



WORLD ASSOCIATION  
FOR POSITIVE AND TRANSCULTURAL  
PSYCHOTHERAPY

# Trainings in Positive Psychotherapy

Handbook for Trainers and Training Organizers

## Introduction

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)<sup>TM</sup>. The Association is engaged in the **training of postgraduate professionals in psychotherapy, family therapy and counseling** all over the world.

**The World Association for Positive and Transcultural Psychotherapy offers the following accredited trainings:**

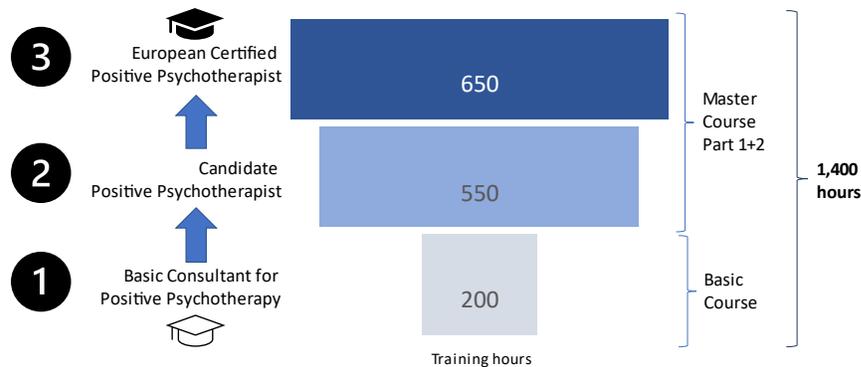
Advanced training for specialists:

1. **Basic Course Training in Positive Psychotherapy**  
postgraduate education and/or for non-psychologists  
(Basic Consultant of Positive Psychotherapy)
2. **Master Course Training in Positive Psychotherapy Part 1**  
only postgraduate education  
(Candidate Certified Positive Psychotherapist)
3. **Master Course Training in Positive Psychotherapy Part 2**  
only postgraduate education  
(European Certified Positive Psychotherapist)

Training of Trainers for Positive Psychotherapy:

1. **Basic Trainer of Positive Psychotherapy**
2. **Master Trainer of Positive Psychotherapy**

WAPP Psychotherapy education



The WAPP trainings and course admission requirements are in correspondence with the **criteria of the European Association for Psychotherapy (EAP)**. After successful completion of Master Course Part 2, graduates fulfill the criteria to apply for the European Certificate of Psychotherapy (ECP)

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# Preamble

This handbook for trainings in Positive Psychotherapy includes all important information for trainers, training centers, and individual organizers of official WAPP trainings of Positive Psychotherapy. It has been prepared over a long period, and the WAPP Board is very grateful to all colleagues, Committees, and the Head Office, who contributed to it.

In this handbook you find structure of trainings and their contents (Training Standards and course curricula for Basic and Master Courses of Positive Psychotherapy), as well as administrative and organizational issues concerning the trainings, such as admission criteria for course participants or course documentation.

**This document provides you all information on PPT trainings in one booklet.** It will be a useful guideline and manual to look up the details and aspects to consider when you offer trainings in PPT.

Moreover, these are the essential aspects that need to be considered to guarantee the quality of the trainings and the certification of course participants.

Trainers and organizers are free to set up and conduct their trainings according to their own preferences or national peculiarities, as long as important criteria referring to the admission and certification of course participants are guaranteed.

It is of your own interest to adhere to the advice given in this handbook to avoid misunderstandings and complaints from your course participants whose expectations might not be fulfilled if they were given wrong information.

The Board of Directors of WAPP

July 2022

# Chapter 1. Training Standards and Curriculum

## CHAPTER CONTENT

- 1.1 Training Standards
  - 1.1.1 Basic Course
  - 1.1.2 Master Course Part 1
  - 1.1.3 Master Course Part 2
- 1.2 Basic Course curriculum
- 1.3 Master Course curriculum

## 1.1. Training Standards

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 worldwide differ very much, and it is not possible to find one common approach.

At present (June 2022), there are only two official WAPP trainings:

- The **Basic Course** which leads to the certificate of a “**Basic Consultant of Positive Psychotherapy**”, and
- The **Master Course** which leads to the certificate of a “**Certified Positive Psychotherapist**”.

For these two trainings there are clear admission criteria from WAPP (see point 3). From 1 July 2022 on, these two trainings will merge into one, namely, the “**European Certified Positive Psychotherapist**” according to criteria of the European Association for Psychotherapy (EAP).

WAPP provides the training and certifies according to EAP regulations. But the actual license to practice counseling and/or psychotherapy depends on the law of the country of residence of the participant!

### 1.1.1 Basic Course training in Positive Psychotherapy

**Duration (200 hours; minimum 5 seminars within 12 months)**

- 170 hours of theory/methodology including 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.

### 1.1.2 Master Course training in Positive Psychotherapy, part 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

**Duration (550 hours; 18 modules, minimum training period: 2 years)**

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

**Title and qualification**

- Candidate 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.

