



**International Glossary  
of  
Positive Psychotherapy**

**English - Spanish**

**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  
Ambivalent  
Angina pectoris  
Analysis of utterances  
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

## Spanish

Dificultades Academicas  
Hypnosis Activa gradual  
Capacidades Actuales  
Capacidades Actuales en Literatura  
Conflicto Actual  
Concepto Actual  
Obesidad / Adiposidad  
Agresion  
Alcoholismo y Abuso de Drogas  
Concepto Alternativo  
Ambivalencia  
Angina de Pecho  
Analisis de expresiones  
Anorexia nerviosa (enfermedad psiquica)  
Jerarquia del miedo (terapia del comportamiento)  
Reduccion del miedo / ansiedad  
Miedo / Ansiedad  
Los Modelos / Prototipos.  
Asociacion  
Unir / Juntar / Aliarse  
Comportamiento de Busqueda de Atencion en los ninos y los adolescentes  
Entrenamientos de Relajacion

Modelo de Balance  
Grupo Balint  
Capacidades Basicas  
Capacidades Basicas en la Literatura  
Concepto Basico  
Conficto Basico  
Incontinencia / Enuresis  
Conducta Deseada - Indeseada  
Terapista del Comportamiento  
Etapas de Ampliacion de Metas  
Asthma Bronquial

Capacidades  
Capacidades Primarias y Secundarias  
Capacidad de Conocer

Capacity to know, media of	Medios de la Capacidad de Conocer
Capacity to love	Capacidad de Amar
Certitude	Certeza
Child psychologist	Psicologo Infantil
Cleanliness	Limpieza
Client-centered therapy	Psicoterapia Enfocada en el Cliente
Climacteric	Menopausia
Colitis ulcerativa	Colitis Ulcerosa de la Mucosa Instestinal
Communication with my ill organ	Comunicacion Enviada al Organio Afectado
Compulsive neurosis	Neurosis Compulsiva.
Concepts	Conceptos
Concepts of illness	Conceptos de Enfermedades
Conflict	Conflicto
Conflict contents and conflict dynamics	Contenido del Conflicto y Dinamica del Conflicto
Conflict in the PPT	Conflicto y Modelo de Enfermedad en la Psicoterapia Positiva
Conflict, inner	Conflicto Interno
Conflict, unprocessed, latent	Conflicto sin Resolver, Latente
Conflict situation	Situaciones de Conflicto
Consciousness	Consciente, Ser Consciente
Contact	Contacto
Conversation therapy	Charla, Conversacion Terapeutica (GPT)
Courtesy	Cortesia
Criminality	Criminalidad
Cultural psychology	Psicologia Cultural
<b>D</b>	
Daily plan	Plan Diario
Dealing with conflict	Manejo del Conflicto
Four forms of degeneracy	Cuatro Formas de Descuido Personal
Dependence	Dependencia
Depression	Depresion
Detachment	Etapa de Desprendimiento
Defence	Defensa
Defence mechanism	Mecanismos de Defensa
Development	Desarrollo
Diabetes mellitus	Diabetes Mellitus
Differentiation	Diferenciacion
Differentiation analysis	Analisis de la Diferenciacion
Differentiation-analytic inventory	Inventario Analitico de la Diferenciacion
Diligence / Achievement	Diligente / Rendimiento
Disc prolapse	Prolapso del Disco Vertebral
Disobedience	Obstinado, Terco
Doctor-patient-relationship	Relacion Medico-Paciente
Doubt	Dudar

**E**

Education  
 Ejaculatio retardata  
 Encouragement, situational  
 Essential hypertension  
 Exhibitionism  
 Existential analysis  
 Existential anxiety  
 Extraversion in Behavior therapy

Educacion  
 Eyaculacion Retardada  
 Estimulacion, Situacional  
 Presion Arterial Alta / Hipertesion  
 Exhibicionismo  
 Analisis Existencial  
 Ansiedad Existencial  
 Extroversion en Terapias de Conducta

