



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

**Antje Heimsoeth**

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

Salzburg, 2019-09-23

A blue ink handwritten signature, appearing to be "Philip Streit", written over a horizontal line.

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**

<b>MODULE 1</b>
Introduction to Positive Psychology
Exercise in Positive Intervention
Positive Diagnostics
<b>MODULE 2</b>
Positive Emotions
Resilience Training
Strength Training
Humor Training
Positive Relation and Positive Communication
Meaning and Positive Psychology
<b>MODULE 3</b>
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