### 1.1.3 Master Course training in Positive Psychotherapy, part 2

**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.

**Duration (650 hours; minimum training period is one year)**

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

**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.

## 1.2. Basic Course Curriculum

**\*Intervision** = supervision without supervisor (case presentation)

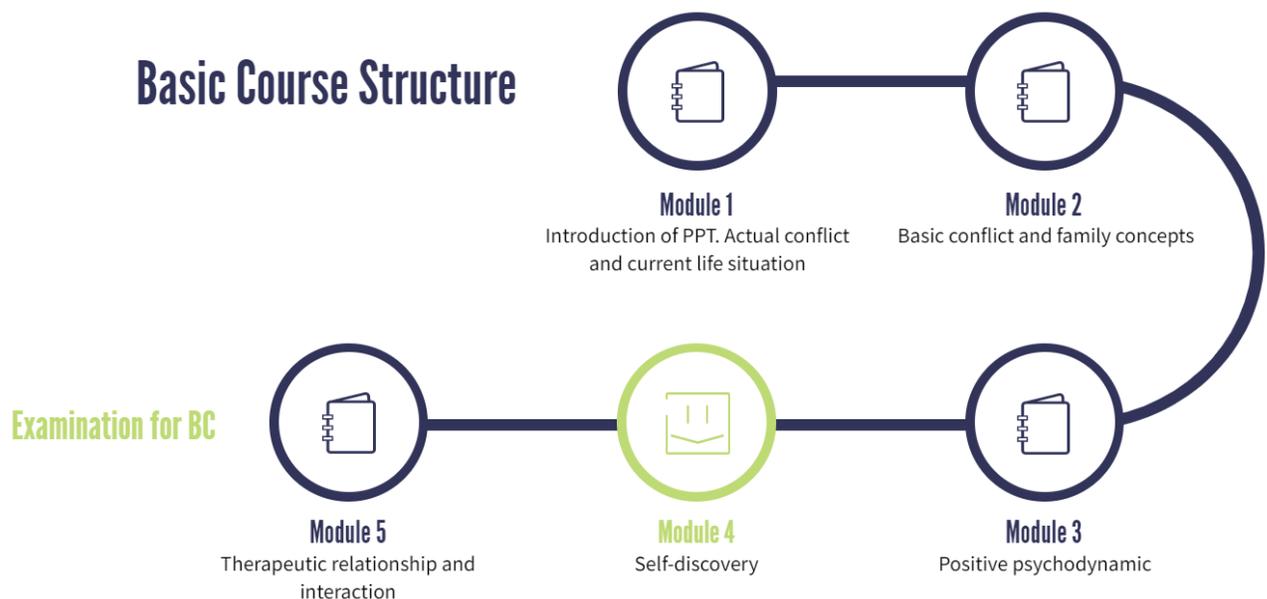
**\*Practical application** = meeting between group members and discussion and application of techniques from the modules (former intervision).

\*\*The number of hours below (the curriculum) is the requested minimum for Basic Course. Each country and Association is free to add hours the way they need according to their legislation or country regulations.

\*\*The trainer is free to change the order of the modules and/or topics according to the dynamic of the group, but s/he has to accomplish all the topics from the curriculum during the BC.

200 hours*, minimum 5 seminars within 12 months:	
<b>Theory (4 modules)</b>	120 h
<b>Self-discovery (1 module)</b>	30 h
<b>Practice (Literature discussion &amp; practice)</b>	20 h
<b>Preparation for the exam</b>	30 h
<b>Certificate: Consultant of Positive Psychotherapy</b>	

\*Each module consists of 30 hours: 3 days @ 7 academic hours (1 academic hour = 45 min).



## **Module 1: INTRODUCTION OF PPT. ACTUAL CONFLICT AND CURRENT LIFE SITUATION**

### **CONTENTS:**

- Positive Psychotherapy: definition, history, organization, effectiveness, training model.
- Three principles of Positive Psychotherapy.
- Positive image of man. Basic capabilities as potential for development.
- “Positum”: the positive function of disorders and diseases as “capacities to react in a conflict”.
- Transcultural approach. Challenges and benefits of living in a multicultural world.
- Counselling approaches in PPT (introduction): Balance model, Basic and Actual capabilities, five stages of counselling (DAI) and self-help, usage of humor, wisdoms and stories.
- Balance model: four dimensions of life, motivations – main human needs, plans, daily practices.
- four areas of positive approach in counselling.
- Actual conflict and actual capacities.
- Key conflict.
- Micro and macro traumas.
- Starting PPT in practice.

### **OBJECTIVES:**

#### **To learn:**

The basic assumptions and image of man in PPT. Description models, approaches, and techniques offered by PPT. Actual Conflict, Key Conflict, Balance Model and four areas of reaction.

#### **To become aware of own:**

Transcultural situation; actual and key conflicts; habitual reactions in four areas of reaction, (escapes and compensations).

**To develop** professional identity as positive consultant.

**To master:** the skill of observation of self and others (Actual Conflict, Key Conflict, 4 areas of reactions; balance of life motivations and time).

## **Module 2: BASIC CONFLICT AND FAMILY CONCEPTS**

### **CONTENTS:**

- Brief overview of previous module. Reflections on usage of PPT in personal life.
- Primary capabilities.
- Basic Conflict.
- Family culture, concepts and tradition.
- Effect of cultural values on concepts and relationships (traditions and misunderstandings).
- Model dimension of the past.
- Development of actual capabilities in four dimensions of past examples.
- The four dimensions of the relationships and responsibility.

**OBJECTIVES:**

**To learn:**

Actual capabilities. Basic and actual conflicts. The four dimensions of the past examples, relationships and responsibility. Inner conflict. Positive interpretation. Five stages of conflict solving.

**To become aware of own:**

Actual, Basic, and Inner Conflicts; actual capabilities; main relationship patterns in four dimensions (how I relate to myself, with partner, with group, with values/future).

**To master:** differentiation of four areas of relationship; discovering and formulating the content of Actual, Basic and Inner Conflicts in terms of actual capabilities; usage of DAI; formulation and offer of positive interpretations.