**F**

Faith / Religion  
 Faithfulness  
 Fear of groups  
 Fear of solitude  
 Fear of the Future  
 Feeling of community  
 Fetishism  
 First interview  
 Five-Stage-Treatment  
 Freudian Slips  
 Frigidity

Fe-Religion  
 Fidelidad  
 Miedo del Grupo  
 Miedo a la Soledad  
 Miedo del Futuro  
 Sentimientos de Comunidad  
 Fetichismo  
 Primera Entrevista  
 Estrategia de Tratamiento de Cinco Etapas  
 Error Froidiano  
 Frigidez

**G**

Generalization  
 Genuineness - congruence  
 Gestalt Therapy  
 Group psychotherapy

Generalizacion  
 Genuino - Identico  
 Terapia Gestalt  
 Psicoterapia de Grupo

**H**

Health Interpretation in the PPT  
 Healthy  
 Heart disturbance  
 Heart infarction  
 Homosexuality  
 Honesty / Candor  
 Hope  
 Hypertension, essential  
 Hypochondria  
 Hysterical reaction

Concepto de Salud en la PPT  
 Saludable  
 Transtornos en las Funciones Cardiacas  
 Infarto Cardiaco  
 Homosexualidad  
 Sinceridad / Honestidad  
 Esperanza  
 Presion Arterial Alta  
 Hipocondria.  
 Histeria

**I**

I  
 Identifikation

Yo  
 Identificacion

Identity crisis	Crisis de Identidad
Individual Psychology	Psicologia Individual
Individuation	Individualismo.
Inferiority complex	Complejo de Inferioridad
Instrumentalities of senses	Medios de los Sentidos
Integration	Integracion
Interaction, stages of attachment - Differentiation - Detachment	Etapas de Uniones Interactiva, Diferenciacion y Desprendimiento
Interaction-analysis	Analisis de Interaction
Interpersonal relationship	Relaciones Interpersonales
Interpretation	Interpretacion
Interval training	Entrenamiento por Etapas
Introversion	Introversion, Reservado
Inventorization	Etapas de Inventarizacion
Irritability	Irritabilidad
<b>J</b>	
Jealousy mania	Locura de Celos
Justice	Justicia
<b>K</b>	
Kleptomania	Cleptomania, (trastorno psicico con impulso a robar)
<b>L</b>	
Laziness	Olgazanear
Learning theory	Teoria del Aprendizaje
Libido	Libido (energia psiquica en las practicas sexuales)
Life events	Eventos de vida
Life-Style	Estilo de vida en IP
Literarg concepts: Who is your favorite author?	Concepto Literario: Quien es su Autor Preferido?
Logotherapy	Logoterapia (Busqueda del Significado de la Vida)
Love	Amor
<b>M</b>	
Mania	Mania
Mania, delusion	Transtorno psicico con Alucinaciones
Masochism	Masoquismo en Psicoanalisis
Masturbation	Masturbacion
Mental hygiene	Higiene Mental
Micro- and macrotrauma	Pequenos y Grandes Traumas
Microtrauma-theory	Teoria del Microtrauma
Misunderstanding	Malos entendidos

