



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

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

A total of 78 days and 570 hours in the following:

- **Certified “NLP Trainer, IN”** – (or comparable (54 days/390 hours)) which must include
 - 1) group dynamics: dynamic and leading of groups and
 - 2) trainer tools: for seminars
 - 3) experience in training (recommended 150 hours)
- **Certified “Positive Psychology Advanced, PosPsy”** (or comparable) – that is 2 electives in PP in 2 different fields (8 days / 60 hours)
- **Practical experience with application of positive psychology** (e.g. Coaching, Therapy, Counselling...) (recommended 50 hours)
- **Competence in scientific methods** of psychology
- **Self-experience in coaching or therapy** (at least 5 hours)
- One **Assistance** in “Positive Psychology Practitioner, PosPsy” (or comparable)
- **Written Project:** Training Curriculum designed for “Positive Psychology Practitioner, PosPsy”

Competencies: “Positive Psychology Trainer, PosPsy”

The trainer has a deep insight into working with groups and teams in the field of positive psychology. A trainer is qualified to lead groups through often extensive personal process work within a course and is familiar with the latest developments in positive psychology.

A certified trainer can offer certified PosPsy courses in Basic, Practitioner, Advanced – and upon request and approval “Professional in xxx” courses.

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

1. the correct title of the qualification: “Positive Psychology Trainer, PosPsy”
2. the duration of the face to face training with precise information regarding training days and hours (at least 570 hrs/78 days or 390 hrs/54 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/guidelines.pdf>