



Positive Psychotherapy as a factor in the formation of self-development of a teacher


Larisa Schicker

**for the 7th World Congress for Positive and
Transcultural Psychotherapy**

Larisa Schicker




- Certified Positive Psychotherapist
- Member of the World Association for Positive and Transcultural Psychotherapy (WAPP)
- Full member of the Ukrainian Association of Psychotherapists
- Certified Basic and Master Trainer of Positive Psychotherapy
- Director of Kyiv Center for Positive Psychotherapy “Positum”
- 15+ years experience in Positive Psychotherapy



Today personal self-development is becoming increasingly important

- ▶ Thanks to self-development, a person:
 - reaches complete harmony with oneself,
 - becomes independent of the conventions of society,
 - learns to respect, to accept oneself, to master internal freedom,
 - develops one's professional and personal self-realization.
- ▶ Self-development becomes particularly important among teachers as their personal potential must meet the requirements and needs of society, technological progress, information technology, social transformations.
- ▶ The teacher in the course of his professional activity becomes an example for the future generation.



What is the relevance of the research and why our Center “Positum” deals with the issue of self-development

- ▶ **Self-development of a personality was the issue of interest for scientists all over the world, including Z. Freud, C. Jung, A. Adler, A. Maslow, C. Rogers, J. Piaget, D. Bruner, D. Watson, E. Thorndike, A. Derkach, O. Bondarchuk, G. Kostyuk and others. And this fact makes our research especially important!**
- ▶ **We noticed that the self-development of teachers was not studied earlier. That is why our center and I decided to deal with this topic and conduct a research based on Positive Psychotherapy method.**

Purpose of the Research


- **The main purpose of our research is to compare the level of teachers' self-development before and after the introduction of a specially designed Self-Development Training Program based on the transcultural approach and Positive Psychotherapy techniques.**





Analysis

- ▶ We analyzed various scientific approaches to self-development (psychoanalytical, humanistic, cognitive, behavioristic, etc.)
- ▶ We determined that the most appropriate for our research is transcultural approach which helps to expand the teachers' inner potential for their professional and personal growth.
- ▶ We developed the following criteria to determine the level of self-development of teachers:
 - ✓ general and special knowledge,
 - ✓ self-understanding,
 - ✓ reflection,
 - ✓ professional motivation,
 - ✓ desire for self-actualization,
 - ✓ practical skills,
 - ✓ communication,
 - ✓ primary and secondary capacities.



Source statistics show insufficient level of self-development of teachers

- ▶ To collect source statistics, we interviewed 257 Ukrainian school teachers and determined their self-development level.
- ▶ We used the Wiesbaden Questionnaire to fix the results.
- ▶ The results show an insufficient level of self-development of teachers:

Level of self-development of teachers	Number of teachers interviewed (%)
Low	51.4
Medium	45.1
High	3.5



The Training Program

- To enhance teachers' self-development, we developed a special Training Program based on the transcultural approach and Positive Psychotherapy techniques.
- Duration of the Program - 60 hours, of which:
 - 45 hours - training sessions,
 - 15 hours - independent work.
- The Program consists of three interconnected modules:
 - *Module 1.* General characteristics of self-development of a teacher.
 - *Module 2.* Psychological conditions for self-development of a teacher.
 - *Module 3.* Psychological tools to improve the process of self-development of a teacher.



The core experiment

- ▶ **87 teachers participated in our experiment:**
 - 42 teachers – experimental group ,
 - 45 teachers – control group.
- ▶ **We conducted our Training Program in the experimental group.**
- ▶ **We taught self-help to teachers using the Positive Psychotherapy techniques.**
- ▶ **We trained them self-help by the five-stages strategy of therapy.**
- ▶ **We used the Wiesbaden Questionnaire to compare the results.**
- ▶ **In our Training Program, we popularized the method of Positive Psychotherapy.**

As a result of our Training Program, self-development of teachers increased


- ▶ A comparative analysis of the results before and after our Training Program in the experimental group shows statistically significant differences, with error probability less than 0.01:
 - ▶ *decrease of the number of teachers with low level of self-development – from 49.2% to 7.5%,*
 - ▶ *increase of the number of teachers with medium level of self-development – from 44.3% to 48.6%,*
 - ▶ *increase of the number of teachers with high level of self-development – from 6.5% to 43.9%*
- ▶ The dynamics of teachers' self-development is shown in the table below:

Level	Number of teachers interviewed (%)	
	Before the experiment	After the experiment
Low	49.2	7.5
Medium	44.3	48.6
High	6.5	43.9

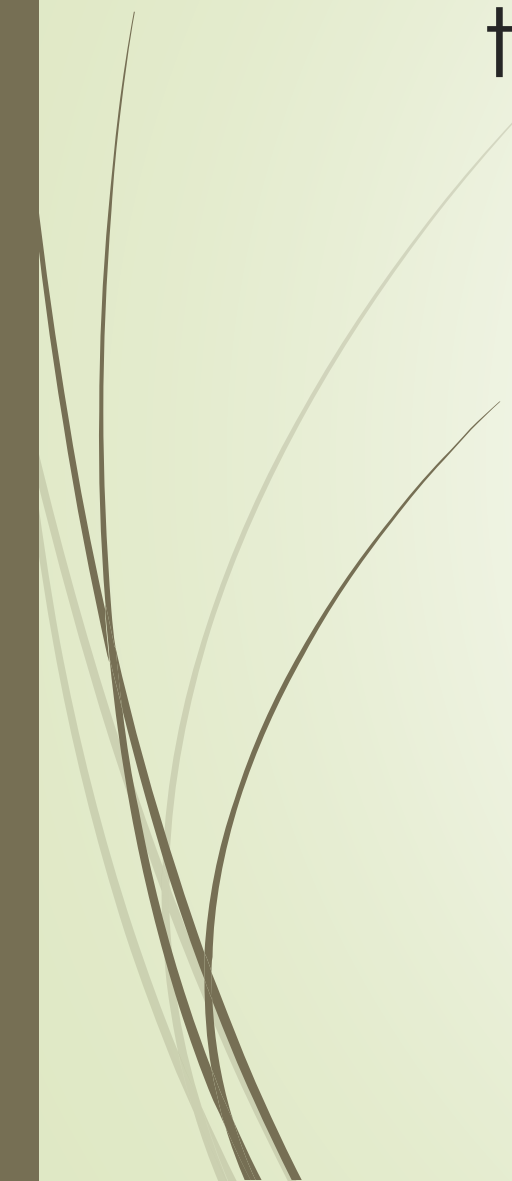
Effectiveness of the Wiesbaden Questionnaire

- ▶ During our research many teachers noted that the Wiesbaden Questionnaire itself, working with it and answering questions have a great psychotherapeutic effect.





The results of the experiment demonstrate the effectiveness of our Training Program

- ▶ **Our experiment proves the effectiveness of the transcultural approach and the techniques of Positive Psychotherapy in teachers' self-development.**
 - ▶ **The research shows the effectiveness and usefulness of our work for school teachers.**
 - ▶ **Our work continues.**
- 

Governmental Award

For the research, scientific and social activities, the contribution of Kiev Center for Positive Psychotherapy “POSITUM” to the popularization of the method of Positive Psychotherapy in Ukraine, Director of the Center Larisa Schicker was awarded the Order of Queen Anne

















THANK YOU FOR YOUR ATTENTION!

