

# Basic Course Training Standards

## ***“Basic Consultant of Positive Psychotherapy”***

(as of 19 January 2011)

- **Participants:**

- University graduates (with, at least, a bachelor degree) in fields such as social sciences, counseling, humanistic sciences, psychological, educational, health or medical field or students in their third year of studies in one of the mentioned fields.
- To university students this certificate is handed out only after graduating from university with diploma or bachelor degree. Before finishing their studies they will get a certificate of attendance by the local organizer which can be exchanged after graduating from university.

- **Duration (200 hours; minimum time: eight months):**

- 120 hours of theory, practice and self-discovery in Positive Psychotherapy (PPT): minimum three seminars
- 30 hours of regular intervention group between the seminars
- 40 hours of study of literature (basic bibliography of the books on Positive Psychotherapy). Recommended books: “Oriental stories as tools in Positive Psychotherapy”, and “Positive Family Psychotherapy” or “Psychotherapy for everyday life”.
- A 5-page-written self-reflection report: description of one’s development in Positive Psychotherapy based on the study of the recommended literature (min. 10 hours).

- **Certificate:**

- The participant has to fulfill the above mentioned requirements to obtain the certificate as “Basic Consultant of Positive Psychotherapy”. The Certificate will be awarded after an examination (oral colloquium based on the written homework) by the trainer at the end of the last seminar. It will be issued, stamped and signed by WAPP.
- After each seminar, the participant will receive a “Certificate of Attendance” (issued by the organizer, signed by the trainer).
- After the Basic Course, the participant can apply for full membership in the WAPP.

- **Title:**

- Basic Consultant of Positive Psychotherapy

- **Costs:** The fee for the seminars is decided by the local organizer. The fee for the Certificate has been fixed by the World Association for Positive Psychotherapy and is based on the categories of the World Bank regarding the economic situation of the country (see below).

# Master Course Training Standards

## ***“Certified Positive Psychotherapist”***

(as of 19 January 2011)

### • **Participants:**

- University graduates (with, at least, a bachelor degree) in fields such as social sciences, counseling, humanistic sciences, psychological, educational, health or medical field.
- Preconditions: Basic Course Training in Positive Psychotherapy (200 hours) and full membership in the WAPP.

### • **Duration (885 hours; minimum time: three years):**

- All training parts must be documented in a personal record of study (booklet).
- The Master Course Training must be conducted by, at least, two different master trainers.
- 300 hours of theory seminars
- 100 hours of self discovery (group and/or individual).
- 150 hours of practical work with at least 5 individual cases plus 35 hours of regular supervision. (Recommended are not more than 5-6 persons in a supervision-group. Once every 4 weeks each member of the group should present a case. For countries without local trainers, the organizers will arrange for the MC-trainers to arrive one day earlier to conduct the group-supervision. Other supervisors who are experienced psychotherapists can also be accepted after individual consultation with the Headoffice).
- 240 hours of literature study of Positive Psychotherapy and other modalities, with written reflection on the literature. This has to be presented to the trainer.
- 60 hours of regular intervision group between the seminars

### • **Certificate:**

The participant has to fulfill the following requirements to obtain the certificate as “Certified Positive Psychotherapist”;

- 1) Oral examination with a commission of, at least, 2 examiners.
- 2) Final thesis with, at least, 20 pages on a theoretical or applied topic.
- 3) Case documentation of, at least, 5 cases.

### • **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 and is based on the categories of the World Bank regarding the economic situation of the country.

## Training Standards for Trainers of Basic Courses

# ***“Basic Trainer of Positive Psychotherapy”***

(as of 19 January 2011)

To obtain the **Diploma as Basic Trainer of Positive Psychotherapy**, the candidates must have:

- Before starting the training as a future Basic Trainer the applicant needs two letters of recommendation from Basic or Master Trainers. They should be sent to the WAPP Headoffice or to the National Association or Local Center of Positive Psychotherapy.
- Finished Basic and Master Course Trainings (200 plus 885 hours; minimum time: 4 years)
- After the Master Course Training, a working experience as a Positive Psychotherapist (individual or group) for a minimum of one year and 400 psychotherapy sessions.
- After the Master Course Training, practical work as a Co-Trainer in one whole Basic Course Training of 120 hours.
- Participation in a regular supervision or intervision group (at least, once a month).
- Active participation (with presentation, lecture, etc.) in two “WAPP International Trainings for Trainer”
- Full membership in WAPP is mandatory.
- The trainer license will be issued, signed and sealed by WAPP and will be valid for 5 years.

