



## PosPsy Standards & Curriculum for: “Positive Psychology Practitioner, PosPsy”

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

- a minimum of 120 hours training in a minimum of 16 days (10 days/80 hours + the entrance qualification "Positive Psychology Basic, PosPsy" with 6 days/40 hours)

### Recommendations

- A minimum of 2 (or more) modules a min of 6 weeks apart for practice sessions in between
- In order to deepen the knowledge and experience within the seminars, topic-focused cooperation in peer groups and learning in partnerships is recommended (20 hours)

### Testing

- successful supervised practice, understanding of theory and practice of presented topics
- **written work** - out of the following options, complete 1 practical proof in writing and present to the group. It needs to include a theoretical part, for which a primary source was used (and bibliography)
  1. Creation of a personal portfolio (structured personal application of the interventions - "case documentation about yourself" - over 4 weeks and reflection) - **OR**
  2. Practical evidence of 2 case documentation (e.g. coaching therapy, work space,...) – **OR**
  3. A practical project in the professional field of application (including planning with project goals and milestones, implementation and reflection).

### Training Content of: “Positive Psychology Practitioner, PosPsy”

All listed topics are mandatory. The examples and experts listed in the brackets are recommended.

The training is in theory and practice: for each listed topic, there needs at least 1 practical application, which can include one of the listed interventions.

- At least 1 additional concept of Well-being out of the following selection:
  - PERMA (Seligman)
  - Subjective Wellbeing (SWB; Diener)
  - Psychological Wellbeing (PWB; Ryff)
  - Eudaimonic/ Hedonic Happiness
  - Flourishing (Keyes)
- Optimism (Seligman, concept of attribution)
- Positive Emotions (Fredrickson, types of positive Emotions, Positivity Ratio und critical discourse about the Positivity Ratio)
- Positive Relationships (Gottman apocalyptic horsemen, secrets of happy relationships, Gottman Ratio, Active Constructive Responding)
- Flow (Csíkszentmihályi, criteria for Flow)

- Self-Determination Theory (Deci & Ryan)
- Strengths (use of strengths, exaggeration / understatement, dimensions of strengths)
- Meaning (Baumeister, Wong, Waterman)
- Self-esteem & Self-compassion (Neff, Germer, Mruk)
- Self-efficacy (Bandura)
- Savouring (Bryant & Veroff)
- Resilience (concept of resilience, development of resilience research, impact factors for resilience)
- Mindfulness (Kabat-Zinn, Tan, Davidson)
- Positive Health (Physical well-being, Siegel: Healthy mind plattern, sleep, nutrition, exercise, Blue Zones Project)
- Mindset (Dweck)
- Positive Goals (Oettingen, Snyder Hope Theory)

### **Interventions**

- Acts of Kindness
- Gratitude visit
- Pleasure walk
- Best Possible Self
- Using strengths in new ways/areas
- Mini-holiday
- Body scan
- Loving Kindness Meditation
- Self compassion mantra

### **Use at least 1 of the following Questionnaires:**

- PANAS
- Satisfaction with Life Scale
- Self Compassion Scale
- Comprehensive Inventory of thriving
- LOT-R
- Meaning in Life Questionnaire
- Flourishing Scale

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

1. the correct title of the qualification: “Positive Psychology Practitioner, PosPsy”
2. the duration of the face to face training with precise information regarding training days and hours (at least 120 hrs/16 days or 80 hrs./10 days + the entrance qualification "Positive Psychology Basic, 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/guidelines.pdf>