



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

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

- a minimum of 270 hours training in a minimum 36 days (entrance requirement “Positive Psychology Practitioner, PosPsy” (16 days / 120 hrs) + 5 accredited PP Electives of interest (each elective a min of 4 days / 30 hours) – from **at least 2 different trainers**
- successful supervised practice, understanding of theory and practice of presented topics
- a practical project: written documentation of theory and practice - and reflection
- a book review from a literature list
- in order to deepen the knowledge and experience within the seminars, topic-focused cooperation in peer groups and learning in partnerships is recommended

Training Content of accredited electives: “Positive Psychology Master, PosPsy”

- **choose 5 electives from an accredited elective training (those trainings which have been submitted for approval by PosPsy):**
 - **Elective 1 - Application of PP in Coaching**
Content: Positive Coaching, Positive Interventions, coaching / counseling – using a positive psychological basis, measuring instruments / diagnostics / evaluation, person-activity-fit model (Lyubomirsky and others).
 - **Elective 2 - Application of PP in Business / Leadership**
Content: Positive Business, Positive Leadership, Positive Managing, Positive Business Coaching, Appreciative Inquiry, Positive Feedback Culture etc.
 - **Elective 3 – Application of PP in Education /School**
Content: Positive Education, character building, strength orientation, mindset (Dweck), resilience in childhood and adolescence, positive youth development (learner), happiness in school (Fritz-Schubert) and others.
 - **Elective 4 – Application of PP in Health**
Content: Positive Health, Positive Bodies (Hefferon), BERN model (Kabat-Zinn), and others.
 - **Elective 5 – Application of PP in Relationships**
Content: Positive Relationships (Gottman), Positive Communication, Empathy, Modeling Positive Relationships, Keys to healthy relationships, mutual respect, accepting differences
 - **Elective 6 – Application of PP in Outdoor Experience**
Content: Soft Fascination, Attention-Restoration Theory, Savouring, positive emotions

And other approved Electives (for example: Psychotherapy – Application in Psychotherapy, Neuroscience – Application in Positive Neuroscience, Nutrition – Application in Positive Nutrition, and others)

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

1. the correct title of the qualification: “Positive Psychology Master, PosPsy”
2. the duration of the face to face training with precise information regarding training days and hours (at least 270 hrs/36 days or 90 hrs./12 days + the entrance qualification "Positive Psychology Advanced, PosPsy")
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.In-Me.world/mastertrainer/>

For more details please see the “PosPsy Certification Guidelines”

<https://www.In-Me.world/resources/languages/EN/pdf/quidelines.pdf>