


# How to Create a Positive Psychotherapy (PPT) Center

## Steps to Establish a PPT Center:

Note: Multiple centers can exist in the same country or city.


**01**



**Course organization**

Organize and conduct at least one course in Positive Psychotherapy (e.g., Basic Course). External trainers can be invited.

**02**



**Application**

Upon successful completion of the initial course, apply for official status as a PPT Center. Approval involves consultation with WAPP, trainers, and course participants.

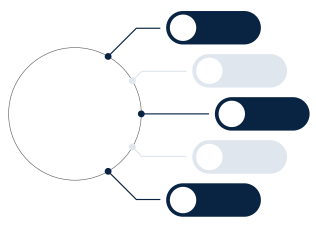
**03**



**Agreement**

After approval, sign a Center Agreement with WAPP. The agreement allows the use of the PPT name and methods.

## Basic Course organization:



### Structure:

- Course Structure: 5 modules (4 modules for theory and 1 for self-discovery), each lasting 3 days within 9-12 months.
- Schedule: Up to 10 academic hours per day (45 minutes per hour). Typically held over a weekend (Friday, Saturday, and Sunday).
- Group: Preferably 12-40 participants. Can be less. Closed groups; no new participants after the start.

### Requirements:



- Online modules can be conducted for theory, but self-discovery must be in-person. For exceptional requests please contact the Head office.
- On self-discovery module only self-discovery leader is present, no other trainers.
- Participants can miss one module but must pay for the entire course. Missed modules can be completed via homework after clarification with the Head Trainer.

### Trainers:



- For the Basic Course should be at least one Master Trainer or two Basic Trainers for theory and a separate leader (Basic or Master trainer) for self-discovery module.
- One of the theory trainers is also the main trainer of the group, accompanying and monitoring the group's dynamics throughout the entire course.
- Basic Trainers and Master Trainers of Positive Psychotherapy. Full list here: [positum.org/trainers](http://positum.org/trainers)

### Translation:



- If the training is in English, ensure a translator is available.
- The translator should have emotional and social skills to serve the group effectively.
- The organizer is responsible for arranging and managing the translator.

## Useful tips:



### Process

- Collect sufficient students, because there is always a drop-out.
- Coordinate with trainers and WAPP Head Office.
- Arrange travel tickets and accommodation for trainers (if needed).
- Manage course materials, supervision, and exams.



### Participants

To find potential course participants you could contact or visit universities at your location.



### Place

Potential venues for renting a training room: universities, schools, hospitals, mental health and counselling centers, libraries, community and art centers, bookstores, hotels, affordable event halls.

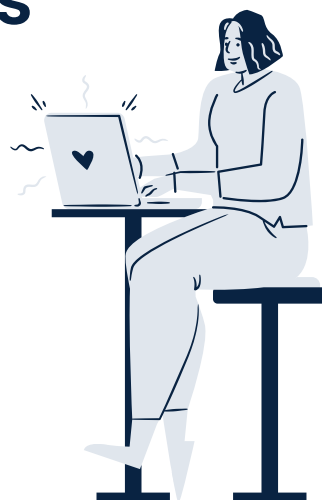


### Environment

Ensure enough space for group activities. Availability of teaching equipment like flipcharts or blackboards. Privacy for focused academic work.

## Helpful materials for organizers

- WAPP Training Standards
- Handbook for trainers and organizers
- Additional materials
- Promo materials
- Videos about Positive Psychotherapy



Visit the WAPP website or contact the Head Office for more information:  
[wapp@positum.org](mailto:wapp@positum.org).

## Finances

### Trainer Fees\*:

- International trainers: €300-500/day.
- National trainers: €50-300/day.
- Plus travel, food, and accommodation expenses.

\*These fees are approximate and set by each trainer individually after negotiating.

### Organizer Costs:

- Include fees for trainers, venue, translation, materials, and refreshments.
- Trainer fees are NET; VAT or other taxes not included.
- Trainers are paid at the end of each module, preferably in cash.
- Cost of the certificates from WAPP.