**Module 3: POSITIVE PSYCHODYNAMIC**

**CONTENTS:**

- Conflict & symptom as a capability to meet/protect values (needs).
- Deficit as area for development, problems as tasks or communication instruments.
- Inner conflict. Positive interpretation of conflict/disorder as a psychodynamic hypothesis.
- Conflict model in PPT (psychodynamics).
- Psychodynamic of relationships patterns.
- 3 stages of interaction.
- 5 steps of conflict solving.

**OBJECTIVES:**

**To learn:**

Actual capabilities. Basic and actual conflicts. The four dimensions of the past examples, relationships and responsibility. Inner conflict. Positive interpretation. 5 stages of conflict solving.

**To become aware of own:**

Actual, Basic, and Inner Conflicts; actual capabilities; main relationship patterns in 4 dimensions (how I relate to myself, with partner, with group, with values/future).

**To master:** differentiation of four areas of relationship; discovering and formulating the content of Actual, Basic, and Inner Conflicts in terms of actual capabilities; usage of DAI; formulation and offer of positive interpretations.

## Module 4: SELF-DISCOVERY

### CONTENTS:

[See the special document for self-discovery](#): objectives and recommendation of activities

### OBJECTIVES:

#### **To learn:**

Using your personality as main tool, you should practice, using the five stages of PPT, structure the information, ask questions, using other tools of PPT, how to verbalize the case, all in a self-discovery mode.

**To master:** Five stages of PPT.

## Module 5: THERAPEUTIC RELATIONSHIP AND INTERACTION

### CONTENTS:

- Brief overview of previous module. Reflections on usage of PPT in personal life and practice.
- Positive consultant-client relationship.
- Effect of cultural values in counselling relationship.
- Usage of stories, wisdoms, and humor in Positive Psychotherapy: functions, sources, construction.
- Five stages of consultation.
- Observation: instruments of distancing & observation; macro and micro traumas; positive interpretation, transcultural approach, formulation of Actual, Key Conflicts.
- Inventory: instruments of inventory; formulation of Basic and Inner Conflicts.
- Encouragement: Finding resources, instruments of stimulation.
- Verbalization: instruments of verbalization, dimensions of diagnosis in PPT: conflict reaction, conflict concepts, personality concepts, counselling planning in PPT.
- Goal broadening, instruments of goal broadening.
- Demonstration of five stages in counselling session.
- Areas of counsellor responsibility.
- Supervision and case study at the end of every day.

### OBJECTIVES:

#### **To learn:**

Dynamics of positive consultant-client relationship. Functions of stories and usage of stories, humor, and wisdoms in counselling. Five stages of positive counselling.

**To become aware** of own: attitude towards the client; culture and values and their effect on the counselling relationship.

**To master:** the positive attitude towards the client, his/her symptoms and conflicts; usage of stories, humor, and wisdom in counselling; practice of five stages of counselling.

## Examination of the Basic Course

Oral colloquium based on:

### KNOWLEDGE AND SELF REFLECTION

- 1) Written essay of personal development during the whole training, reflection of self-discovery and recommended literature (minimum 5 pages) – will be sent to the self-discovery trainer. The essay does not need feedback from the trainer.
- 2) Theoretical oral colloquium – led by theory trainer – consists of answering 1-2 questions from the list of questions (see the special document for exam).

### ABILITIES TO WORK WITH CLIENTS

1. Documented case (interview) with description of Actual Conflict, Basic Conflict, Key Conflict, Inner Conflict, situations in the consultation, own reactions and feelings, client's feedbacks etc.

OR

2. Role play between participants in front of the group with discussion after the intervention: how they see the case, how they conceptualize the Actual Conflict, Basic Conflict, Key Conflict, Inner Conflict.

*The above examination is a minimum recommendation and can be increased according to the local regulations and needs.*

**Certificate: Basic Consultant of Positive Psychotherapy**

## 1.2. Master Course Curriculum

**\*Intervision** = supervision without supervisor (case presentation)

**\*Practical application** = meeting between group members and discussion and application of techniques from the modules (former intervision).

\*\*The number of hours below (the curriculum) is the requested minimum for Master Course part I. Each country and Association is free to add hours the way they need according to their legislation or country regulations.

\*\*The trainer is free to change the order of the modules and/or topics according to the dynamic of the group, but s/he has to accomplish all the topics from the curriculum during the MC part I