# Training Standards for Trainers of Master Courses

## ***“Master Trainer of Positive Psychotherapy”***

(as of 19 January 2011)

To obtain the **Diploma as Master Trainer of Positive Psychotherapy**, the candidates must have:

- The application of the candidate for Master Trainer Course must be accepted by the board of WAPP before beginning this training.
- The applicant has to write an **application letter** with information about him/herself, his/her development and intention in Positive Psychotherapy work, whom he/she will work with, about his/her motivation etc. The letter has to be in English.
- Before starting the training as a future Master Trainer the applicant needs **three letters of recommendation** from Master Trainers who trained the applicant during his Master Course. One of the letters should be from the Master Trainer where the applicant wants to do his/her master training as a Co-Trainer. They should be sent altogether to the WAPP Headoffice and to the National Association or Local Center of Positive Psychotherapy.
- **Diploma** as Basic Trainer of Positive Psychotherapy
- After the diploma as Basic Trainer, continuing and regular working experience as a Positive Psychotherapist (in a clinic, hospital, institute or private practice) with, at least, ten hours per week.
- After the Basic Trainer Diploma, training experience as a Co-Trainer in one whole Master Course Training (300 hours) and 50 hours as a Co-Trainer in a self-discovery group.
- Participation in a regular supervision or intervision group (at least, once a month)
- Active participation (with presentation, lecture, etc.) in WAPP International Trainings for Trainer, at least, once every three years
- The trainer license will be issued, signed and sealed by WAPP and will be valid for 5 years.
- Full membership in WAPP is mandatory.
- Participation as an observer in, at least, one oral examination of Master Course graduates.
- At the end the applicant has to send a confirmation letter from his/her main trainer which confirms the successful conclusion of the Master Trainer of Positive Psychotherapy. This letter has to be sent to WAPP Headoffice.
- The Board reserves the right not to accept a Master Trainer aspirant in exceptional cases where reasonable doubts against his/her eligibility and skills exist.

# European Association of Psychotherapy (EAP)

## ***The European Certificate for Psychotherapy (ECP)***

(applicable for Certified Positive Psychotherapists and for WIAP-Graduates)



The **European Certificate for Psychotherapy (ECP)** can be awarded to **practitioners of psychotherapy** whose accredited and approved training has been fully completed and who are committed to professional and ethical standards consistent with those of the EAP. This means in our case, that **Certified Positive Psychotherapists** who have finished the official Basic and Master Course in Positive Psychotherapy as well as **graduates from the Wiesbaden Academy for Psychotherapy (WIAP)** can apply for the European Certificate for Psychotherapy (ECP). If the training has been some years ago there is the possibility to receive the ECP through the “**Grand-parenting-regulation**”.

### REQUIREMENTS FOR THE ECP:

**After finishing the official Basic and Master Course in Positive Psychotherapy, the following additional hours are needed to receive the ECP: 150 hours of psychotherapeutic practice, 115 hours of supervision. Once you have these missing hours, you fulfill all criteria for the ECP. The hours may have been passed before or after the training in Positive Psychotherapy and also in another modality or method.**

For further information about the requirements, please compare <http://www.europsyche.org/contents/13119/how-to-apply-for-an-ecp>.

The ECP is awarded through so-called **EAPTIs** (European Accredited Psychotherapy Training Institute). The WAPP (World Association for Positive Psychotherapy) can award the ECP to its graduates through its cooperation partners **IAPP** (International Academy for Positive and Transcultural Psychotherapy - Peseschkian Foundation) and **WIAP** (Wiesbaden Academy for Psychotherapy). Both institutions have the **EAPTI status**.

### APPLICATION

The **application** for the ECP (direct award through an EAPTI) consists of four documents that have to be filled in and submitted to the EAPTI:

1. Practitioner Registration Form for ECP
2. CV form for ECP Direct Award (in English)
3. Copy of the final certificate of the applicant
4. Individual form for ECP direct award through an accredited EAPTI (to be filled in by the EAPTI)

All **forms** can be downloaded on the EAP-website: <http://www.europsyche.org/contents/13489/european-certificate-for-psychotherapy-ecp>. Please note that the EAP Headoffice in Vienna is not allowed to receive any application directly from an applicant – everything has to be sent to the EAPTI. The EAPTI will check the application and forward it to the EAP.

The **fee** for the ECP has to be submitted to the responsible EAPTI beforehand. For EU countries the ECP costs **200 Euro**, for non EU countries it is **100 Euro**.

