

HOW POSITIVE IS POSITIVE PSYCHOTHERAPY? (EXAMINATION OF POSITIVE PSYCHOTHERAPY)

YENER ÖZEN^{1*}, İREM TÜRKMEN²

¹Department of Special Education, Erzincan Binali Yıldırım University, Faculty of Education, Erzincan, Turkey. ²Department of Special Education Teaching, Erzincan Binali Yıldırım University, Erzincan, Turkey. Email: yenerozen@erzincan.edu.tr

Received: 3 January 2023, Revised and Accepted: 06 February 2023

ABSTRACT

The aim of this study is to discuss positive psychotherapy in general terms and concepts. Positive psychotherapy is an important psychotherapy approach founded in 1968 by Nossrat Peseschkian. Since the 1990s, it has become more known. It is a combination of psychodynamic, existential, cultural, and behavioral theories. The word positive here means the actual, the real. The psychotherapist helps the client to see and understand the problem by making the current symptom more understandable. Positive psychotherapy also has a positive view of people. He argues that people are inherently good and should focus on the good aspects they have. It has three main principles: Hope, balance, and counseling. Positive psychotherapy is based on the balance model. By interpreting the symptoms positively, it is aimed for the client to approach the balance. It tries to explain the symptoms with its primary and secondary abilities. It aims to strengthen the positive resources of individuals to cope with the conflicts they experience, to continue their lives in a better quality and to realize themselves.

Keywords: Positive psychotherapy, Humanism, Mental health.

© 2023 The Authors. Published by Innovare Academic Sciences Pvt Ltd. This is an open access article under the CC BY license (<http://creativecommons.org/licenses/by/4.0/>) DOI: <http://dx.doi.org/10.22159/ijss.2023v11i2.47404>. Journal homepage: <https://innovareacademics.in/journals/index.php/ijss>

INTRODUCTION

Psychology is a Greek word and is composed of the words psych for soul-mind and logos for knowledge. The combination of these two words created a new word that means psychology. Psychology, which deals with human beings, their behaviors, the origin of behaviors, and mental structuring, is a positive science whose research is based on experimentation and observation. The recognition of psychology as a science does not go back too far. When Wundt established the first psychological laboratory at the College of Leipzig in 1879, psychology began to be recognized as an independent science. After that, the study of psychology gained momentum and new approaches were found. After World War II, pathology moved to the center of psychology due to the traumatic effects of war on people and mental disorders. The inadequacy of this pathology-focused approach in explaining the function of people in their own lives has led to the need for new approaches that are individual-centered, focusing on the strengths and potentials of people (Ilgaz, 2018).

Positive psychotherapy is a theory of psychotherapy that began to be developed in the late 1960s. The basis of the theory is based on Seligman's (1998) positive psychology theory, but it includes more systematic and evidence-based studies. Since the Second World War, trying to fix the mentally ill and repairing the damage has come to the fore. Positive psychotherapy, on the other hand, aims to further develop the good aspects, make them functional, and focus on the virtues of the person (Güney, 2015). When the scientific studies conducted at that time are examined, there are many studies on people's mistakes and shortcomings, but the insufficiency of the number of studies examining their strengths is striking. With the development of positive psychology, these deficiencies in the literature have begun to be eliminated (Kararımak and Siviş, 2008).

The fact that positive psychology is open to all people, not just people with problems, can be associated with preventive guidance from psychological counseling and guidance services. However, this aspect of positive psychology should not be misunderstood as putting people with problems into the background. Because positive psychology not

only heals wounds, illness and deformed aspects, but also increases the quality of life by emphasizing strengths (Demir and Türk, 2020).

When the literature in Turkey is examined, although there are articles on various topics related to positive psychotherapy and positive psychology, there is no compilation study in which studies are included. The main reason for this study is to eliminate this deficiency in the literature and to contribute to the literature. In this study, it is aimed to touch on the theoretical basis of positive psychotherapy, literature research, developed scales, positive psychotherapy techniques, and psychotherapy session duration.

