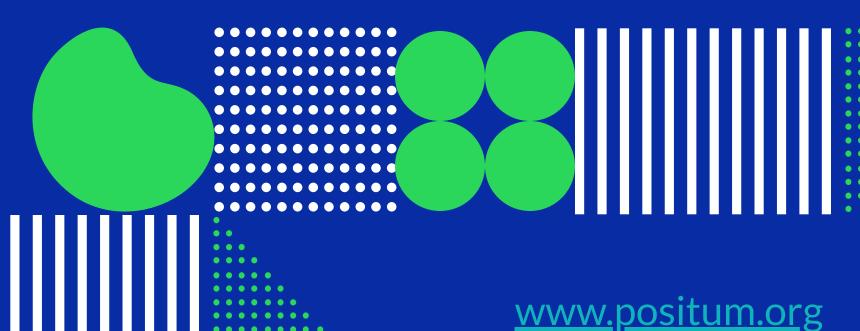


# WAPP Training Standards and Curricula

- WAPP Training Standards Overview
- Basic Course Curriculum
- Master Course Curriculum

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## WAPP Training Standards

#### As of June 2022

#### Introduction

The World Association for Positive and Transcultural Psychotherapy (WAPP) is the international umbrella organization of Positive Psychotherapy (PPT). It consists of individual members, national associations, national and regional training institutes, centers and representative offices. WAPP promotes the theory, method and practice of Positive Psychotherapy (PPT after Peseschkian, since 1977)™. The Association is engaged in the training of postgraduate professionals in psychotherapy, family therapy, psychosomatics and counseling all over the world.

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.

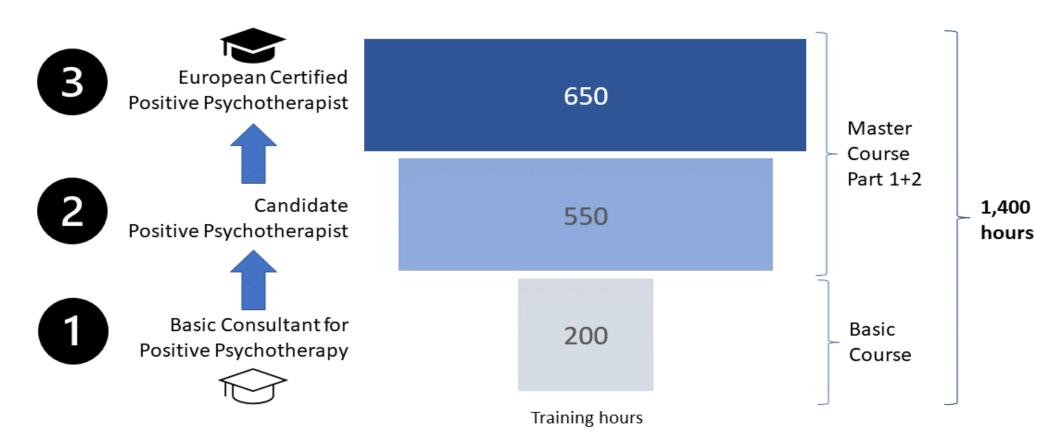
At the same time, the national regulations world-wide differ very much, and it is not possible to find one common approach.

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 diploma/certificate of a "Certified Positive Psychotherapist".

For these two trainings there are clear admission criteria from WAPP (see below). 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!

#### WAPP Psychotherapy education



At the same time, there is a great interest in a training or education in the skills, insights, and principles of Positive Psychotherapy. People from different professional backgrounds understand that PPT can be very useful in their job; at the same time, these professionals do not want to become psychotherapists. But they want a certificate.

The WAPP Board of Directors has decided after consultation with trainers, centers, and committees, that there will be the following trainings and certifications:

#### 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 sociohumanistic 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 one's 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 <u>not</u> 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

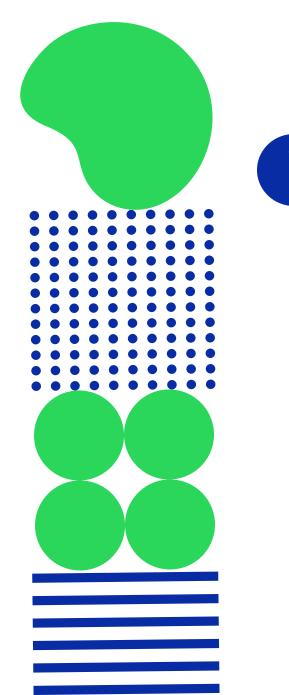
**Course.** They must get one of the mentioned university degrees, and can then proceed with the Master Course.

