



WORLD ASSOCIATION  
FOR POSITIVE AND TRANSCULTURAL  
PSYCHOTHERAPY

## **Statement on the effectiveness and recognition of Positive Psychotherapy**

(PPT after Peseschkian, since 1977)<sup>TM</sup>

*Note: This statement was prepared in September 2023 for the Ministry of Health of a European country, which was preparing a list of method with proved effectiveness. The contents of this statement might be useful for other countries and legislative questions. Updated 15 Feb 2024.*

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The **World Association for Positive and Transcultural Psychotherapy (WAPP)** is the international governing institution of Positive Psychotherapy. WAPP was founded in 1996 and today it has more than 2,300 members in 54 countries. It is registered as a non-profit and non-government organization in Germany. It regulates over 60 Positive Psychotherapy centres around the world where WAPP-certified trainers are providing courses in Positive and Transcultural Psychotherapy, according to the standards of the European Certificate of Psychotherapy.<sup>i</sup>

**Positive Psychotherapy (PPT)** is a psychodynamic method based on a humanistic conception of human nature. It was founded by Professor Nossrat Peseschkian, a specialist in psychiatry, neurology, psychosomatic medicine, and psychotherapy, in 1969 in Germany. As Positive Psychotherapy was developed by a psychiatrist, it was applied from the very beginning in the medical field (hospitals, daily clinics, and private practices).

### Recognition:

- In its country of birth, Positive Psychotherapy is recognized as a distinct method within psychodynamic psychotherapies and the **German state health insurance** fully covers all treatment expenses. Since 1979, Positive Psychotherapy has been accepted by the **State Medical Chamber of Hesse in Frankfurt/Main**<sup>ii</sup> for the education of medical doctors in the 3-year postgraduate specialization in (psychodynamic) psychotherapy. After the passing of the German Psychotherapy Law in 1999, Positive Psychotherapy was recognized as a method within psychodynamic psychotherapy for the postgraduate training of non-medical professionals (psychologists, social workers, and pedagogues). This 5-year-training is conducted at the Wiesbaden Academy of Psychotherapy, which is state-licensed by the **Ministry of Social Affairs in Hesse**<sup>iii</sup>. The training ends with a state examination.
- The **Wiesbaden Psychotherapy Centre**<sup>iv</sup>, with 50 treatment rooms and 150 part-time therapists, one of the largest out-patient clinics for psychotherapy in Germany, is licensed by all German State Health Insurance, and provides psychotherapy for more than 2,000 children, adolescents, and adults in individual and group therapy. Positive Psychotherapy is applied here within psychodynamic psychotherapy.
- Since 1998, Positive Psychotherapy is accepted by the **European Association for Psychotherapy (EAP)** as one of 20 accepted approaches and methods in psychotherapy<sup>v</sup>. Based on this recognition, training institutes of Positive Psychotherapy<sup>vi</sup> have the permission and license to train psychotherapists according to the standards of the European Certificate of Psychotherapy (ECP).

WAPP Head Office · Luisenstrasse 28 · 65185 Wiesbaden · Germany

Tel. +49-611-4503440 Fax: +49-611-4503424

Email: [wapp@positum.org](mailto:wapp@positum.org), Website: [www.positum.org](http://www.positum.org)

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World Association for Positive and Transcultural Psychotherapy (WAPP) e.V.  
Amtsgericht Wiesbaden Nr. VR 3210

- The application of Positive Psychotherapy in the medical field has been always the major focus. Out of 29 books of the founder, the book “**Positive Psychotherapy in Psychosomatic Medicine**”<sup>vii</sup>, which covers 40 different disorders, has been included because of its unique approach, in the international handbook “**100 Master Pieces of Psychotherapy**”, published by Springer in 2008<sup>viii</sup>.
- Positive Psychotherapy has been included in the international handbook “**Globalized Psychotherapy**” which covers psychotherapy around the world. Published by the World Council of Psychotherapy in 2002, PPT is one of 19 modalities enlisted and described in this handbook<sup>ix</sup>.
- The World Association for Positive and Transcultural Psychotherapy is a member of the **World Federation of Psychotherapy** (WFP), the **European Association for Psychotherapy** (EAP), and the **World Council of Psychotherapy** (WCP).<sup>x</sup>
- Positive Psychotherapy has been registered as a **trademark** in the European Union and the USA as “Positive Psychotherapy (PPT after Peseschkian, since 1977)”<sup>xi</sup>. Positive Psychotherapy should not be mixed up with Positive Psychology of Martin Seligman, which was founded in 1999 in the USA, and is a psychological method dealing with well-being and resilience.