### Master Course Curriculum Part I

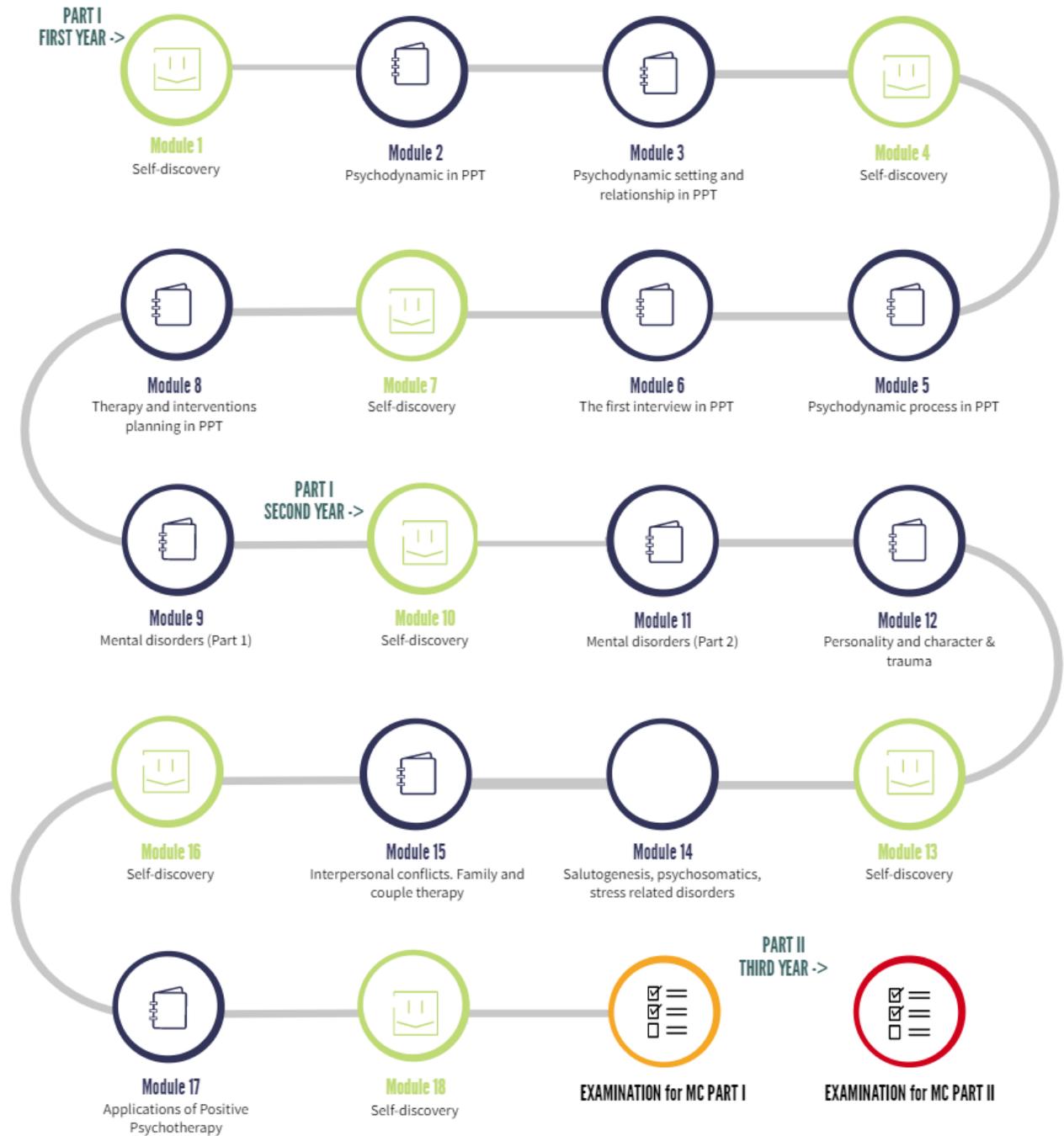
550 hours*, 18 seminars within 24 months:	
<b>Theory (11 modules)</b>	330 h
<b>Self-discovery (7 module)</b>	210 h
<b>Preparation for the exam</b>	10 h
<b>Certificate: Candidate Positive Psychotherapist</b>	

### Master Course Curriculum Part II

650 hours* within a minimum of 12 months:	
<b>Practical work in private practice, NGO's, hospital, clinic</b>	500 h
<b>Supervision (individual or in group)</b>	150 h
<b>Certificate: European Certified Positive Psychotherapist</b>	

\*Each module consists of 30 hours: 3 days @ 7 academic hours (1 academic hour = 45 min).

## MASTER COURSE STRUCTURE



## Year 1

### Module 1: SELF-DISCOVERY

Consult the [documents](#) with special recommendations about self-discovery.

### Module 2: PSYCHODYNAMIC in PPT

- Psychodynamic and psychoanalytic therapy (Freud, Adler, Jung, and development of their schools) – different image of man in different schools of psychotherapy differences and commonalities
- Overview of how psychodynamic is perceived by different schools and specific image in PPT.
- Theory of the psychic apparatus, motives, behaviors, relationships in psychodynamic, OPD.
- Theory of psychosexual development in classical psychodynamic and PPT.
- The four dimensions of the past examples as resource-oriented, psychodynamic conceptualization
- Areas of conflict reaction and mechanisms of defense and compensation.
- Conflict model of Positive Psychotherapy: Actual Conflict, Key Conflict, Inner Conflict, and Basic Conflict in terms of psychodynamic reasoning.
- Defense mechanisms and compensation in psychodynamic theory and PPT.
- Positive translations of psychoanalytic terms.
- Positive Psychotherapy as meta-model.

### Module 3: PSYCHODYNAMIC SETTING AND RELATIONSHIP in PPT

- Four areas of the therapist's interaction: therapist & client, colleagues, culture, family models, view of mankind.
- General factors of psychotherapy.
- Therapeutic behavior (setting, listening, questioning, connotation, confrontation, storytelling, training of capabilities).
- Therapeutic responsibility.
- Five capabilities of the therapist in therapeutic process and behavior.
- Transference and countertransference and their use in diagnostic, therapy, and consultation.
- Transference and countertransference in self-experience.
- Supervision model in PPT. Case presentation and counter transference.
- Ethical issues in psychotherapy.

### Module 4: SELF-DISCOVERY

### **Module 5: PSYCHODYNAMIC PROCESS in PPT**

- Three stages of interaction: patient's needs on every stage, interventions for every stage.
- Five stages strategy to manage the psychodynamic in PPT.
- Differentiation analysis and differentiation of contents. WIPPF and DAI.
- Psychodynamic interventions in PPT and development of primary capacities.
- Resistance in therapy. How to understand and use it in therapy.
- Methods of distancing/observation; inventory/understanding/formulation; stimulation/positive interpretation/situational encouragement; verbalization; broadening/treatment planning; self-help management.

