



**International Glossary  
of  
Positive  
Psychotherapy**

**A project of**

**International Academy of  
Positive and Cross-Cultural Psychotherapy**

**- Professor Peseschkian Foundation -**



Positive Psychotherapy  
since 1968

## **A gap has been filled: finally, there is a glossary of Positive Psychotherapy.**

About 150 terms of the world-renowned method of Positive Psychotherapy are explained by its founder - Nossrat Peseschkian - and by Anas Aziz, a long-standing colleague. In this glossary not only the strictly psychological and psychiatric terms are taken into account but also therapeutic, educational and ideological aspects and theories are included.

*(Lexikon der Positiven Psychotherapie. Fischer Verlag)*

Thanks to the co-operation of a global network of centres of Positive Psychotherapy as well as many other supporters of this method, we can experience the development of Positive Psychotherapy in many countries. Collaborators of the centres and trainers are of great help for this development and have also cooperated in an international project of Peseschkian Foundation: One of the last books by Nossrat Peseschkian - in collaboration with Anas Aziz - the ***Lexikon der Positiven Psychotherapie („Encyclopedia of Positive Psychotherapy“)*** contains a valuable glossary of terms of Positive Psychotherapy in German and English. This glossary has meanwhile been translated by some trainers of Positive Psychotherapy into their mother tongues. The Foundation would like to offer the glossary in as many languages as possible. We would like to take this opportunity to thank all the previous and future contributors for their wonderful work.

## English

### A

Academic difficulties  
Active hypnosis  
Actual capacities  
Actual capacities in literature  
Actual conflict  
Actual concept  
Adiposity / obesity  
Aggression  
Alcoholism and drug abuse  
Alternative concept  
Ambivalente  
Angina pectoris  
Anorexia nervosa  
Anxiety hierarchy  
Anxiety reduction  
Anxiety / fear  
Archetypes  
Association  
Attachment  
Attention-getting behavior in children and youth  
Autogenic Training

### B

Balance-model  
Balint Group  
Basic capacities  
Basic capacities in literature  
Basic concept  
Basic conflict  
Bedwetting  
Behavior, desired - undesired  
Behavior therapist  
Broadening of goals  
Bronchial asthma

### C

Capacities  
Capacities, primary and secondary  
Capacity to know  
Capacity to know, media of  
Capacity to love

## Dutch

Academische moeilijkheden  
Actieve hypnose  
Actueel capaciteiten  
Actueel capaciteiten in de literatuur  
Aktueel konflikt  
Aktueel concept  
Obesitas  
Agressie  
Alcohol en drugsmisbruik  
Alternatief concept  
Tegenstrijdig  
Angina pectoris  
Anorexia nervosa  
Angst hiërarchie  
Angstreductie  
Angst  
Archetype  
Associatie  
Hechting  
Aandacht zoekende gedrag bij kinderen en joug  
Autogene training

Balance model  
Balint groep  
Basis capaciteiten  
Basis capaciteiten in de literatuur  
Basis concept  
Basis conflict  
Bedplassen  
Gedrag wenselijk - onwenselijk  
Gedragstherapeut  
Doelen verbreden  
Bronchiaal astma

Capaciteiten  
Capaciteiten, basis en secundair  
Capaciteit om te erkennen  
Capaciteit om te erkennen,  
Liefde capaciteit