LITERATURE RESEARCH

While empiricism and rationalism continue to be studied and studied in traditional psychology, qualitative studies have gradually started to become more visible with the influence of postmodern thought movements. With this development, studies dealing with personal problems, the individual and the environment they are in have gained momentum. Positive psychology is one of the psychology trends that concentrate on these studies (Cakmak, 2019). Although positive psychology is mostly associated with Seligman, names such as Maslow, Rogers, and Fromm were also influential in the formation of the theory. This theory does not aim to cover up the problems, but aims to both study the problems and enable the client to realize these strengths by discovering the individual's strengths in this process. In this way, the client starts to move from a problem-oriented perspective to a solution-oriented perspective. Positive psychotherapy, on the other hand, is a theoretical restructuring of research-based positive psychology. The approach of positive psychotherapy to human nature is also positive. He believes that people are inherently good. Considering the views on the examination of human nature, it is seen that they are divided into three as neutral, negative, and positive. While Maslow and Rogers are a few of the positive approaches, when we talk about the negative approach, we come across Freud. Contrary to classical psychoanalysis, it argues that human beings are not just about sexuality and aggression, but also have the capacity to love and know (Eryılmaz, 2011).

Nossrat Peseschkian, a German neurologist, psychiatrist, and psychotherapist of Iranian origin, is the founder of positive psychotherapy that he developed. It was developed in Germany in 1968. The formation of positive psychotherapy is based on Peseschkian's Differentiation Analysis Theory, which deals with the differentiation of human abilities in social, physical, and psychological fields (Gülecer, 2021). Peseschkian went to Germany for medical education and formed the infrastructure of the theory of cultural changes he lived (Henrichs, 2012). Positive psychotherapy is accepted by the European Association for Psychotherapy. Many mental health professionals can have the title of positive psychotherapist by getting training from the Wiesbaden Psychotherapy Academy. Positive psychotherapy is not just about individual counseling. It is used in wide areas such as group counseling, family counseling, and group guidance. Having representatives in many countries increases the awareness of positive psychotherapy (Zenginal, 2021).

Although Peseschkian accepts that his theory is an eclectic theory, he argues that his theory has unique techniques and theoretical explanations. First of all, positive psychotherapy is not a psychotherapy approach in which people ignore their symptoms or recommend Polyannaism. In fact, positive psychotherapy says that people should positively interpret and confront their symptoms that impair their functionality in their lives. Positive psychotherapy focuses on strengths, but also does not ignore weaknesses and requires embracing them. Positive psychotherapy is an eclectic approach based on analytical psychotherapies and combining several theories (Eryılmaz, 2017).

Positive psychotherapy has a multi-stage treatment plan. In this process, the client undertakes the role of both the client and the therapist together. In this way, it is aimed to provide the client with self-help skills. When we look at the traditional therapy process, there are patient-illness-therapist components, while in positive psychotherapy, client talent/illness-therapist components are included in the study (Aklıman, 2015).

The capacities to love and know constitute primary and secondary abilities. These capacities are not acquired later; they are acquired from birth (Aypay and Kara, 2018). Depending on the capacity to love, primary abilities emerge and are the expression of secondary abilities. For the formation of a healthy capacity to love, individuals must have a basic trust in their relations with their environment. Attachment styles are an important component of this capacity to love. Fromm defines true love as fighting for the happiness of the people we love, loving and accepting oneself first, providing care, and taking responsibility. Self-love is a prerequisite for people to love others. This capacity is more related to the emotional aspects of individuals. The development of individuals is supported by their caregivers. Primary abilities are: patience ability, time ability, relationship ability, love ability, trust ability, compassion/sex ability, faith ability, and hope ability. Secondary abilities emerge in human capacity to know (Eryılmaz and Kılıç, 2019).

