 阴茎嫉妒     |
| Persona                                   | 人格面具     |
| Phantasy                                  | 幻想       |
| Phobias                                   | 恐惧症      |
| Pleasure principle                        | 快乐原则     |
| Positive Family Therapy                   | 积极家庭治疗   |
| Positive programs                         | 积极计划     |
| Positive sexual therapy                   | 积极性治疗    |
| Potency disturbances                      | 勃起障碍     |
| Premature ejaculation                     | 早泄       |
| Progressive relaxation                    | 渐进放松     |
| Progressive relaxation training           | 渐进放松训练   |
| Projection                                | 投射       |
| Psychiatrist                              | 精神科医生    |
| Psychoanalysis                            | 精神分析     |
| Psychoanalyst                             | 精神分析师    |
| Psychodynamic                             | 心理动力的    |
| Psychology, analytical                    | 分析心理学    |
| Psychoserum                               | 心理血清     |
| Psychosis                                 | 精神病      |
| Psychotherapist                           | 心理治疗师    |
| Punctuality                               | 准时       |
| Punishment                                | 惩罚       |
| <br>                                      |          |
| <b>R</b>                                  |          |
| Reaction types                            | 反应类型     |
| Reality control                           | 现实控制     |
| Reference persons                         | 参照人      |
| Regression                                | 退行       |
| Relaxation training                       | 放松训练     |
| Reliability, precision, conscientiousness | 可靠、精确 谨慎 |
| Religion / Faith                          | 宗教/信仰    |
| Repression                                | 压抑       |
| Resistance                                | 对抗       |
| Rheumatism                                | 风湿病      |
| <br>                                      |          |
| <b>S</b>                                  |          |
| Sadism                                    | 施虐       |
| Schizophrenia                             | 精神分裂症    |



|   |               |
|---|---------------|
| Selective susceptibility to conflict                | 对冲突的选择性的敏感性   |
| Self-assertiveness training                         | 自我坚定训练        |
| Self-concept  | 自我概念          |
| Self-help   | 自助            |
| Sexuality   | 性             |
| Siblings rivalry                                    | 同胞争宠          |
| Single therapy                                      | 单一疗法          |
| Stages of interaction in the therapy                | 治疗中的互动阶段      |
| Stimulus / response-model                           | 刺激-反应模型       |
| Stomach ulcer                                       | 胃溃疡           |
| Stories as media in psychotherapy                   | 在心理治疗中以故事作为媒介 |
| Stress  | 压力            |
| Striving for superiority                            | 追求卓越          |
| Sublimation Suggestion                              | 升华建议          |
| Super ego   | 超我            |
| Surface marker buoy                                 | 水面观察信号标       |
| Symptom   | 症状            |
| <b>T</b>  |               |
| Taking anamnesis                                    | 询问病史          |
| Terms of illness                                    | 病症名称          |
| The collective unconscious                          | 集体无意识         |
| The Double-bind-type                                | 双重束缚型         |
| The Id  | 本我            |
| The naive-primary-type                              | 天真-原发型        |
| The secondary-type                                  | 继发型           |
| Thematic Apperception Test                          | 主题统觉测验        |
| Therapy plan  | 治疗方案          |
| Thrift  | 节俭            |
| Time  | 时间            |
| Transactional Analysis                              | 互动分析          |
| Transference  | 移情            |
| Translation of conventional expressions for illness | 传统的对疾病的表达的翻译  |
| Trust - confidence                                  | 信任 - 自信       |
| Types of time configuration                         | 时间分布模式        |
| <b>U</b>  |               |
| Unconscious, individual                             | 个体无意识         |

|                              |                              |
|------------------------------|------------------------------|
| Unity                        | 整合                           |
| Upbringing                   | 家庭教养                         |
| <b>V</b>                     |                              |
| Valuing attention            | 积极关注                         |
| Verbalization                | 言语表达                         |
| Vertigo                      | 眩晕                           |
| <b>W</b>                     |                              |
| Warmth                       | 温暖                           |
| What is? / What ought to be? | 实际是怎样的与应该是怎样的                |
| Will of meaning              | 追求意义                         |
| WIPPF                        | 威斯巴登积极心理治疗和家庭治疗调查表 ( WIPPF ) |