### **Module 6: THE FIRST INTERVIEW in PPT**

- The first interview in Positive Psychotherapy as a therapeutic tool.
- Positive approach in working with contents in the first interview: positive function of disorders/diseases/conflicts. Training positive/transcultural view of disorders/conflicts (use of language pictures and sayings).
- Stage 1. Observation. Four areas of health, energy, and conflict reaction. Macro traumatic situations and psychosomatic reactions. Table of Self-observation.
- Stage 2. Inventory. Basic situation and model for modelling. DAI.
- Psychodynamic formulation of Actual, Key, Basic, and Inner Conflicts.
- Stage 3. Positive interpretation of the symptoms/conflicts as a psychodynamic formulation.
- Stage 4. Verbalization. 3 areas of diagnosis in PPT reactions/symptoms/ relationships, inner concepts & conflicts, personality structure). Selection of therapeutic focus.
- Stage 5. Goal broadening.
- Discussing of criteria for the progress in therapy and therapeutic contract.
- Assessment of diagnosis and effectiveness of the therapy.

### **Module 7: SELF-DISCOVERY**

### **Module 8: THERAPY and INTERVENTIONS PLANNING in PPT**

- Four areas of balanced therapy planning and five stages strategy.
- Contents as subject of therapeutic session.
- Five stages strategy and follow-up sessions planning.
- Focusing self-help goals on contents of Actual and Basic Conflicts.
- Metaphors, stories, and humor. Positive interpretations. Verbal pictures. Psychoserum. Letter to the organ. Relaxation. Organ training. Hypno-suggestive interventions.
- Transcultural interventions.
- Training of secondary actual capacities and behavioral interventions.
- Psychodrama interventions. Body-oriented interventions.

## Year 2

### Module 9: MENTAL DISORDERS (PART 1)

- Psychopathological symptoms & syndromes. Classifications.
- Psychiatric emergencies.
- Anxiety or fear related disorders. Case. Etiology. Diagnostic. PPT interpretation and five stages strategy. Therapeutic approaches. Psychopharmacology.
- Obsessive-compulsive or related disorders. Case. Etiology. Diagnostic. PPT interpretation and five stages strategy. Therapeutic approaches. Psychopharmacology.

### Module 10: SELF-DISCOVERY

### Module 11: MENTAL DISORDERS (PART II)

- Mood disorders. Case. Diagnostic. Etiology. PPT interpretation and five stages strategy. Therapeutic approaches.
- Sexual dysfunctions. Case. Diagnostic. Etiology. PPT interpretation and five stages strategy.
- Focus of therapeutic approach.
- Feeding or eating disorders. Case. Etiology. PPT interpretation and five stages strategy.
- Focus of therapeutic approach and strategy.
- Disorders due to substance use or addictive behaviors. Case. Diagnostic. Etiology. PPT interpretation and five stages strategy. Therapeutic approaches.
- Psychotic disorders. Case. Diagnostic. Etiology. PPT interpretation and five stages strategy. Therapeutic approaches.

### Module 12: PERSONALITY AND CHARACTER & TRAUMA

- Personality disorders. Case. Diagnostic. Etiology.
- Positive interpretation.
- Attachment theory and PPT.
- Personality structure and personal capacities in PPT.
- Focus of therapeutic approach and strategy.
- Trauma.

### Module 13: SELF-DISCOVERY

#### **Module 14: SALUTOGENESIS, PSYCHOSOMATICS, STRESS RELATED DISORDERS**

- Salutogenesis: definition of normal and abnormal, health and disease, wellbeing, and disorder.
- Patient's concepts regarding health and disorder. Transcultural aspects of health and disorders.
- Psychosomatic models: psychophysiology of stress and psychosomatic arch.
- Resilience: four dimensions of risk factors, vulnerability, resilience, resilience factors.
- Disorders of bodily distress or bodily experience (psychosomatic). Case. Diagnostic. PPT interpretation and five stages strategy. Therapeutic approaches.
- Burnout. Life-balance. Self-management.
- PTSD and other stress related disorders – positive interpretation, conflict reaction, and five stages strategy. Therapeutic approaches.
- Grief and mourning counseling. Coping with death and loss.

#### **Module 15: INTERPERSONAL CONFLICTS. FAMILY AND COUPLE THERAPY**

- Interpersonal conflict dynamics.
- Role of the therapist in couple counselling, conflict facilitation and family therapy. Transference and countertransference in family therapy.
- Transcultural aspects of the families and transcultural approach in family therapy.
- Patient as therapist of his or her environment. Family therapy without the partner.
- Family tree of concepts.
- Five steps for family therapy
- Psychosomatic and psychotic disorders in family. Symptom carrier. Treatment of the social environment.
- Crisis in family. Crisis intervention.
- Pre-marriage counseling. Couples in groups and groups for couples.
- Child and adolescent psychotherapy.

#### **Module 16: SELF-DISCOVERY**

#### **Module 17: APPLICATIONS OF POSITIVE PSYCHOTHERAPY**

- Positive group therapy (setting, strategy, dynamic management)
- Positive conflict mediation. Communication techniques and rules of mediation and conflict resolution.
- Cultural adjustment sessions and trainings. Transcultural education of medical doctors and other professionals.
- Personal resources
- and activated self-help, self-help approach

#### **Module 18: SELF-DISCOVERY**

## **Examination for MC Part I**

### **KNOWLEDGE AND SELF-REFLECTION**

Written homework as reflection of the training's influence on oneself (self-discovery): Describe one's development in Positive Psychotherapy, with self-reflection based on the study of the recommended literature of Positive Psychotherapy (5 pages).

