

What is Positive Psychotherapy?



*If you want to bring the country in order,
bring the provinces in order.
If you want to bring the provinces in order,
you have to bring order to the cities.
To bring order to the cities,
You must bring order to the families.
If you want to bring order to the families,
you must bring order to your own family.
If you want to bring order to your own family,
you must bring order to yourself.*

(Confucius)

The name Positive Psychotherapy (PPT) is derived from the Latin word "positum", i. e. from what is factual and given. Disorders and conflicts within a client are not the only things that are factual and given. The client also has the capacity for dealing with the conflicts. PPT integrates psychodynamic with cognitive-behavioral aspects of psychotherapy based on a positive, transcultural, and interdisciplinary approach. It is conflict-centered and resource-orientated and has been developed by Nossrat Peseschkian (1933-2010) and co-workers since 1968. It has been approved as a scientifically based, psychodynamic method of psychotherapy by the German governmental institutions and chambers, the European Association of Psychotherapy, the World Council of Psychotherapy, and many national bodies all over the world.

PPT has an original approach: It uses a set of basic concepts that are phrased in every-day language so that they can be easily understood by both therapist and patient.

Due to its accessible nature, PPT has been successfully applied not only in psychotherapy but also in education, training, and coaching. It is now widely spread across the world: it has been introduced in more than 80 countries, institutions have been established in more than 20 countries, the major books have been translated in more than 20 languages and various programs at university and postgraduate level have been established.

PPT is based on the conviction that all men are good by nature and that they have two basic capabilities: the capability to love and the capability to know. Conflicts are interpreted as challenges to the development of these capabilities. On this basis, a lot of innovative concepts and techniques have been developed for the therapeutic process.

Two examples:

The Balance Model: Human life takes places and can be described in four modes: body/senses, achievement/mind, contact/tradition, and fu-

ture/fantasy. In conflict, every person develops her or his preference for dealing with the problems that arise. Example: The father reacts by escaping to his work (achievement); the mother reacts by meeting her friends (contact); the child reacts with physical complaints (body).

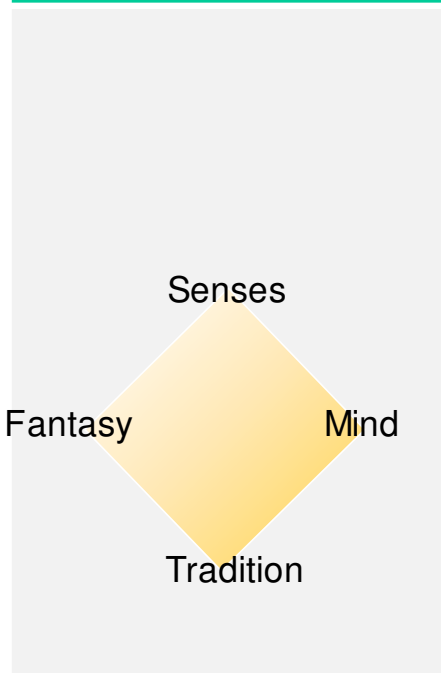

Stories, Wisdom, Transcultural Examples: Stories, wisdom and examples from other cultures are of particular importance in PPT. These enable creativity to provide conflict resolution and serve as a reminder for future situations. For example, an oriental who comes home relaxes right in the center of noise and chatter of all his family members and neighbors, whereas a westerner rather seeks to relax alone and in a quiet environment.

PPT has proven to be highly effective in awarded clinical studies. Beyond the therapeutic setting, PPT provides an innovative approach to social and political topics of conflict in the age of globalization – such as education, prejudice, materialism, fundamentalism, migration, and worldwide development. On an international level, it is represented by the World Association of Positive Psychotherapy (WAPP) and promoted by the International Academy of Positive and Transcultural Psychotherapy (IAPP) – Peseschkian Foundation. Its main training institute, Wiesbaden Academy for Psychotherapy (WIAP), is one of the largest institutions for state-recognized postgraduate training in psychotherapy. Prof. Nossrat Peseschkian, the founder of PPT, was awarded the order of merit of the federal republic of Germany in 2006.

Introductory Reading: Peseschkian, N. (1996), *Oriental Stories as Tools in Psychotherapy*.

Further Information: www.positum.org, www.positum.de and www.peseschkian-stiftung.de.

Differential Analytical Inventory (DAI)

Secondary Capacities <i>Capacity to Know</i>		Primary Capacities <i>Capacity to Love</i>	
	<ul style="list-style-type: none"> Punctuality Clearness Orderliness Obedience Politeness Openness Faithfulness Justice Diligence Thrift Reliability Precision Responsibility 		<ul style="list-style-type: none"> Love Model Patience Time Contact Sexuality Trust Confidence Hope Faith Doubt Certainty Unity