

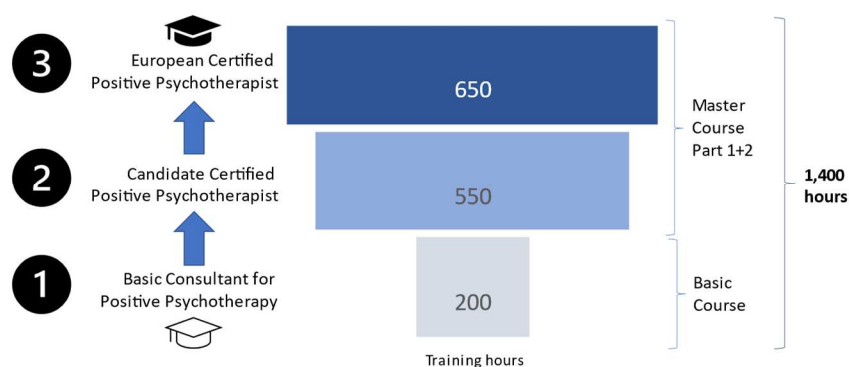
Trainings in Positive Psychotherapy – An Overview

The World Association for Positive and Transcultural Psychotherapy (WAPP) is the international umbrella organization of Positive Psychotherapy (PPT). 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.

There are different kinds of trainings and postgraduate education in Positive Psychotherapy in order to apply PPT-principles in different professions. One important question often is, which certificate or document do participants receive at the end of the training, and how can they use it in their country. At the same time, the national regulations world-wide differ very much, and it is not possible to find one common approach.

At present (January 2022), there are only two official WAPP trainings: the Basic Course which leads to the certificate of a **“Basic Consultant in Positive Psychotherapy”**, and the Master Course which leads to the diploma/certificate of a **“Certified Positive Psychotherapist”**. For these two trainings there are clear admission criteria from WAPP (see below). From 1 July 2022 on, these two trainings will merge into one, namely, the **“European Certified Positive Psychotherapist”** according to the criteria of the European Association for Psychotherapy (EAP). WAPP provides the training and certifies according to EAP regulations. The actual license to practice counseling and/or psychotherapy depends on the law of the country of residence!

WAPP Psychotherapy education



At the same time, there is a great interest in a training or education in the skills, insights, and principles of Positive Psychotherapy. People from different professional backgrounds understand that PPT can be very useful in their job; at the same time, these professionals do not want to become psychotherapists. But they want a certificate.

The WAPP Board of Directors has decided after consultation with trainers, centers, and committees, that there will be the following trainings and certifications:

1- Postgraduate Education

**Basic Course with certificate “Basic Consultant of Positive Psychotherapy
Master Course with certificate: “Certified Positive Psychotherapist”**

These trainings (“Psychotherapy track”) are only for special professional groups (psychologists, medical doctors, and some others: see admission criteria below). These programs have a WAPP-approved curriculum and end with a WAPP certificate with the title as Basic Consultant or Positive Psychotherapist. The organizers and/or trainers must check the professional background of the participants in advance. The certificate fees are specified on the WAPP Website and in the documents for trainers.

Admission and certification criteria for WAPP Basic and Master Courses which lead to the certificate of a consultant or a psychotherapist (“psychotherapy track”):

One of the following criteria must be fulfilled by the participant:

- 1) Bachelor’s degree in one of the following fields:
 - Psychology
 - Pedagogics (completed pedagogical faculty)
 - Social work
- 2) Degree in Medicine (no dentists or pharmacists)
- 3) Master’s degree in psychology
- 4) Bachelor’s or Master’s degree in the socio-humanistic field - with 400 hours of education in psychology and/or psychiatry.
(These 400 hours are acquired either within the BA/MA study, or in a psychological postgraduate (retraining) course by a university or an accredited postgraduate training institute in the country).