Oral colloquium based on:

- the written homework
- theoretical question: each participant has 2 questions to answer, one from PPT and one from psychiatry.

### **ABILITIES TO WORK WITH CLIENT**

- Case review judgment (examiner briefly describes the case and asks examinee to formulate, for instance, symptom diagnosis, Actual Conflict, Basic Conflict, Key Conflict, Inner Conflict; describe reaction mode, challenges and situations in the consultation, own reactions and feelings, clients' feedbacks etc.) – the case with psychiatric diagnoses (pathology) could be from the participants or from the trainers.
- There will be 2 examiners: one could be the theoretical trainer, the other we recommend being a psychiatrist. The self-discovery trainer cannot be examiner.

## **Certificate: Candidate Positive Psychotherapist**

## **Examination for MC Part II**

- 5 cases – 2 of them with long term therapy (more than 40-100 hours of therapy) and 3 cases with medium/short term intervention (20-40 sessions)
- Supervisors or previous trainers from MC part I cannot be the examiner

## **Certificate: European Certified Positive Psychotherapist**

Graduates of the Master Course can apply for the **European Certificate of Psychotherapy (ECP) issued by the European Association for Psychotherapy (EAP)**. The application process is done via the International Academy for Positive and Transcultural Psychotherapy. **For applications, please contact the WAPP Head Office.**

## Chapter 2. Admission and certification criteria for WAPP courses

### CHAPTER CONTENT

- 2.1 Postgraduate education
- 2.2. Basic Courses for non-psychologists
- 2.3. Other Trainings
- 2.4. Individual initial interviews

### 2.1. 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.

**Before the training starts, trainers and training organizers provide WAPP the proof of fulfillment of these criteria with the course documentation as described in point 4.**

## 2.2. 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.

## 2.3. 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.

## 2.4. Individual initial interviews (selection/admission)

Additional to the formal requirements, WAPP strongly recommends an initial individual interview with all potential participants to clarify their background and motivation:

### **For Basic Courses:**

- Motivation for participation in the Basic Course
- Educational background of participant (please check the documents of course applicants)
- Some information about his/her own mental health, other experiences of trainings in psychotherapy
- Ask for diplomas and certificates which prove the relevant educational background of the participant (the Center/organizer/trainer has to keep these documents for at least 5 years)
- Sign the Informed Consent with suitable Basic Course participants in which they accept the WAPP criteria and regulations.
- Discuss the BC curriculum, number of hours the exam in the end of the BC.

Clarify the options a participant who does not meet the criteria could do to fulfil the criteria and get the Basic Consultant certificate.

### **For Master Course Part 1 and 2:**

- We strongly recommend organizing another interview before admitting a Basic Consultant to the Master Course.

Please use the WAPP document [“Criteria for interviewing future students of Positive Psychotherapy”](#).

## Chapter 3. Examination and admission to subsequent courses

### CHAPTER CONTENT

- 3.1. Basic Courses
- 3.2. Master Course Part 1
- 3.3. Master Course Part 2

Basic and Master Courses end with examinations (oral colloquia, written theses).

### 3.1. Basic Courses

Oral colloquium based on:

#### Knowledge and self-reflection

- **Written reflection** of self-discovery and recommended literature (5 pages).
- Theoretical **oral colloquium**

#### Ability to work with clients

- **Documented case** (interview) with description of Actual Conflict, Basic Conflict, Key Conflict, Inner Conflict situations in the consultation, own reactions and feelings, client's feedback etc. or (if no real cases with clients could be realized)
- **Role play** between participants in front of the group and examiner.

The above examination is a **minimum recommendation** and can be increased according to the local regulations and needs.

The exam could be ended with:

- **YES** – the person could receive Basic Consultant of PPT certificate and continue with the Master Course
- **NO** – the participant receives a recommendation from the examiners (has to re-enter Basic Course, do more self-discovery (individual) or personal psychotherapy)
- With **certificate of attendance** if the participant does not fulfil the WAPP criteria.

**WAPP provides the training following EAP regulation, but the actual accreditation to practice depends on the law of the country of residence.**

## 3.2. Master Course Part 1:

### Knowledge and self-reflection:

- **Written homework** as reflection of the training's influence on oneself (self-discovery): Describe one's development in Positive Psychotherapy, with self-reflection based on the study of the recommended literature of Positive Psychotherapy (5 pages).
- **Oral colloquium** based on:
  - a) the written homework
  - b) theoretical question
  - c) Psychiatry

The exam is conducted by **two examiners** (who are not the trainers of the group?). One of them must be a medical doctor (psychiatrist).

The above examination is a **minimum recommendation** and can be increased according to the local regulations and needs.

The exam could be ended with:

- **YES** – the person can receive Candidate Positive Psychotherapist and follow the Master Course Part 2
- **NO** – the participant receives a recommendation from the examiners (has to improve his/her knowledge of PPT, do more self-discovery (individual) or personal psychotherapy)

## 3.3. Master Course Part 2:

### Ability to work with clients:

- **5 case reviews** (see document - to prepare a case documentation model for the trainers and participants) (examiner briefly describes the case and asks examinee to formulate, for instance symptom diagnose, Actual Conflict, Basic Conflict, Key Conflict, Inner Conflict; describe reaction mode, challenges and situations in the consultation, own reactions and feelings, clients' feedback etc.) and discuss the psychiatric diagnosis (if it is the case).