Certitude	Overtuiging
Child psychologist	Kinder psycholoog
Cleanliness	Net
client-centered therapy	Client gericht therapie
Climacteric	Menopauze, overgang
Colitis ulcerativa	Colitis ulcerosa
Communication with my ill organ	Communicatie met mijn zieke orgaan
Compulsive neurosis	Compulsieve neurosis
Concepts	Concepten
Concepts of illness	Ziekte concepten
Conflict	Conflict
Conflict contents and conflict dynamics	Conflict inhoud en conflict dynamiek
Conflict in the PPT	Conflikt in PPT
Conflict, inner	Innerlijk conflict
Conflict, unprocessed, latent	Latente conflict
Conflict situation	Conflict situatie
Consciousness	Bewust
Contact	Contact
Conversation therapy	Praat therapie
Courtesy	Hoffelijkheid
Criminality	Criminaliteit
Cultural psychology	Cultureel psychologie
<b>D</b>	
Daily plan	Dagelijksplan
Dealing with conflict,	Omgaan met konflikt
Four forms of degeneracy	Vier vormen van degeneratie
Dependence	Afhankelijkheid
Depression	Depressie
Detachment	Afstandelijkheid
Defense	Afweer
Defense mechanism	Afweer mechanism
Development	Ontwikkeling
Diabetes mellitus	Suikerziekte
Differentiation	Differentiatie
Differentiation analysis	Differentiatie analyse
Differentiation-analytic inventory	Differentiatie analytisch inventarisatie
Diligence / Achievement	Prestatie, voltooiing
Disc prolapse	Hernia nucleii pulposi
Disobedience	Ongehoorzaamheid
Doctor-patient-relationship	Arts-patient relatie
Doubt	Twijfel
<b>E</b>	
Education	Onderwijs

Ejaculatio retardata	Ejaculatio retardata
Encouragement, situational	Situatie verbonden ondersteun
Essential hypertension	Essentiële hypertensie
Exhibitionism	Exhibitionisme
Existential analysis	Existentiële Analyse
Existential anxiety	Existentiële angst
Extraversion in Behavior therapy	Extraversie in gedragstherapie
<b>F</b>	
Faith / Religion	Hoop / religie
Faithfulness	Trouw
Fear of groups	Angst van groepen
Fear of solitude	Autofobie
Fear of the Future	Angst van de toekomst
Feeling of community	Gezamenlijk gevoel
Fetishism	Fetischisme
First interview	Eerste interview
Five-Stage-Treatment	5 fase behandeling
Freudian Slips	Freudiaanse verspreking
Frigidity	Frigiditeit
<b>G</b>	
Generalization	Generalisatie
Genuineness - congruence	Oprechtheid - congruent
Gestalt Therapy	Gestalt therapie
Group psychotherapy	Groep psychotherapie
<b>H</b>	
Health Interpretation in the PPT	PPT hezondheids interpretatie
Healthy	Gezond
Heart disturbance	Hartproblemen
Heart infarction	Hartinfarct
Homosexuality	Homosexualiteit
Honesty / Candor	Eerlijkheid
Hope	Hoop
Hypertension, essential	Primaire hypertensie
Hypochondria	Hypochondrie
Hysterical reaction	Hysterische reactie
<b>I</b>	
I	Ik
Identifikation	Identificatie
Identity crisis	Identiteitscrisis
Individual Psychology	Individuele psychologie

Individuation	Individuele proces
Inferiority complex	Minderwaardigheidscomplex
Instrumentalities of senses	Zintuigelijke waarneming
Integration	Integratie
Interaction, stages of attachment - Differentiation - Detachment	Interactie, hechtingsfasen, Differentiatie
Interaction-analysis	Interactie analyse
Interpersonal relationship	Interpersoonlijke relatie
Interpretation	Interpretatie
Interval training	Intervaltraining
Introversion	Introversie
Inventorization	Inventarisatie
Irritability	Irritatie
<b>J</b>	
Jealousy mania	Pathologische jloezie
Justice	Gerechtigheid
<b>K</b>	
Kleptomania	Kleptomanie
<b>L</b>	
Laziness	luiheid
Learning theory	Leertheorie
Libido	Libido
Life events	Lievensgebeurtnis
Life-Style	Levensstijl
Literary concepts: Who is your favorite author?	Literair concept: Wie is je favoriete schrijver?
Logotherapy	Logotherapie
Love	Liefde
<b>M</b>	
Mania	Manie
Mania, delusion	Manie, waan
Masochism	Masochisme
Masturbation	Masturbatie
Mental hygiene	Mentale hygiëne
Micro- and macrotrauma	Micro and macrotrauma
Microtrauma-theory	Microtrauma theorie
Misunderstanding	Misverstand
Modeling	Modeling
Modeling dimension	Modeling dimensie
Models of etiology of diseases	Etiologie van een ziektebeelden
Modes of the capacity to love	Capaciteit voor liefde