#### 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.



The international institutions of Positive Psychotherapy – The World Association for Positive and Transcultural Psychotherapy (WAPP), the European Federation of the Centers for Positive Psychotherapy (EFCPP) and International Academy for Positive and Transcultural Psychotherapy (IAPP) Professor Peseschkian Foundation – have defined Ethical Guidelines for everyone using and working with Positive Psychotherapy.

#### 3- Other Trainings.

These courses have been developed and initiated by PPT trainers themselves, and deal subjects with different from medicine, psychology, counselling, coaching management. These trainings and courses are for different professional usually open 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.



## Overview

## **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.



For more information, please check "Trainings" section on our website or contact the WAPP Head Office

via wapp@positum.org



## MASTER COURSE TRAINING in Positive Psychotherapy - PART I

#### 2.1 Preconditions for participants

- Completed Basic Course training in Positive Psychotherapy (200 hours) and WAPP certification as Basic Consultant of Positive Psychotherapy
- Full WAPP membership

## 2.2 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)

#### 2.3 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.

## MASTER COURSE TRAINING in Positive Psychotherapy - PART II

#### 3.1 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.

## 3.2 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)

#### 3.3 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.

#### Note:

Much time has passed since the last publication of the Basic and Master programs in 2013. Since then, a lot of experience has been accumulated in teaching Positive Psychotherapy on different continents. In this regard, WAPP presents a new edition of these programs. The Basic Course has hardly changed. There are only a few corrections made to it. At the same time, the Master Course program was largely redesigned. We hope that the new programs will help improve the quality of training.

#### **WAPP**



# Curriculum Basic Course (BC)

\*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 <u>minimum</u> for Basic Course. Each country and Association is <u>free to add hours</u> 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.

#### **Basic Course on PPT**

(200 hours\*, minimum 5 seminars within 12 months):

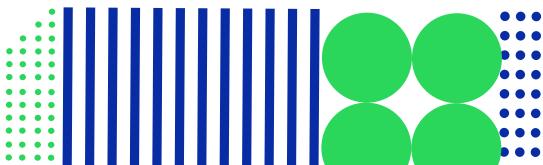
Theory (4 modules)	120 h
Self-discovery (1 module)	30 h
Practice (Literature discussion & practice)	20 h
Preparation for the exam	30 h