The exam will be held by **two examiners** who are not the trainers or supervisors of the group. One of them must be a medical doctor (psychiatrist).

The above examination is a **minimum recommendation** and can be increased according to the local regulations and needs.

The exam could be ended with:

- **YES** – the person can receive certificate of European Certified Positive Psychotherapist
- **NO** – the participant receives a recommendation from the examiners (has to improve his/her knowledge of PPT, do more self-discovery (individual) or personal psychotherapy).

**WAPP provides the training following EAP regulation, but the actual accreditation to practice depends on the law of the country of residence.**

## Chapter 4. General Information on trainings and training parts

### CHAPTER CONTENT

- 4.1. Training setting
- 4.2. Online and hybrid trainings
- 4.3. Trainer roles
  - 4.3.1. Trainer roles Basic Course
  - 4.3.2. Trainer roles Master Course
- 4.4. Theory
- 4.5. Self-discovery/self-experience
- 4.6. Supervision
- 4.7. Intersession
- 4.8. Practice with clients

### 4.1. Training setting

- Appropriate training facilities (seminar room, adequate atmosphere, sufficient training supplies etc.)
- The hours stated in the Training Standards are academic hours of 45 minutes.
- The maximum number of seminar hours per day should not exceed 10 academic hours.
- The training groups are “closed”, which means that the course participants should not change from module to module to not distract the forming of the group and group dynamics.
- If a translator is needed, the translator cannot be a participant of the group. Also, the organizer should not be the translator.

### 4.2. Online and hybrid trainings

- In general, psychotherapy trainings should be conducted in presence modules. It should always be preferred to online trainings. WAPP recommends presence trainings.
- If online parts are offered, these should not exceed 30% of the theory training.
- Self-discovery can only be conducted in presence.

- Supervision can be held online if the road to the supervisor takes longer than 1 hour.
- Hybrid trainings are not allowed.
- In extraordinary situations a whole training can be offered online, and all training parts can be conducted this way. Hybrid trainings could also be offered in such situations. An extraordinary situation can be a pandemic or political or climatic crisis, but not a personal situation.

### 4.3. Trainer roles

- WAPP accredits Basic Trainers and Master Trainers:  
**Basic Trainers** can lead all parts of a Basic Course. This also included self-discovery hours. **Master Trainers** can lead Basic Courses and all parts of a Master Course training. In exceptional cases, Basic Trainers or candidate Master Trainers can take over parts of the Master Trainers in Master Courses. These must be announced to WAPP and need approval beforehand.
- The European Association for Psychotherapy clearly **defines trainer roles** and which trainer roles must not overlap in psychotherapy training:  
**Self-discovery leaders must be independent from all other training parts.** They cannot conduct theory hours or supervision.
- Every Basic and Master Course has a leading trainer (**head of the trainer team**), who is responsible for the course, its documentation, and its participants (admission, curricula, feedback, examination).

#### 4.3.1 Trainer roles Basic Course

- A Master Trainer can lead all theory modules of the Basic Course **alone**.
- A Basic Trainer needs to have **a second Basic or Master Trainer** to conduct at least one module of the course. A Basic Trainer cannot lead all modules alone.
- Group self-discovery (1 module) must be conducted by another Basic Trainer.

#### 4.3.2 Trainer roles Master Course

- All training parts of a Master Course must be conducted by Master Trainers.
- Supervision and self-discovery need to be provided by separate Master Trainers.
- Theory modules should be led by the main trainer (head of the trainer team) and at least one more Master Trainer.

### 4.4. Theory

- The theory modules must be in accordance with the WAPP Basic and Master Course curricula as in point 1 of this handbook.
- **The curricula for Basic and Master Courses are documents that all trainers for the according courses must have, know, and respect.**

## 4.5. Self-discovery/self-experience

- Educational group self-discovery is an **important part of the psychotherapy training**.
- **Three topics** play a central role in self-experience:
  1. Reflection and modification of personal prerequisites for therapeutic experience and action, including biographical aspects.
  2. Recognizing meaningful aspects of experiencing and acting in the context of a therapeutic relationship.
  3. To grasp the significant aspects of experiencing and acting in the context of personal development during the course of training.
- Educational self-discovery which takes place within the framework of trainings in PPT differs fundamentally from personal psychotherapy and other forms of self-experience that are therapeutic or purely voluntary in nature.
- Self-discovery can only be **conducted by an experienced trainer** (for Basic Courses a Basic Trainer, for Master Courses only Master Trainers). This trainer should **not be involved in any other training parts** to guarantee a “safe space” for self-discovery.
- Please read the WAPP information on self-discovery:
  - a) [Self-Discovery information sheet](#)
  - b) [Self-Discovery information brochure](#)

## 4.6. Supervision

- Supervision is another **important part of the psychotherapy training**.
- Trainees who are applying Positive Psychotherapy in their practical sessions with patients/clients need **continuous supervision of their cases**.
- Supervision hours start in the course of the Master Course training when participants begin their practical work (no sooner than after one year of theoretical training)
- Supervision can only be provided by Maser Trainers. In exceptional cases and **after consultation and approval of WAPP**, Basic Trainers, Master Trainer candidates, or experienced therapists can conduct supervision. These must be experienced, local psychotherapists in good standing, who are regularly working with clients for more than 5 years and have a PPT or similar background (e.g. Psychodynamic, Humanistic). This only applies when no local supervisors of PPT are available.