Modeling	Modelo, Servir de Ejemplo
Modeling dimension	Dimensiones de los Modelos
Models of etiology of diseases	Modelos de Causas de Enfermedades y Molestias
Modes of the capacity to love	Modos de la Capacidad de Amar
Music as bearer of concepts	Musica como comunicador de Conceptos
Mythology	Mitologia
<b>N</b>	
Narcissism	Narcisismo
Neurologist	Neurologo
Neurosis	Neurosis
»No diagnosis«-principle	Principio de "No Diagnostico
<b>O</b>	
Obedience	Obediencia
Observation / Distancing	Observacion / Distanciamiento
Oedipus complex	Complejo de Edipo
Orderliness	Orden
<b>P</b>	
Paranoia	Paranoia
Partner therapy	Terapia de Pareja
Patience	Paciencia
Penis envy	Envidia del Pene
Persona	Persona
Phantasy	Fantasia
Phobias	Fobias (trastorno psiquico)
Pleasure principle	Principio del Placer
Positive Family Therapy	Terapia Familiar Positiva
Positive programs	Programas Positivo
Positive sexual therapy	Terapia Sexual Positiva
Potency disturbances	Trastorno de Potencia
Premature ejaculation	Eyaculacion Precoz
Progressive relaxation	Relajamiento Progresivo
Progressive relaxation training	Entrenamiento de Relajamiento Progresivo
Projection	Proyeccion
Psychiatrist	Psiquiatra
Psychoanalysis	Psicoanalisis
Psychoanalyst	Psicoanalista
Psychodynamic	Psicodinamica.
Psychology, analytical	Psicologia Analitica
Psychoserum	Psicoserum (juegos para desarrollar el sexto sentido)
Psychocis	Psicosis
Psychotherapist	Psicoterapista

Punctuality	Puntualidad
Punishment	Castigo
<b>R</b>	
Reaction types	Tipos de Reacciones
Reality control	Control de la Realidad
Reference persons	Personas de relacion
Regression	Regresion
Relaxation training	Entrenamientos de Relajacion
Reliability, precision, conscientiousness	Confiabilidad, Precision
Religion / Faith	Diligente, Cuidadoso
Repression	Religion
Resistance	Represion
Rheumatism	Resistencia
<b>S</b>	
Sadism	Sadismo
Schizophrenia	Esquizofrenia
Selective susceptibility to conflict	Suceptibilidad Selectiva a los Conflictos
Self-assertiveness training	Entrenamiento de seguridad en si mismo
Self-concept	Concepto propio GTP
Self-help	Ayuda a si mismo
Sexuality	Sexualidad
Siblings rivalry	Rivalidad entre hermanos
Single therapy	Terapia Individual
Stages of interaction in the therapy	Etapas de Interaccion en la Psicoterapia
Stimulus / response-model	Estimulo - Reaccion - Modelo
Stomach ulcer	Ulcera Gastrica
Stories as media in psychotherapy	Funciones de los Cuentos
Stress	Stress
Striving for superiority	Exforzandose hacia la Superioridad
Sublimation Suggestion	Sublimacion, Sugestion
Super ego	Super Ego
Surface marker buoy	La boya (marcador flotante)
Symptom	Sintoma
<b>T</b>	
Taking anamnesis	Hacer Preguntas en una Historia Clinica
Terms of illness	Terminos de enfermedades
The collective unconscious	El Colectivo Inconciente
The Double-bind-type	El Tipo de Doble Vinculo
The Id	Lo Es
The naive-primary-type	El Tipo Ingenuo Primario
The secondary-type	El Tipo Secundario
Thematic Apperception Test	Tematica del test de Apercepcion (comprension)



Therapy plan	Plan de la Terapia
Thrift	Ahorro
Time	Tiempo
Transactional Analysis	Analisis Transaccional
Transference	Transferencia
Translation of conventional expressions for illness	Interpretacion Positiva del Concepto de Enfermedades
Trust - confidence	Confiar / Confidencia
Types of time configuration	Tipos de Organizacion del Tiempo
<b>U</b>	
Unconscious, individual	Insconciente / Lo Individual
Unity	Unidad
Upbringing	Educacion
<b>V</b>	
Valuing attention	Valoraracion / Atencion
Verbalization	Etapas de Verbalizacion
Vertigo	Mareo
<b>W</b>	
Warmth	Caliente
What is? / What ought to be?	Valor del Ser / Valor de lo que Deberia Ser
Will of meaning	Voluntad para Comprender.
WIPPF	WIPPF - Inventario de Psicoterapia Positiva Familiar de Wiesbaden