Music as bearer of concepts	Muziek als concept houder
Mythology	Mythologie
<b>N</b>	
Narcissism	Narcisme
Neurologist	Zenuwarts / Neuroloog
Neurosis	Neurose
»No diagnosis«-principle	Geen diagnose principe
<b>O</b>	
Obedience	Gehoorzaamheid
Observation / Distancing	Observeren / afstand nemen
Oedipus complex	Oedipuscomplex
Orderliness	Netheid
<b>P</b>	
Paranoia	Paranoia
Partner therapy	Partnertherapie
Patience	Geduld
Penis envy	Penisnijd
Persona	Individu
Phantasy	Fantasie
Phobias	Fobieën
Pleasure principle	Plezier beginsel
Positive Family Therapy	Positieve Familie Therapie
Positive programme	Positieve programma
Positive sexual therapy	Positieve seksuele therapie
Potency disturbances	Potentiestoornis
Premature ejaculation	Voortijdige zaadlozing
Progressive relaxation	Progressieve relaxatie
Progressive relaxation training	Progressieve relaxatie training
Projection	Projectie
Psychiatrist	Psychiater
Psychoanalysis	Psychoanalyse
Psychoanalyst	Psychoanalyticus
Psychodynamic	Psychodynamisch
Psychology, analytical	Psychologie, analytisch
Psychoserum	Psychoserum
Psychosis	Psychose
Psychotherapist	Psychotherapeut
Punctuality	Nauwgezetheid
Punishment	Straf

<b>R</b>	
Reaction types	Reactie types
Realifty control	Realiteitcontrole
Reference persons	Referentie
Regression	Regressie
Relaxation training	Ontspanningstraining
Reliability, precision, conscientiousness	Betrouwbaarheid Bewustzijn
Religion / Faith	Religie / hoop
Repression	Repressie
Resistance	Weerstand
Rheumatism	Reumatiek
<b>S</b>	
Sadism	Sadisme
Schizophrenia	Schizofrenie
Selective susceptibili to conflict	Selectieve vatbaarheid voor conflicten
Self-assertiveness training	Assertiviteitstraining
Self-concept	Zelfbeeld
Self-help	Zelfhulp
Sexuality	Sexualiteit
Siblings rivalry	Rivaliteit tussen broers en zussen
Single therapy	Individuele therapie
Stages of interaction in the therapy	Interactiefases in therapie
Stimulus / response-model	Stimulus / response model
Stomach ulcer	Maagzweer
Stories as media in psychotherapy	Verhalen als instrument binnen psychotherapie
Stress	Stress
Striving for superiority	Streven naar superioriteit
Sublimation Suggestion	Sublimering suggestie
Super ego	Superego
Surface marker buoy	
Symptom	Symptoom
<b>T</b>	
Takeing anamnesis	Anamnese maken
Terms of illness	Anamnese
The collective unconscious	Collectief onbewuste
The Double-bind-type	Dubbele binding type
The Id	Id
The naive-primary-type	Naïef-primair type
The secondary-type	Secundair type
Thematic Apperception Test	Thematische Apperceptie Test
Therapy plan	Therapieplan
Thrift	Zuinig



Time	Tijd
Transactional Analysis	Transactionele analyse
Transference	Overdracht
Translation of conventional expressions for illness	Vertaling van conventionele uiting van ziekte
Trust - confidence	Vertrouwen
Types of time configuration	Typen tijd configuratie
<b>U</b>	
Unconscious, individual	Onbewust
Unity	Eenheid
Upbringing	Opvoeding
<b>V</b>	
Valuing attention	Waardering
Verbalization	Verbaliseren
Vertigo	Duizeligheid
<b>W</b>	
Warmth	Warmte
What is? / What ought to be?	Wat is? / Wat behoort?
Will of meaning	De wil-tot-betekenis
WIPPF	WIPPF