#### Research and Effectiveness:

- The effectiveness of PPT was proven by a **longitudinal study** of the German Association for Positive Psychotherapy, which was widely published<sup>xii</sup> and awarded the "Richard Merten Prize" 1997 (one of the most prestigious annual awards for quality assurance in the field of medicine in Europe)<sup>xiii</sup>.
- Because of its importance, this study was included in the documentation of the **German Association for Psychodynamic Psychotherapy** (DFT/GAPP) about the effectiveness of psychodynamic psychotherapy<sup>xiv xv</sup>. This was submitted in 2001 to the German Federal Scientific Council for Psychotherapy which is responsible for the scientific recognition of methods and modalities. In Germany, psychodynamic psychotherapy is accepted for the treatment of all mental disorders (F0 – F9).
- As you are likely aware, Germany has on one hand one of the best health insurance-based psychotherapy coverages in the world. However, access to these services is quite limited, with only four specific modalities being accepted. In Germany, the recognition of psychotherapy approaches is on the level of **modalities** – not on the level of methods or techniques. Four modalities are accepted: psychodynamic psychotherapy, analytical psychotherapy, cognitive-behavioural therapy, and recently systemic psychotherapy. Within this classification, Positive Psychotherapy is under the umbrella of psychodynamic psychotherapies.
- The following table presents the application and effectiveness of Positive Psychotherapy according to the **ICD-10 classification**:

Name of the method	Application (ICD-10)
<b>Positive Psychotherapy</b> (PPT after Peseschkian)	(F10-F19) Substance use disorders (F30-F39) Mood [affective] disorders (F40-F48) Neurotic, stress-related and somatoform disorders (F50-F52) Behavioural syndromes related to physiological disorders and physical factors. (F60-F69) Personality and behavioural disorders Adverse living circumstances (ALC); other mental health problems that do not meet the criteria for mental and behavioural disorders.

- There are numerous national and international **publications** on Positive Psychotherapy, including doctoral and postdoctoral **dissertations**. Please see some examples in the enclosed list.<sup>xvi</sup>
- Another milestone was the publication of the **global textbook** “Positive psychiatry, psychotherapy and psychology”, the first book worldwide which includes these three mainstreams of positive mental health. This book compiles the experiences of 48 authors and was published by Springer Publishers in 2020.<sup>xvii</sup>
- Since 2021, the publication of the **The Global Psychotherapist (JGP)**, an interdisciplinary digital journal devoted to Positive Psychotherapy, has started. This peer-reviewed semi-annual journal publishes articles on experiences with and the application of the humanistic-psychodynamic method of Positive and Transcultural Psychotherapy.

As a **transcultural method**, we work with colleagues from different countries and cultural backgrounds to promote mental health and unity in diversity.

## Enclosures

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<sup>i</sup> Core competencies of EAP: [https://www.europsyche.org/app/uploads/2019/05/Final-Core-Competencies-v-3-3\\_July2013.pdf](https://www.europsyche.org/app/uploads/2019/05/Final-Core-Competencies-v-3-3_July2013.pdf)

<sup>ii</sup> Appendix 2. Recognition of the State Medical Chamber in Hesse

<sup>iii</sup> Appendix 3. Recognition of the [WIAP academy](#) by the State Ministry of Social Affairs of Hesse, Germany

<sup>iv</sup> Appendix 4. License of the [Wiesbadener Psychotherapie-Zentrum](#)

<sup>v</sup> List of methods accepted by the European Association for Psychotherapy: <https://www.europsyche.org/approaches/>

<sup>vi</sup> Appendix 5. Re-accreditation as EAPTI for 7 years. List of [EAPTIs](#) and [EWAOs](#) of EAP.

<sup>vii</sup> Peseschkian, N. (2016). Positive Psychosomatics: Clinical Manual of Positive Psychotherapy. Bloomington, USA: AuthorHouse. ISBN 978-1524636616. (Original German edition in 1991 by Springer Publishers).

<sup>viii</sup> Pritz, A. (2008). *Einhundert Meisterwerke der Psychotherapie*. Springer <https://doi.org/10.1007/978-3-211-69499-2>

<sup>ix</sup> Peseschkian, N. (2002). Positive psychotherapy. In: Alfred Pritz (ed), *Globalized Psychotherapy*. World Council of Psychotherapy: Facultas.

<sup>x</sup> Appendix 6. Membership in the World Federation for Psychotherapy

<sup>xi</sup> Appendix 7. Trademark registration of Positive Psychotherapy in the EU and USA

<sup>xii</sup> Appendix 8. Effectiveness Study of PPT: N. Peseschkian & K. Tritt (1998) Positive psychotherapy effectiveness study and quality assurance, *European Journal of Psychotherapy & Counselling*, 1:1, 93-104, DOI: 10.1080/13642539808400508

<sup>xiii</sup> Appendix 9. Richard-Merten-Prize 1997 Award

<sup>xiv</sup> Appendix 10. Recognition of the German Academy for Psychology about PPT as a psychodynamic method

<sup>xv</sup> Appendix 11. Documentation of the GAPP on psychodynamic psychotherapy, 2001

<sup>xvi</sup> Appendix 12. List of publications and academic dissertations on Positive Psychotherapy

<sup>xvii</sup> Messias, Erick; Peseschkian, Hamid; Cagande, Consuelo, eds. (2020): *Positive Psychiatry, Psychotherapy and Psychology. Clinical Applications*. Springer Nature Switzerland AG. ISBN 978-3-030-33263-1.