According to the findings of Çaykuş and Eryılmaz (2020), those who use patience and time skills, which are among the primary skills, and those who do not use effectively differ from each other on certain issues. Individuals who use their patience and time skills together and effectively can allocate more time to the people and activities they care about. Being patient with the events they experience makes it easier for them to overcome their difficult lives and makes them feel happier. In the same way, being able to effectively use the order ability, which is included in the secondary abilities, makes the person happier than other people.

The disruption of the healthy structuring of primary and secondary abilities leads to the formation of mental disorders. The deficiency or excess in the development of primary and secondary abilities is also effective in the formation of these mental illnesses. High usage indicates that individuals use their energy intensively, while low usage means that they cannot use their capacities adequately. The important thing is to

use these two abilities in a balanced and harmonious way. For example, when punctuality is considered, it is known that low level of use leads to delay and is associated with bipolar mania phase, while there are studies showing that they use it at high levels in the depression phase (Fuchs, 2013).

Principles of positive psychotherapy

Positive psychotherapy is based on three basic principles. These are the principle of hope, balance, and consultation. A treatment plan is created by combining these three principles. The hope principle is also called the positive starting point. The word positive means existence and truth. It is not necessary to eliminate the existing symptoms in individuals, but to look at this symptom from a broader perspective. Here, the positive interpretation of the symptom, which is one of the basic concepts of positive psychotherapy, comes into play. A positive interpretation of the symptom also helps to understand the functions of these problems. In this way, clients will be able to look at their symptoms from another window (Eryılmaz, 2020). For example; when considering the symptom of depression, the traditional interpretation describes it as a passive attitude of humiliation, while the positive interpretation interprets it as the ability to respond to conflicts with deep emotionality. Likewise, the fear of being alone is defined as not being alone in the traditional interpretation, while it is defined as having the need to be with others in the positive interpretation.

The hope principle indicates that individuals have sufficient resources to cope with their symptoms. Hope consists of three components: Goals, personal effectiveness, and the way to achieve the goal. Although people face various problems in their daily lives, it is seen that hopeful people are more successful than other people in realizing their goals. There are many other factors that influence hope. These can be positive as well as negative. For example, having traumatic experiences, loss of parents, uncertainty, having negative and traumatic experiences in childhood, being abused are negative factors that reduce hope. As a result of these experiences, he will have negative beliefs and will move away from goal-oriented thoughts. They think they cannot achieve their goals. Individuals who develop a belief that they are far from support, positive boundaries and continuity, that they are not loved and worthless, move away from being hopeful and goal-oriented thoughts (Eryılmaz, 2020).

Another principle of positive psychotherapy is the balance model. The balance model consists of four main components. These four components are future, body, relationship, and success. There are opinions that conflicts occur when the difference between people's real selves and their ideal selves is widened. For these conflicts to be resolved in a healthy way in positive psychotherapy, the four dimensions in the balance model should be used in a balanced way. Whichever one of these four dimensions gives more importance to individuals, neglecting the other dimensions will cause problems (Eryılmaz, 2020).

The third principle of positive psychotherapy is consultation. Depending on this principle, psychological counselors can talk to other mental health professionals about the problems of the individuals they provide assistance to and ask for help. In addition, they can provide consultancy services in cooperation with the client's close circle on behalf of the client's well-being. Consultation in positive psychotherapy consists of five phases. These phases are observation/distance keeping, inventory phase, situational encouragement, verbalization phase, and goal expansion phase, respectively. In the observation/distance phase, the therapist listens carefully to the client and tries to understand the problem and what the client needs. In the inventory phase, using the balance model, information is obtained from the client about what he or she has experienced in the last 5 years. In the situational encouragement phase, the client is encouraged about his positive aspects with a realistic perspective, while in the verbalization phase, the client's conflicts are studied by using the balance model. In expanding the goals, which is the last stage, it is focused on how to improve the client's life in the short-, medium-, and long-term (Sarı, 2015).

