



# World Association for Positive Psychotherapy

WAPP • Langgasse 38-40 • D-65183 Wiesbaden

**To all WAPP and EFCPP organizational and individual members, Centers and Representatives, Trainers of Positive Psychotherapy**

**WAPP**  
**World Association for**  
**Positive Psychotherapy**  
02.02.2010

**Dear Colleagues**

Between 19 – 20 of January 2010 WAPP Board meeting took place in Wiesbaden, Germany. The Board completed the quorum and all the decisions were according with the WAPP by law.

**During the meeting WAPP Board took some important decisions for the future organization of WAPP around the World. Please find them bellow:**

## 1. Training standards

### Basic Courses:

**Beginning with 2010 the official trainings conducted by WAPP and finished with Basic Consultant diploma will be organized only for people who are during or finished their university level in socio-humanistic or medical field.**

#### • **Duration:**

- a. minimum 3 seminars, one at least at 6 months
- b. 120 hours of theory, practice and self discovery in PPT
- c. homework – 80 hours:
  - 30 hours of intervision
  - 40 hours of obligatory bibliography – at the end of the first year the trainees have to read some of the basic literature of PPT. The recommended books are:
    - Oriental stories and
    - Family Positive Psychotherapy or Positive psychotherapy for everyday life
  - 10 hours – exam: 5 pages of self discovery

#### • **Certificate**

Attendance certificates (received after each seminar) will contain the logo of the organizer and the signature of trainers, but not the stamp and logo of WAPP. The stamp and logo of WAPP will be posted only on the certificate of Basic Consultant in Positive Psychotherapy which is received after the examination.

#### • **Title:**

Basic Consultant in Positive Psychotherapy

#### • **Costs:**

The fee for the training is decided by the local organizer. The fee for the Certificate has been fixed by the World Association for Positive Psychotherapy (see [www.positum.org](http://www.positum.org))

#### President:

Prof. Dr. med. Nossrat Peseschkian

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# World Association for Positive Psychotherapy

## **Master Course:**

Participants must have:

- 1) at least University degree (at least, at the bachelor level (B.A.) from social science, humanistic or medical field). Exceptions are possible according to national standards.
- 2) a finished Basic Training in Positive Psychotherapy (120 hours)

### • **Duration** (total of 885 hours):

- 300 hours of theory seminars in a minimum time of 2 years.
- 100 hours of self discovery (group and/or individual).
- 150 hours of practical work with at least 5 individual cases with 35 hours of regular supervision.
- 240 hours of homework with literature of Positive Psychotherapy and other modalities.
- 60 hours of regular intervention group

Supervision:

- 35 h of supervision during MC
- once at 4 weeks each member of the group has to present a case
- max 5-6 people in a group of supervision
- for the countries where are not local trainers, the organizers will ask the trainers for MC to come one day earlier for group supervision

### • **Certificate:**

- 1) Oral test with a commission of at least 2 examiner.
- 2) Final thesis with at least 20 pages on a theoretical or applied topic.
- 3) Case documentation of at least 5 pages per case.

### • **Title:**

Certified Positive Psychotherapist

### • **Costs:**

The fee for the training is decided by the local organizer. The fee for the Certificate has been fixed by the World Association for Positive Psychotherapy (see [www.positum.org](http://www.positum.org))

## **Basic Trainer:**

To receive diploma of Basic Trainer the candidates must have:

- experience working as psychotherapist (individual or group) for a minimum of 2 years (800 sessions) as Positive Psychotherapist
- experience as co-trainer for at minimum 2 groups of Basic Course

## **Master trainer:**

To obtain diploma of Master Trainer the Candidates must have:

- Basic Trainer diploma
- experience working as psychotherapist (individual or group) for minimum 5 years (1.500 sessions) as Positive Psychotherapist
- experience as co-trainer for at least 2 groups of Master Course
- have documented Train the Trainers\*\*\* course, organized by WAPP, National Training Organisation or other National Professional Association
- maintain a personal practice as a Positive Psychotherapist with clients (individual or group) outside of the training activities



# World Association for Positive Psychotherapy

**\*\*\* 8 of Oct. 2010 – before the World Congress in Istanbul will be organize the first Train the Trainers**

## **2. Membership**

WAPP established following membership fees:

- individual membership
  - supporting membership – all participants at Basic Course – 10 Euro/year
  - full membership – all participants at Master Course and trainers – 20 Euro/year
- organizational membership
  - associations – 100 euro/year
  - centers – 50 euro/year

- Each trainer and participants who finished Master Course must be a member of WAPP
- The individual membership could be paid directly to WAPP or through the National Associations or Centers

Sincerely yours,

WAPP Board Members  
Wiesbaden, 19.01.2010

**P.S. For any further questions please contact WAPP Head Office in Wiesbaden, Germany**