After all checks have been done and the fee has been paid, the European Certificate for Psychotherapy (ECP) will be sent by **registered mail** to the applicant.

After completing the procedure the name of the new applicant will be put into the **register** of ECP-Psychotherapists <http://www.europsyche.org/ecp>. The **annual fee** for the registration in the ERP (European Register of Psychotherapists) is 30 Euro for EU countries, for non EU countries 10 Euro per year. The ERP fees are compulsory.

# World Council for Psychotherapy

## *The World Certificate for Psychotherapy (WCPC)*

### How to apply for an WCPC:

Please use "Pracitioner Registration Form for the WCPC" (see on the right)

Applicants send their Curriculum Vitae (with special reference to their psychotherapy training and/or experience) to the

**WCP Headoffice, Att. Ms. Regina Hilbert,  
Schnirchgasse 9A, Room 410,  
A-1030 Vienna, Austria**

and also transfer the fee for the WCPC to the following account:

PSK Bank, Georg Coch Platz 2, A-1018 Vienna, account no. 93.037.035,  
code 60.000. IBAN: AT376000000093037035. BIC: OPSKATWW

After receiving the fee, the application will be checked by the pool of experts.

If there are any open questions the applicant will be asked to answer them.

If the application is in order the Certificate will be issued and sent to the applicant.

### Fee for the World Certificate for Psychotherapy (WCPC):

The fee for the WCPC is € 350,-- for each application.

This fee is not refundable.

For further information please compare: <http://www.worldpsyche.org/contents/12766/the-world-certificate-for-psychotherapy-wcpc->

The World Council for Psychotherapy  
Practitioner Registration Form for the World Certificate for Psychotherapy

Please complete every question. Information will be made available to enquirers.  
Only your name, title and country will be published on the internet.

PLEASE TICK HERE IF YOU DONOT WISH TO BE PUBLISHED ON THE INTERNET

1) Last Name: \_\_\_\_\_  
2) First Name(s): \_\_\_\_\_  
3) Abbreviated Title(s) to write on the certificate (Dr., Prof., etc.): \_\_\_\_\_

4)  Female  Male 5) Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ (Day / Month / Year)

6) Professional address line: \_\_\_\_\_  
City: \_\_\_\_\_  
Country: \_\_\_\_\_ Postal code: \_\_\_\_\_  
Phone No.: \_\_\_\_\_  
Fax No.: \_\_\_\_\_  
Email address: \_\_\_\_\_  
Home page: \_\_\_\_\_

7) Please specify your education and where you received your psychotherapy training: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8) Write here any specialty or specialties of psychotherapy that you have been sufficiently trained in: \_\_\_\_\_  
\_\_\_\_\_

9) Native language: \_\_\_\_\_ 10) Other languages spoken: \_\_\_\_\_

False information may lead to the removal of your name from the Register of WCPC holders.  
Failure to notify the Association of changes of the registered address details given above may also result in your name being removed.

I have read the above and agree to its conditions.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

# ***Costs of Certificates and Diploma of Positive Psychotherapy***

(as of 19 January 2011)

Below you find the costs (all in Euro) for the certificates to be paid to the World Association for Positive Psychotherapy (WAPP). It is based on the categories of the World Bank regarding the economic situation of a country (for further information see next page). In addition to this fee, the local organizer will charge a participation fee for each seminar.

	<b>Category A (high-income economies)</b>	<b>Category B (upper-middle- income economies)</b>	<b>Category C (lower-middle-income economies)</b>	<b>Category D (low-income economies)</b>
<b>Basic Training (200 hours)</b>	100,-	75,-	50,-	25,-
<b>Master Training (885 hours)</b>	250,-	200,-	150,-	80,-
<b>Basic Trainer Diploma</b>	300,-	250,-	180,-	100,-
<b>Master Trainer Diploma</b>	400,-	300,-	200,-	120,-

# World Bank Economic Categories of Countries

(as of January 2011)