Positive psychotherapy as a cross-cultural approach

Another feature of positive psychotherapy is that it is an intercultural approach based on scientific foundations. Based on this approach, it is argued that an event does not have a single cause, but may have more than one reason. These reasons can be listed as follows: the emergence of many problems due to the increase in the population, the urbanization with the increase in the population and the transformation of interpersonal relations accordingly, the limited playgrounds for children to express themselves, the technological developments enabling new working opportunities, the change in the family structure is to suffer. Considering these changes, the necessity of intercultural psychotherapy draws attention.

Sarı (2015) obtained important findings in his study on the applicability of positive psychotherapy to Turkish culture. One of them is that mental health professionals need to be supervised to practice positive psychotherapy and they need to go through a long training especially on positive psychotherapy. Positive psychotherapy should be supported together with positive psychology that conducts research on subjective well-being and happiness. It is necessary to reinterpret positive psychotherapy by conducting research on what secondary and primary abilities, which consist of the capacity to love and know, mean in Turkish culture.

It is not enough to try to understand the client in all aspects. According to positive psychotherapy, to understand the client, it is necessary to understand the culture, historical background and cultural characteristics of the client. It is necessary to decide which intervention method is more appropriate after the answers to the questions about the person, his/her family, friends, and close circles are received from the client.

Comparison of positive psychotherapy with other theories

There are similarities as well as differences between positive psychotherapy and other psychotherapies. When we look at positive psychotherapy and cognitive psychotherapy, cognitive therapy focuses on cognitions, while positive psychology examines abilities and the capacity of the individual. At the same time, it is similar to cognitive psychotherapy in that it examines people from a broad perspective while dissecting them. Positive psychotherapy approaches human nature positively and emphasizes that people are naturally good and if their good abilities are focused and developed, the conflicts of the individual will decrease. There are other theories that approach human nature positively. This theory is the humanistic approach. Where positive psychotherapy differs from the humanistic approach is that it examines both the similarities and differences of people together.

The unit that behaviorist theories examine is behavior. It tries to explain how behaviors occur with external factors, namely the environment. Again, what positive psychotherapy works on are capacities and abilities. In addition, he does not deny the influence of the environment on behaviors like behaviorist approaches, but emphasizes that people can improve and change their environment. According to Eryılmaz (2020), there are also similarities and differences between positive psychotherapy and psychoanalytic approach. For example, it is a common feature that both approaches accept balance. The negative approach of psychoanalytic theory to human nature, its acceptance of basic needs as aggression and sexuality, and its explanation of conflict according to structural theory are the points that separate the two approaches. Because the basic needs in positive psychotherapy are the capacities to love and to know. The occurrences of conflicts are related to abilities, and abilities as a resource should be studied. What distinguishes it from positive psychology is that positive psychology is research-based and focuses on positive experiences. Positive psychotherapy, on the other hand, is more systematic and deals with psychopathologies. Self-help is also an important component in positive psychotherapy. In addition, since it has an eclectic structure, the techniques of the above-mentioned approaches are used.

Intervention methods of positive psychotherapy

Below are few of the intervention methods used together by positive psychology and positive psychotherapy.

- Random act of kindness: The client is asked to do a good deed on a regular basis every day, take note of it and reflect on the act.
- Expressing gratitude: The client is expected to write down and reflect on five items that he or she has and can be thankful for each day.
- Letting go of grudges: Identifying a person with whom the client holds grudge and identifying twenty favorite features about this person.
- Goal setting: Thinking about long-term goals and planning daily actions in line with the goals.
- Positive events: It is the client's remembering the moments in his life that made him happy and expressing them in writing or by telling.
- Optimistic expressive writing: The client determines what he plans to do about the future and writes it in an optimistic language.
- Growing up after challenge: The client writes down how he overcame past challenging events.
- Positive event coming out of life: The client writes about it, assuming that something important to him or her has come out of his life that he is satisfied with.
- Meditation and relaxation: Listening to music, walking, and relaxing every day.
- Finding a solution: It is the client's writing by noticing exceptional moments when there is no discomforting situation and making an effort to experience this exceptional situation again (Demir and Türk, 2020).

