



# Starting Basic Courses on Positive Psychotherapy in China

*13 April – 13 May 2008*

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## The Objective.

Positive Psychotherapy has been introduced to China since the late 1980s. Being a world-wide recognized method of Psychotherapy, it particularly appreciates cultural resources and strengthens capacities for self regulation and change. Thereby, it is also a pragmatic contribution to social cooperation in the time of globalization. Our project had the objective to establish a sustainable training process on Positive Psychotherapy in different parts of China. For this, we started a set of basic courses according to the standards of World Association for Positive Psychotherapy (WAPP).



## The Project.

The project was initiated by IAPP China - the new China representative office for Positive Psychotherapy - and supported by the International Academy for Positive Psychotherapy - Peseschkian Foundation (IAPP). The lecture trip took place between 13 April and 13 May 2008. From Beijing we travelled to three cities - Urumuqi in the north-east province Xinjiang, Dalian in the east province Liaoning and Jilin in the north-west province Jilin. In these cities, the first basic courses on Positive Psychotherapy in China started. Additionally, two one-time trainings to specific target groups in Beijing were given.



## 1. Urumuqi.

*Xinjiang Mental Health Hospital*

*Director: Dr. Xu Xiangdong*

*Basic Course on Positive Psychotherapy – Part 1.  
18.04.2008 – 20.04.2008 (80 participants)*

For its high priority on training, the Central Mental Health Hospital of Xinjiang is highly recognized amongst the leading psychiatric hospitals in China. It has more than 500 beds and numerous associated institutions. Most of the participants were psychiatrists and clinical psychologists. There were also some externals: counselors, students of psychology and decision makers.



## 2. Beijing.

*Elementary School Affiliated to China Academy of  
Agriculture Sciences*  
*Director: Liu Fang*  
*Emotional Intelligence and Positive Psychotherapy*  
*24.04.2008 (30 participants)*

It's one of the biggest elementary schools in Beijing. In everyday-life of a school teacher, there are always challenges on integrating pupils, parents and colleagues. Positive Psychotherapy assists in developing emotional and social capacities to deal with these challenges. In our workshop, we worked on current cases of the teachers.





### 3. Dalian.

*Dalian Huicheng Training School for Psychological Counseling*

*President: Wang Keqiang*

*Basic Course on Positive Psychotherapy – Part 1.  
25.04.2008 – 27.04.2008 (70 participants)*

Dalian Huicheng is a postgraduate training institution that provides state-approved training for psychological counseling. It has close cooperation to regional universities and also hosts the Dalian Psychological Counseling Society. At the end of the seminar, president Wang appointed trainer Christian Henrichs as a visiting professor.





#### 4. Jilin.

*Jilin North China University, Department of Psychology*

*Leader: Shen Jian*

*Basic Course on Positive Psychotherapy – Part 1.  
25.04.2008 – 27.04.2008 (150 participants)*

With more than 30000 students, North China University belongs to the biggest universities of the province. The department of psychology has a good reputation for its high competence in counseling and education. Part of the participants were students of psychology, others were experienced counselors, lectures at the university and guest experts.



## 5. Beijing.

*Sinoma Science & Technology Co., Ltd.*

*President: Liu Yan*

*Leadership inspired by Positive Psychotherapy*

*06.05.2008 (90 participants in 5 locations)*

Sinoma is a high tech public-listed company with a workforce of 3500. It produces cutting edge materials for the industries. Our seminar focused on how to implement leadership concepts such as management by objectives by taking inspiration from Positive Psychotherapy. It was run in five different sites of the company across China simultaneously via tele-conference.



## Classroom Scenes.

The project's central venue was the classroom. The participants very much appreciated the highly dynamic and interactive way to work together on Positive Psychotherapy. Up to 150 people – some of them talking in Chinese, some in English – contributed to a memorable experience. There was a lot of group consultation and stories and examples those from different cultures were exchanged with the own ones. Hence, the positive approach to developmental challenges, the integration of cultural wisdom, and the focus on human capacities were not only the objectives, but also the means of working in the classroom.













## Team and Feedback.

Baojun Chen, Representative of IAPP China  
Melody Qu, Chief Representative of IAPP China  
Christian Henrichs, master trainer of PP, board member of WAPP and of IAPP trusties  
*Translators:* Melody Qu (Urumuqi, Beijing, Jilin, Beijing), Tracey (Dalian), Christina Mu (Jilin)  
*Assistents:* Jiaxian Song (IAPP China, Beijing), Constanze Rottleuthner (IAPP, Wiesbaden)  
*Consultants:* Manije and Nossrat Peseschkian (IAPP, Wiesbaden)

“Positive Psychotherapy is very suitable to Chinese culture and way of thinking. I believe it will be one of the mainstream therapies in China in the near future.” (*President Xu, Urumuqi, Xinjiang*)

“I felt the training of positive psychotherapy is very clear and the tools we learned are very useful. Only yesterday after class I already used the story to one of my patients.” (*Director Xia of Dept. of Clinic Psychology*)

“To use stories, wisdom, idiom in our everyday communications is our habit in China. Many counselors are talking to their clients like this. However, unlike positive psychotherapy, we didn’t study and develop these stories. It is enlightening and effective.” (*Director Shen Jian of North China University*)

“Positive Psychotherapy provided us a very good model to integrate the other methods and tools we had learned before.” (*Mr. Sun, participant from Jilin Medical School*)

