



PosPsy Standards & Curriculum for: “Positive Psychology Basic, PosPsy”

Duration & procedure of the training of: “Positive Psychology Basic, PosPsy”

- a minimum of 40 hours in a minimum of 6 days
- successful supervised practice, understanding of theory and practice of presented topics

Training content of: “Positive Psychology Basic, PosPsy”

- At least 1 concept of Well-being out of the following selection:
 - PERMA (Seligman)
 - Subjective Wellbeing (SWB; Diener)
 - Psychological Wellbeing (PWB; Ryff)
 - Eudaimonic/Hedonic Happiness
 - Flourishing (Keyes)
- **Strengths** (Modell of VIA-Strengths, Difference between Character- und Signature Strength)
- **Positive Emotions** (Broaden and Build Theory, Effect of negative and positive Emotions)
- At least 1 additional aspect from PERMA

Interventions: One intervention per introduced topic, eg

- Me at my Best
- 3 Blessings
- Gratitude Journal

Questionnaires: Use of the following Questionnaires:

- VIA Strengths – Character
- VIA Strengths - Signature

The In-Me certificate for: “Positive Psychology Basic, PosPsy” must include the following:

1. the correct title of the qualification: “Positive Psychology Basic, PosPsy”
2. the duration of the training with precise information regarding training days and hours (at least 40 hours on 6 days)
3. the date of the first and last day of the training
4. a statement that all PosPsy guidelines have been met
5. the PosPsy seal (sticker with PosPsy logo and seal number)
6. the signature of the "Positive Psychology Master Trainer, PosPsy"

Training content for the qualification: We highly recommend to list the complete trained main content and the complete amount of training hours and days that is needed for the certified qualification in Positive Psychology on the backside of the certificate or on a separate signed document.

The following statement is optional for a PosPsy sealed certificate:

"Because of the high quality of this training it may be recognized as ECTS credit points in academic studies."

(For example: in psychology with a focus on Positive Psychology, in education with a focus on Positive Education, in Coaching with a focus on Positive Coaching, in business with a focus on Positive Education and Positive Leadership, in health with a focus on Positive Health – and the like)

More details: A training hour has 60 minutes. Brakes longer than 30 minutes are not counted as training time. A training group has at least 6 participants (counted without assistants or „Positive Psychology Master Trainer, PosPsy“). We highly recommend assistants for trainings bigger than 10 participants. An PosPsy certification training with PosPsy sealed certificates (sticker with PosPsy logo and seal number) has to be conducted at least 80% of the time by an approved "Positive Psychology Master Trainer, PosPsy". The remaining up to 20% of the training can be conducted under his supervision and responsibility. For the list of appointed "Positive Psychology Master Trainer, PosPsy" please see: <https://www.PosPsy.org/mastertrainer/>

For more details please see the “PosPsy Certification Guidelines”

<https://www.PosPsy.org/resources/languages/EN/pdf/guidelines.pdf>