Techniques used in positive psychotherapy

The main thing in the process of positive psychotherapy is to realize the conflicts that the client experiences and to come up with solutions for them. The main purpose of the techniques used is to help the client gain awareness. In summary, positive psychotherapy techniques are: Symptom taking according to balance model, metaphor technique, micro-trauma technique, behavioral control technique, psycho-vampire technique, psycho-serum technique, letter to symptom technique, and ability analysis technique. General information about these techniques is given below.

Receiving symptoms according to the balance model

It is important to define the psychological problem brought by the client in the process of positive psychotherapy. In addition, his view of how he experiences these problems is another important point. The positive psychotherapy balance model helps in defining the client's problem and making sense of his experience. In this process, questions are asked to the client in the areas of body, spirituality, success and relationship, which are components of the balance model (Eryılmaz and Mutlu, 2018). Examples of questions based on dimensions are as follows: For the body dimension, "When... you feel, what happens in your body?," for the relationship dimension "...how are your relationships with your family/friends/relatives affected?" for the success dimension, "how will your school/work life or academic/work life be affected?," for the spirituality dimension, "how is your view of the future affected?" After all these questions are answered, the client is expected to think about their answers and make an evaluation.

Symptom letter technique

After the definition of the problem in the psychotherapy process, the client is expected to realize what the situation is that disrupts his or her functionality. So just knowing what the symptom is not enough. For the client to initiate a change in their own life, it is necessary to gain insight into their thoughts and behaviors related to the problem they are experiencing. In the letter-to-symptom technique, after the therapist and client evaluate the problem together, the client is asked to write a letter that includes the effects of the symptoms on him and a story where the symptoms are no longer present. The client should read this letter at regular intervals.

Technique of positive interpretation of the symptom

After the client's problem is defined, the phase of positive interpretation of the symptom begins. What needs to be considered here is to consider

what the client has learned from this symptom. Instead of focusing on the negative consequences of the symptom, he is asked to think about the positive aspects.

Behavioral control technique

The sense of control is divided into two as real control and perceived control. While real control is the level of ability to adjust oneself to situations, perceived control is the person's belief about how much control he has over the events he encounters. On the other hand, the sense of control means the power and belief that the individual has that he can successfully complete the things he has planned, and that he has the power and belief in situations that are beyond his control. Individuals differ according to their sense of control (Dashin, 2020). The concepts of behavioral control and psychological control emerge in the evaluation of the sense of control in the context of the family. In recent years, Barber *et al.* have used the concepts of behavioral control and psychological control instead of democratic parenting and authoritarian parenting. In this context, behavioral control is the behavior of the parent to control the child's behavior by setting regulative rules and observing his behavior. The act of setting rules here includes watching the child, observing, having knowledge about it and being consistent in behavior. Psychological control, on the other hand, is the desire to control the behavior and emotions of the child, unlike behavioral control. It is close to an overprotective parent style, away from a democratic attitude (Sümer *et al.*, 2010). The concept of control also has an important place in positive psychotherapy. Its place in positive psychotherapy consists of identifying the negative thoughts, behaviors and emotions of the client and replacing them with positive ones. It is similar to the technique of changing negative thoughts in the cognitive behavioral therapy technique. First of all, non-functional feelings, thoughts and behaviors before, during and after the event are determined from the client, and then it is discussed which functional emotions, thoughts and behaviors can be replaced by them. Finally, studies are carried out on the transfer of these functional feelings, thoughts, and behaviors to daily life.