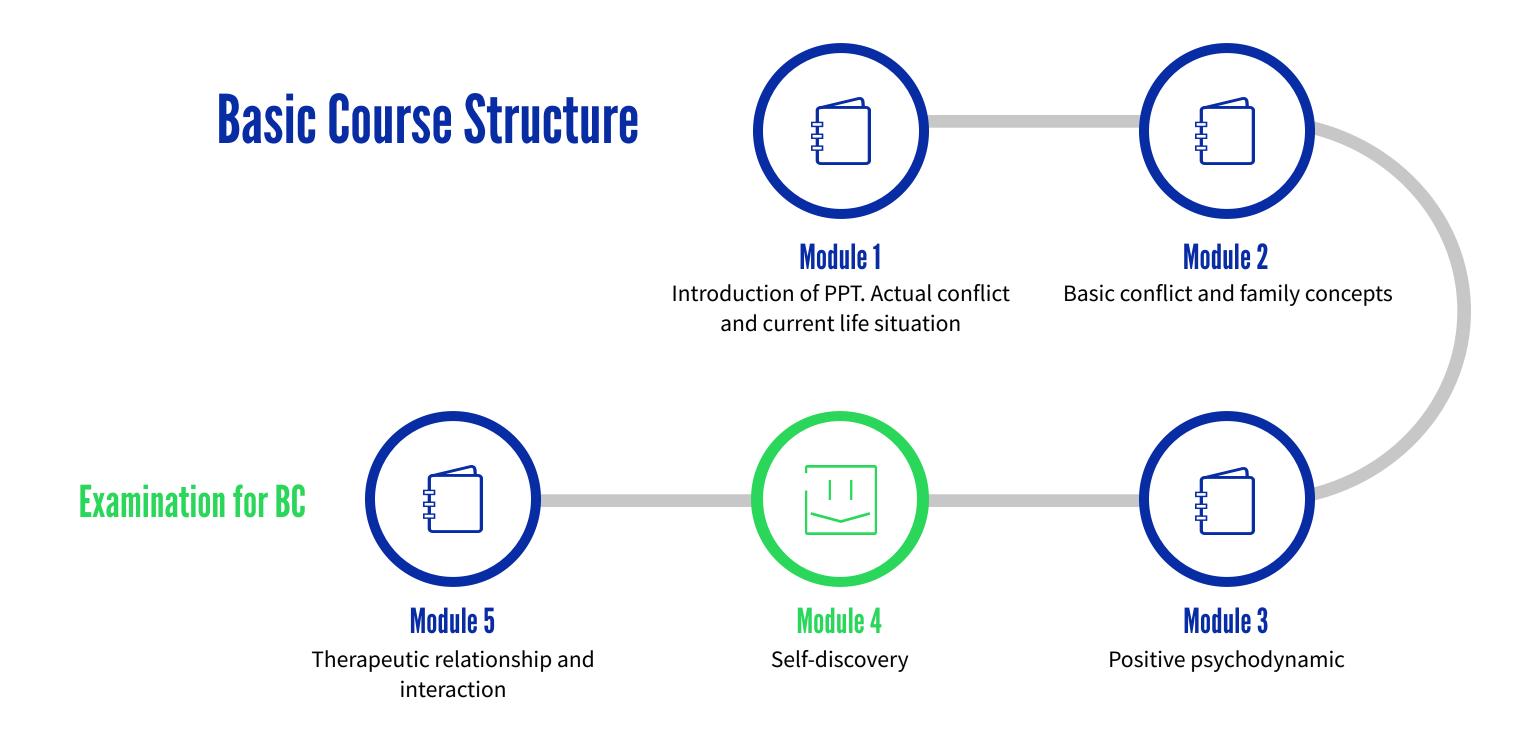
**Certificate: Consultant of Positive Psychotherapy** 

\*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

#### **CONTENT:**

- · 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.

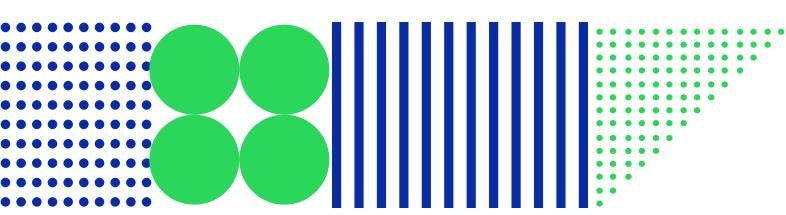
#### To become aware of own:

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**

#### **CONTENT:**

- · 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**

#### **CONTENT:**

- · 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 psychodynamic as a hypothesis.
- · Conflict model in PPT (psychodynamics).
- · Psychodynamic of relationships patterns.
- · 3 stages of interaction.
- · five 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**

#### **CONTENT**

<u>See the special document</u> 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

#### **CONTENT:**

- · 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 for the BC**

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 <u>minimum</u> recommendation and can be increased according to the local regulations and needs.

**Certificate: Basic Consultant of Positive Psychotherapy** 

# Curriculum Master Course (MC)

\*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 <u>minimum</u> for Master Course part I. Each country and Association is <u>free to add hours</u> 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