Master Course participants must fulfill these admission criteria. The Basic Course is only accepted for a Master Course, if the participant has received a Certificate as Basic Consultant. Sometimes participants want to save some money and pay only for a Certificate of Attendance. This does not qualify to enter the Master Course.

There are some people who have received in the past the certificate as a Basic Consultant, but they do NOT fulfill the criteria of being admitted to the Master Course. They must get one of the mentioned university degrees, and can then proceed with the Master Course.

2- Basic Courses for non-psychologists.

The Basic Course has a WAPP-approved curriculum, is open for different professional backgrounds, the courses offer new skills, they are conducted by certified PPT trainers. At the end, a Certificate of Attendance is issued (not a new job title or new profession), and there are two possibilities:

- a. A Certificate of Attendance, issued and signed by WAPP, its president, and the trainer (the same fee as for the Basic Consultant Certificate must be paid to WAPP, € 25-100 depending on the country of residence)
- b. A Certificate of Attendance, issued and signed only by the trainer

The **Basic Course** is open for all interested adults. Participants who do not fulfill one of the above-mentioned four admission criteria, will receive a **certificate of attendance** and not a Basic Consultant certificate of WAPP. Usually, the participants of the “psychotherapy track” are not in the same Basic Course with “non-psychologists”, so the contents of the Basic Courses might vary according to the participants.

3- Other Trainings.

These courses have been developed and initiated by PPT trainers themselves, and deal with different subjects from medicine, psychology, counselling, coaching to management. These trainings and courses are usually open for different professional backgrounds, they offer new skills, they are conducted by certified PPT trainers, a Certificate of Attendance is issued (not a new job title or new profession), and at the end there are two possibilities:

- a. A Certificate of Attendance, issued and signed by WAPP, its president, and the trainer (for this, a fee of € 50 must be paid to WAPP)*
- b. A Certificate of Attendance, issued and signed only by the trainer*

The background is that there is a great variety of trainings, and it is not possible for WAPP to look at all curricula and to approve all trainings. At the same time, the PPT trainers are WAPP-certified and licensed, so they can conduct different trainings for different professionals and their needs. It is however possible that a training which has been successful and applied several times, be accepted later by WAPP as another official training.

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Basic Course Training in Positive Psychotherapy

Duration (200 hours; minimum 5 seminars in 12 months)

- 170 hours of theory/methodology incl. literature discussion and discussion of practical examples (4 seminar modules)
- 30 hours of group self-discovery (1 seminar module)

Title and qualification

- Participants who fulfill the above defined criteria (psychologists etc.) receive a **Certificate as a Basic Consultant of Positive Psychotherapy**
- All others can participate and receive a **Certificate of Attendance of a Basic Course in 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.

Master Course Training in Positive Psychotherapy - Part 1

2.1 Preconditions for participants

- Completed Basic Course training in Positive Psychotherapy (200 hours) and WAPP certification as Basic Consultant of Positive Psychotherapy
- Full WAPP membership

2.2 Duration (550 hours; 18 modules, minimum time: 2 years)

- 330 hours of theory seminars (11 modules)
- 220 hours of self-discovery, group and/or individual (7 modules)

2.3 Title and qualification

- **Candidate 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.

Master Course Training in Positive Psychotherapy - Part 2

3.1 Preconditions for participants

- Completion of or participation in Master Course Training Part 1 (550 hours).
- Before starting the practical parts defined as Master Course Part 2, participants need to have attended at least one year of theoretical training of Master Course Part 1.

3.2 Duration (650 hours; minimum time: 1 year)

- 500 hours of practice with clients (at private practice, hospitals, NGOs etc.)
- 150 hours of supervision (group or individual)

3.3 Title and qualification

- **European Certified Positive Psychotherapist**
- The training will enable and train the participant to work with patients and clients in therapy situations and to apply the tools of PPT.

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For more information, please check the "Handbook for PPT Trainings" on the website of the World Association for Positive and Transcultural Psychotherapy at <http://www.positum.org> or contact the WAPP Head Office at wapp@positum.org