Psycho-vampire

In daily life, there are people who suddenly turn their energy into pessimism and despair when they meet and communicate while feeling happy and energetic enough or normal and trouble-free. Individuals, other creatures, conditions and objects that cause the situation mentioned in psychotherapy are called psycho-vampires. At the same time, people who show psycho-vampire characteristics can pass this feature to other people after a while. There are also some personality traits within the psycho-vampire trait, and these are called the dark triad (Eryılmaz, 2020). These personality traits are; narcissism, Machiavellianism, and psychopathy. The common point of all three personality traits is selfishness, coldness, manipulation, interest-oriented, and directive. Narcissistic individuals do not care much about the feelings and thoughts of others and have a high level of self-confidence. They want to be popular, to be popular, to be a leader. In addition to all these, they tend to bring other people down and lower their values (Erdem Atak and Karaaziz, 2013). Machiavellianism is named after Machiavelli's book "The Sovereign." It has been noticed that most of the strategies and tactics in the book are compatible with human personality traits. Some of the characteristics of Machiavellian people are as follows: Manipulating people, trying every way to achieve the desired result, being selfish and self-interested, thinking that people are unreliable, etc. People with psychopathic traits are cruel and selfish. It includes humiliating people, mocking, acting immoral, being impulsive, being emotionally blunt, not having remorse, not being able to find depth in relationships, and being superficial (Ardic and Özsoy, 2017). Among the dark triad, Machiavellianists and people with psychopathy are closer to being psycho-vampires.

Psycho-serum against psycho-vampires

Deleting people with psycho-vampire characteristics from the world is not an example of realistic thinking, but studies are being carried out to

reduce the negative impact of psycho-vampires. Positive psychotherapy suggests psycho-serum against psycho-vampires. In the psychotherapy process, the therapist and the client first try to determine who and what the people they define as psycho-vampires are in the client's life. After the determination is made, it is focused on how positive psychotherapy affects the client in the context of the balance model. Then, the client is asked to write down his feelings, thoughts, and behaviors into a letter. Afterward, they are asked to talk about the emotions, thoughts, and behaviors necessary to fight against psycho-vampires and to transfer the answers to the letter. Finally, the strategies and feelings, thoughts, and behaviors are transferred together into another letter.

Using metaphors

The origin of the word metaphor is Greek and comes from the word *metaphere*. It means to move from one place to another. While it was widely used in philosophy and linguistics before, it has also found a place in psychology with psychotherapists' desire to use the metaphor in the clinical field. It is useful to mention few benefits of using metaphors. Some of the functions of metaphor are to open a new window for the client to gain a perspective, to work in the areas where the client is resistant, to prepare the ground for change, to reach the client's hidden feelings, to establish a relationship between the therapist and the client (Suiçöz Uyar, 2019). Another purpose of using metaphors is to facilitate contact with the content in the client's subconscious. The use of metaphors is also important in positive psychotherapy. The use of stories is generally recommended as the use of metaphors. One of the reasons for recommending the use of stories is to enable the client to identify with the story and to resolve their own conflicts through stories. At the same time, these metaphors are applicable to other problems in the client's daily life. In terms of helping regression and offering different ideas, metaphors are the reasons for using metaphors in psychotherapy.

Micro trauma technique

Trauma, 18th century. It was mostly used in the medical field. It literally means wound, injury, pain. During the First World War, effects such as freezing of the war with the shock they experienced, memory loss and unresponsiveness were seen on the soldiers. When this situation, which was called the bomb effect before, was seen again during the Second World War, researches on trauma were made that the situation was psychiatric. In the last edition of the DSM, the definition of experiencing serious injury, death and sexual assault events, as well as directly witnessing these events or learning that the same events happened to their relatives, has been added (Gülecer, 2021). Microtraumas are more common events when looking at trauma in general. Poverty can be seen in the form of being exposed to discrimination/bullying. Even minor traumas are painful. In psychotherapies, more emphasis is placed on the decision of post-traumatic growth. As positive psychotherapy is analytically oriented therapy, although it emphasizes the positive characteristics of individuals, the main purpose is to eliminate psychopathology. In the process of positive psychotherapy, first of all, the micro-traumas of the client are determined together with the client. Identified microtraumas can be written down. A connection is established between the problems he is currently experiencing and the micro-traumas he has identified. With the positive interpretation technique, the function of these traumas in his life, what he has learned from them, and their positive effects are discussed. Finally, a positive interpretation of micro-trauma is made within the framework of the balance model.