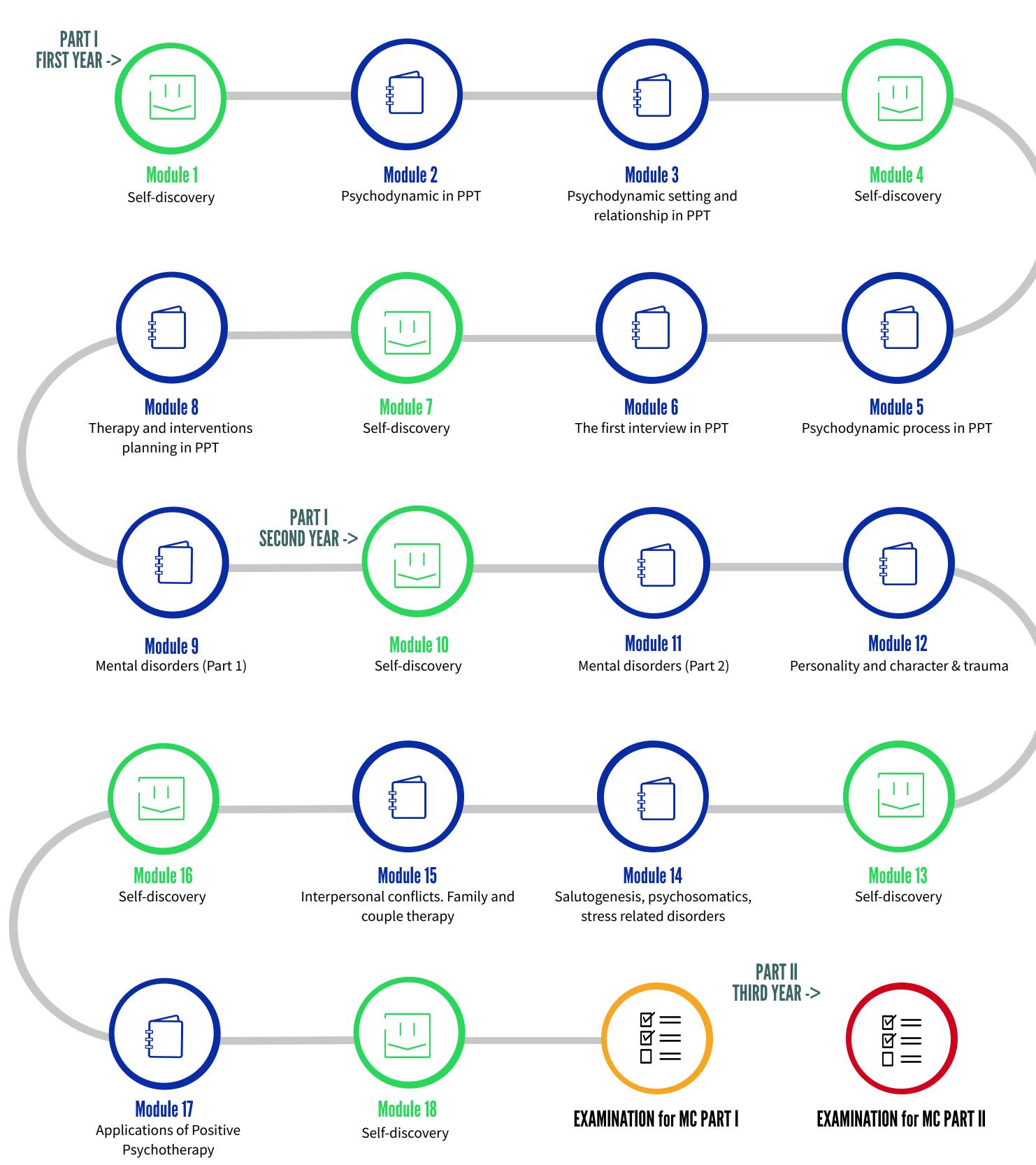


Master Course Curriculum Part I		Master Course Curriculum Part II		
months):	(650 hours within a minimum of 12 months):			
330 h	Practical work in private practice,	500 h		
210 h	NGO's, hospital, clinic			
10 h	Supervision (individual or in group)	150 h		
	months):  330 h  210 h	months):  (650 hours within a minimum of 12 months):  Practical work in private practice,  NGO's, hospital, clinic		

#### **Candidate Positive Psychotherapist**

**European Certified Positive Psychotherapist** 

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



# Curriculum Master Course

#### Year 1

#### **Module 1: SELF-DISCOVERY**

Consult the <u>documents</u> 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 selfexperience.
- 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.

#### **M10: SELF-DISCOVERY**

## Curriculum Master Course

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

- Mood disorders. Case. Diagnostic. Etiology. PPT interpretation and five stages strategy.
   Therapeutic approaches.
- Sexual disfunctions. 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, selfhelp 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

#### **Certificates:**

"European Certified Positive Psychotherapist" issued by WAPP to all participants after a successful examination

"The European Certificate of Psychotherapy" issued by EAP. This certificate has to be applied for separately (a sum of €120-240 has to be paid to EAP depending on country of residence).