## 4.7. Intervision

- Group intervision is a helpful tool of discussing practical cases in between theory modules.
- It deals with reflections of the trainees including the capacities, conflicts, and knowledge experiences.
- Intervision hours can be self-organized and don't need to be guided by a trainer.

## 4.8. Practice with clients

- Master Course participants start applying PPT in practice with clients after one year of theoretical training (private practice, hospitals, NGOs, etc.)
- Practical hours with patients/clients must be continuously supervised.

## Chapter 5. Course documentation and assessment

### CHAPTER CONTENT

5.1. Course documentation

5.2. Course assessment

### 5.1. Course documentation

The WAPP Training Standards and course admission requirements are in correspondence with the criteria of the EAP. After successful completion of Master Course Part 2, graduates fulfill the criteria to apply for the European Certificate of Psychotherapy (ECP).

Therefore, WAPP relies on compliance with the **admission and certification criteria**. These have to be **documented by the main trainer** (head of the trainer team) of a course before starting the course and after its completion. Please use these forms:

- [WAPP course documentation before](#)
- [WAPP course documentation after](#)

**WAPP cannot issue certificates for your course participants if the documentation has not been provided or is incomplete.**

### 5.2. Course assessment

**At the end of a course**, a trainer or organizer can hand out a feedback form to all participants to get an idea of how the seminar has been received, and improve parts of the training if necessary:

- [Seminar feedback form](#)

The filled-out feedback forms do not need to be sent to the WAPP Head Office. They are for your internal use only.

## Chapter 6. Obtaining certificates

When a Basic or Master Course Part 1 and Part 2 are ended – or short before the end – the course graduates' certificates can be **ordered at the WAPP Head Office**. We need the following information:

- Course documentation after (or if not completed yet: before documentation sheet)
- Separate list of participants' names who get WAPP certificates
- End date of the course if not completed yet
- Names of signing trainer(s)
- Post address to send certificates to
- Completed payment of certificate fees (by bank transfer, PayPal, or credit card)

The certificate fees depend on the World Bank's categorization of the economic situation of the country in which the training is offered. Please find the fees per country on our website at: <https://www.positum.org/wp-content/uploads/2022/01/Certificate-fees-international.pdf>

WAPP members who paid their membership fee regularly get a **discount on their Master Course certificate**.

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## Chapter 7. Membership in WAPP

WAPP promotes the theory, method, and practice of Positive Psychotherapy. We organize international seminars and conferences, provide the opportunity of networking to connect our members, support scientific research and the opening of new training centers worldwide. Therefore, we depend on the financial support of our members. With your membership you become part of a worldwide organization and at the same time support the development of Positive Psychotherapy.

- All WAPP trainers must be WAPP members and pay their membership fees regularly.
- All WAPP accredited training Centers for Positive Psychotherapy must be institutional members of WAPP and pay their fees regularly.
- Graduates of the Basic Courses can apply for WAPP membership.
- Participants of Master Course Part 1 and 2 need to be WAPP members and pay their fees regularly.

Applications can be sent via online form: <https://www.positum.org/become-a-member/>

Membership fees can be paid via bank transfer, PayPal or credit card. Please use our [website shop](#) for payments.

**We kindly ask our trainers and training organizers to inform your training participants about the World Association and encourage them to become members.**

Thank you for your support!

## Chapter 8. Training of trainers

### CHAPTER CONTENT

- 8.1. Preconditions and criteria candidate Basic Trainer
- 8.2. Preconditions and criteria candidate Master Trainer
- 8.3. Application procedure
- 8.4. Candidate training

WAPP Basic and Master Courses can only be provided by **accredited Basic and Master Trainers**. Certified Positive Psychotherapists can apply for a trainer education when they wish to contribute to the teaching and spreading of our method.

Please understand that not every good psychotherapist is also a good teacher. WAPP has defined certain criteria that need to be fulfilled. These also include “soft skills”, individual traits and personality features, which can only be evaluated in a personal encounter.

The application process therefore includes a personal interview (presence or online) conducted by two members of the WAPP Board and a third examiner the applicant can choose and who needs to know the applicant.

### 8.1. Preconditions and criteria candidate Basic Trainer

- WAPP (European) 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.
- Examination interview in front of an examination group (2 WAPP Board members and one of the recommending trainers) online or offline.

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

## 8.2. Preconditions and criteria candidate Master Trainer

- Certificate 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 one Basic Course as a trainer and filed a report of this seminar.
- 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.
- Examination interview in front of an examination group (2 WAPP Board members and one of the recommending trainers) online or offline.

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

## 8.3. Application procedure

- Applicants need to ask their recommending trainers to send the letters **directly to the WAPP Head Office**.
- One of the recommenders will be the **3rd examiner** at the interview. The 3<sup>rd</sup> examiner should preferably **not be the main trainer or mentor of the trainer applicant** but should know him/her. Applicants clarify readiness and interview details with the 3<sup>rd</sup> examiner themselves.
- Together with the Head Office a **date for the interview will be fixed**. A **questionnaire** needs to be filled out and sent back at least one week ahead of the interview date.
- Please read the **interview information leaflet** to be well-prepared:  
- [“Interview information leaflet”](#)
- After passing the interview the candidate-training can start.

## 8.4. Candidate training

- Candidate-trainers accompany a whole course.
- Their host trainer informs the WAPP Head Office after completion.
- A trainer certificate will be issued after the trainer certificate fee has been received by WAPP, and the new trainers can start teaching on their own or in cooperation with training institutions.



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