



Literature List for Participants of PPT Courses

(approved by the Board of Directors of WAPP as of January 2021)

In the following literature list we have collected obligatory and recommended books and articles for the Basic and the Master Course of Positive Psychotherapy.

These books do not only refer to Positive Psychotherapy, but also to psychological, psychotherapeutic, and psychiatric knowledge in general. A sound basis of psychodynamic understanding supports the learning of Positive Psychotherapy.

- 1- **Obligatory books:** books that have to be read and used in the courses;
- 2- **Recommended books:** books that can supplement the knowledge and are considered highly useful for the learning objectives;
- 3- **Books for inspiration:** books that mirror Nossrat Peseschkian's insights and human understanding to inspire and motivate;
- 4- **Literature for the interested:** recommended books for trainers and everyone who is interested to deepen their knowledge.

➤ **We kindly ask our trainers to hand out this list to their course participants and to use these books in the training seminars. If a book is not available in your native language, try to find an equivalent in your language and discuss with the Center and Trainers about solutions. Thank you!**

Literature for the Basic and Master Courses

Basic Course

Obligatory:

- Nossrat Peseschkian: *Positive Family Therapy: Positive Psychotherapy Manual for Therapists and Families*
- Nossrat Peseschkian: *Oriental Stories as Techniques in Positive Psychotherapy (The Merchant and the Parrot)*

For inspiration:

- Nossrat Peseschkian: *If You Want Something You Never Had, Then Do Something You Never Did*

Master Course

Obligatory:

- Glen Gabbard: *Long-Term Psychodynamic Psychotherapy* or a basic book on Psychodynamics in your language
- Glen Gabbard: *Psychodynamic Psychiatry in Clinical Practice* or a basic book on Psychiatry in your language
- Maxim Goncharov: *Conflict Operationalization*
- Nossrat Peseschkian: *Positive Psychotherapy – Theory and Practice of a new method*
- Irvin Yalom: *The Gift of Therapy*

Recommended literature reads for in depth understanding of PPT:

- Erik Messias, Hamid Peseschkian & Consuelo Cagande (eds): *Positive Psychiatry, Psychotherapy, Psychology*
- Nossrat Peseschkian: *In Search of Meaning: Positive Psychotherapy Step by Step*
- Nossrat Peseschkian: *Positive Psychotherapy of Everyday Life: A Self-Help Guide for Individuals, Couples and Families with 250 Case Stories*
- Nossrat Peseschkian: *Positive Psychosomatics: Clinical Manual of Positive Psychotherapy*



- Jonathan Shedler: *The Efficacy of Psychodynamic Therapy*, American Psychologist, 02-03/10 (pdf articles): <https://www.apa.org/pubs/journals/releases/amp-65-2-98.pdf>

For inspiration:

- Nossrat Peseschkian: *Life is a Paradise to Which We Can Find the Key*

Literature for the interested to cover specific topics in the Master Course:

Positive Psychotherapy:

- Ivan Kirillov: *Basics of Positive Psychotherapy*

Child Therapy & Pedagogics in Positive Psychotherapy:

- Snezhanka Dimitrova: *Psychotherapy of the child and parents*
- Stefanka Tomcheva: *Aggressive Youth: A youth in the therapist's office*
- Richard Werringloer: *The Little Kite Flyer*

Ethics in Psychotherapy:

- Caroline Jones at al.: *Questions of Ethics in Counseling and Therapy*, 2000, PDF Download

Psychodynamic Psychotherapy & Psychiatry:

- R.I. Ursano, S.M. Sonnenberg, S.G. Lazar: *Concise Guide to Psychodynamic Psychotherapy*

Developmental Psychology:

- D. Szchaffer, K. Kipp: *Developmental Psychology: Childhood and Adolescence*

Psychotherapy Schools:

- Steven M. Johnson: *Characterological Transformation - The Hard Work Miracle*
- J. O Prochaska; J.C. Norcross: *Systems of Psychotherapy. A Transtheoretical Analysis.*
- Human Character and Behavior Development (Object relations-Theory, Ego Psychology)

Personality Disorders:

- Otto Kernberg: *Severe Personality Disorders - Psychotherapeutic Strategies*

Individual and Group Psychotherapy:

- Irvin Yalom: *The Theory and Practice of Group Psychotherapy*

Positive Psychology:

- Martin Seligman: *Flourish & Happiness*

Five of Nossrat Peseschkian's books have been re-published in new editions and are available via www.amazon.com as paperbacks and e-books (In Search of Meaning, Positive Psychotherapy of Everyday Life, Positive Family Therapy, Oriental Stories as Techniques in Positive Psychotherapy, Positive Psychosomatics).

More literature for the interested can be found through the following links:

[Books by Prof. Dr. Nossrat Peseschkian](#)

[Books by other authors on PPT](#)