**Source:** <http://data.worldbank.org/about/country-classifications/country-and-lending-groups>

**Bold** indicates a change of classification.

## High-income economies (\$12,196 or more)

Andorra	Germany	New Caledonia
Aruba	Gibraltar	New Zealand
Australia	Greece	Northern Mariana Islands
Austria	Greenland	Norway
Bahamas, The	Guam	Oman
Bahrain	Hong Kong SAR, China	<b>Poland</b>
Barbados	Hungary	Portugal
Belgium	Iceland	Puerto Rico
Bermuda	Ireland	Qatar
Brunei Darussalam	Isle of Man	San Marino
Canada	Israel	Saudi Arabia
Cayman Islands	Italy	Singapore
Channel Islands	Japan	Slovak Republic
Croatia	Korea, Rep.	<b>Slovenia</b>
Cyprus	Kuwait	Spain
Czech Republic	<b>Latvia</b>	Sweden
Denmark	Liechtenstein	Switzerland
Estonia	Luxembourg	Trinidad and Tobago
Equatorial Guinea	Macao SAR, China	Turks and Caicos Islands
Faeroe Islands	Malta	United Arab Emirates
Finland	Monaco	United Kingdom
France	Netherlands	United States
French Polynesia	Netherlands Antilles	Virgin Islands (U.S.)



**Upper-middle-income economies (\$3,946 to \$12,195)**

<b>Albania</b>	Dominican Republic	Namibia
Algeria	Fiji	Palau
American Samoa	Gabon	Panama
<b>Antigua and Barbuda</b>	Grenada	Peru
Argentina	<b>Iran, Islamic Rep.</b>	Romania
<b>Azerbaijan</b>	Jamaica	Russian Federation
Belarus	Kazakhstan	Serbia
Bosnia and Herzegovina	Lebanon	Seychelles
Botswana	Libya	South Africa
Brazil	Lithuania	St. Kitts and Nevis
Bulgaria	Macedonia, FYR	St. Lucia
Chile	Malaysia	St. Vincent and the Grenadines
Colombia	Mauritius	Suriname
Costa Rica	Mayotte	Turkey
Cuba	Mexico	Uruguay
Dominica	Montenegro	Venezuela, RB

**Lower-middle-income economies (\$996 to \$3,945)**

Angola	India	São Tomé and Príncipe
Armenia	Iraq	<b>Senegal</b>
Belize	Jordan	Sri Lanka
Bhutan	Kiribati	Sudan
Bolivia	Kosovo	Swaziland
Cameroon	Lesotho	Syrian Arab Republic
Cape Verde	Maldives	Thailand
China	Marshall Islands	Timor-Leste
Congo, Rep.	Micronesia, Fed. Sts.	Tonga
Côte d'Ivoire	Moldova	Tunisia
Djibouti	Mongolia	Turkmenistan
Ecuador	Morocco	<b>Tuvalu</b>

Egypt, Arab Rep.  
El Salvador  
Georgia  
Guatemala  
Guyana  
Honduras  
Indonesia

Nicaragua  
Nigeria  
Pakistan  
Papua New Guinea  
Paraguay  
Philippines  
Samoa

Ukraine  
**Uzbekistan**  
Vanuatu  
**Vietnam**  
West Bank and Gaza  
**Yemen, Rep.**

### Low-income economies (\$995 or less)

Afghanistan  
Bangladesh  
Benin  
Burkina Faso  
Burundi  
Cambodia  
Central African Republic  
Chad  
Comoros  
Congo, Dem. Rep  
Eritrea  
Ethiopia  
Gambia, The  
Ghana

Guinea  
Guinea-Bissau  
Haiti  
Kenya  
Korea, Dem Rep.  
Kyrgyz Republic  
Lao PDR  
Liberia  
Madagascar  
Malawi  
Mali  
Mauritania  
Mozambique  
Myanmar

Nepal  
Niger  
Rwanda  
Sierra Leone  
**Solomon Islands**  
Somalia  
Tajikistan  
Tanzania  
Togo  
Uganda  
Zambia  
Zimbabwe

# ***Membership categories and Fees***

(as of November 2010)

The WAPP established the following membership categories and fees:

- **Individual membership**

- supporting members: 10 euro per year
- full members: 20 euro
- BC national trainers: 30 euro
- MC national trainers 50 euro
- BC international trainers: 75 euro
- MC international trainers: 100 euro

Note: full membership is only possible after finished an officially recognized training in psychotherapy with one's country plus a finished Basic Course in Positive Psychotherapy. Participants of the Master Training and Trainer Trainings (BT, MT) must become members of WAPP during the training program.

- **Organizational membership**

- Associations: 100 Euro / year
- Centers: 50 Euro / year

- **Honorary membership**

The individual membership can be paid directly to WAPP (Head Office Germany) or through the National Associations or Centers.

For any further questions please contact

**World Association for Positive Psychotherapy (WAPP)**

Head Office

Luisenstrasse 28, 65185 Wiesbaden, Germany

wapp@positum.org, www.positum.org