Positive Psychotherapy is based on the conviction that all men are intrinsically good and that they have two basic capabilities: the capacity to love and the capacity to know. Conflicts are interpreted as challenges to the development of these capacities. From this premise, many innovative therapeutic concepts and techniques have been developed.

**Balance Model**

Human life takes place and can be described in four modes: body / senses, achievement, contact, and future / meaning. In conflicts, every person develops a preference for dealing with the problems that arise.

**About PPT**

PPT is based on a psychodynamic concept with a humanistic conception of the human-being and a transcultural approach. It is resource-oriented and conflict-centered. It has been developed by Prof. Nossrat Peseschkian and co-workers since 1968. Positive Psychotherapy belongs to the psychodynamic methods on one side, and to the humanistic psychotherapies on the other side.

**Three Basic Principles of Positive Psychotherapy:**

- **The Principle of Hope** – The positive conception of man
- **The Principle of Balance** – Conflict dynamic and conflict contents
- **The Principle of Consultation** – Five stages of therapy and self-help

WAPP has more than 2,300 members from 42 countries and 5 continents
WAPP

As an officially registered non-profit organization, it represents the interests of Positive Psychotherapy on the international level.

WAPP promotes the theory, method and practice of Positive Psychotherapy. It is engaged in the training of postgraduate professionals in psychotherapy, family therapy and counseling all over the world. In addition, WAPP organizes workshops, lectures, conferences and seminars pertaining to the different aspects of Positive Psychotherapy as well as transcultural exchange of theories, techniques and research.

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. It was established in 1994 as International Center of Positive Psychotherapy (ICPP).

Positive Psychotherapy (PPT after Peseschkian, since 1977) is a registered trademark in the European Union and the USA. The Association has more than 2,300 individual members in 42 countries.

Goal

The shared objective of all institutions of Positive Psychotherapy is to promote the physical, mental, social and spiritual health of individuals, families and groups and the mutual understanding and tolerance between different cultures.

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WAPP and its affiliated institutions are members of the European Association for Psychotherapy (EAP), the World Council for Psychotherapy (WCP), and the International Federation for Psychotherapy (IFP).