



EUPPA Certified Basic Curriculum of Positive Psychology

Learn and Live it

In the name of the European
Positive Psychology Academy
(EUPPA)

we hereby state that

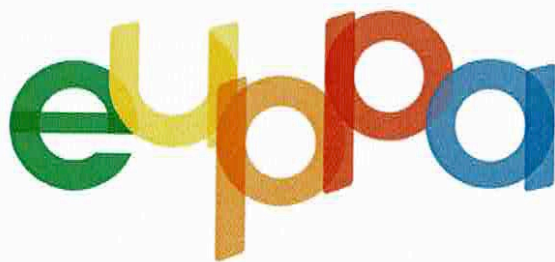
Susanne Tausendpfund

has successfully met all the
requirements for the certification
as EUPPA Certified
Practitioner of
Positive Psychology

Graz, 2020-06-07

A handwritten signature in blue ink, appearing to read 'Philip Streit'.

Dr. Philip Streit, CEO of EUPPA



EUROPEAN POSITIVE
PSYCHOLOGY ACADEMY

We certify that the following criteria for the Basic Curriculum have been met:

- Attendance at the training modules (100 units)
- Peer-group work (20 units)
- Accompanying Group coaching (8 units)
- Elaboration of a personal project (20 units)
- Presentation and short written summary of the personal project
- Assessment by an EUPPA certified assessor

In total: 148 units à 45 minutes

SKILLS AND COMPETENCES - EUPPA Certified Practitioner of Positive Psychology

MODULE 1
Introduction to Positive Psychology
Exercise in Positive Intervention
Positive Diagnostics
MODULE 2
Positive Emotions
Resilience Training
Strength Training
Humor Training
Positive Relation and Positive Communication
Meaning and Positive Psychology
MODULE 3
Mindfulness and Positive Psychology
Accomplishment, Goals and GRIT
Basic introduction to practical fields of Positive Psychology
Prospective Psychology
Peer-group work
My own Positive Psychology Project
Presentation and short written summary of the personal project