Talent analysis technique

According to positive psychotherapy, people are born with the capacity to know and love. While secondary abilities emerge depending on the capacity to know, primary abilities emerge depending on the capacity to love. The most important thing here is the balanced use of these abilities. Using abilities more than necessary is associated with the formation of psychopathology, while using them less than necessary means that these abilities are not developed. The lack of development of abilities is also associated with psychopathology. What needs to happen is the optimal

use of talents. In his book, Eryılmaz (2020) states that cognitive and emotional adjustments should be made as a result of the answers to the following eight questions; "What is the definition of talent, what does talent do, what do I gain when I have this talent, what do I gain when others have this talent, what do I lose when I don't have it, what do I lose when others don't have it, what does this talent have to do with my problem, what should I do to use this talent in a balanced way?"

Measuring tools used

The use of scales was needed together with positive psychotherapy studies. While some scales have been adapted into Turkish, new scales have been brought to the literature with scale development studies according to needs. Some of the scales used within the scope of positive psychotherapy are: Strengths Index, Authentic Happiness Inventory, General Happiness Scale, PANAS, Optimism Scale, CES-D Scale, VIA for Children, Brief Strengths Scale, Positive Progress Scale, Strengths Revealing Scale, Positive psychotherapy inventory, life satisfaction scale, life goals determination scale, balanced life scale, positive psychotherapy, and family therapy scale.

Positive psychotherapy therapy duration

Positive psychotherapy can be applied to patients and clients with adjustment problems in the clinical field. Apart from this, it provides the opportunity to practice individual and group therapy. In individual therapies, the therapy duration is 90–120 min. The duration of group therapy is around 120 min.

Criticisms of positive psychotherapy

In addition to the popularity of positive psychology, there are also criticisms of the theory by researchers. For example, it is claimed that positive psychology's focus on individuals' strengths ignores problems. However, positive psychology deals with all aspects of individuals, including strengths and weaknesses, while evaluating them. The emphasis on strengths has also led to criticism that the theory is polyangitits. However, the theory does not ignore the negative aspects of the individual, but examines negative experiences, stressful times, and illness history together with psychological resilience and strengths. Another criticism is that positive psychology researchers ignore the advances made by other researchers and theories that view human nature positively. When all these criticisms are examined objectively, it can be said that most of the criticisms are made because positive psychology is not adequately understood (Kararımak and Siviş, 2008).

DISCUSSION AND CONCLUSION

Positive psychotherapy is based on Seligman's positive psychology. It was developed by Peseschkian in the 1980s. It is an analytically based psychotherapy method. Focusing on people's strengths and positive traits does not mean that they ignore psychopathology. Positive psychotherapy does not only focus on the positive aspects, but also accepts the negative aspects because it accepts the person as a whole. Along with positive psychotherapy and positive psychology studies, studies focused on development and positive rather than illness and deficiency have gained momentum. Positive psychotherapy aimed to overcome this shortcoming of traditional psychotherapies by researching positive and strengths. In this way, it aims to improve the negative situations in the life of the individual by developing his/her strengths. The main research topic of positive psychotherapy is not just happiness. It deals with the meaning of life, flow experience, well-being, post-traumatic growth, life satisfaction, and quality of life. Although positive psychotherapy belongs to recent times, it is not an empty therapy approach. Because throughout history, there are other researchers and studies that deal with the positive aspects of human beings. As it has a theoretical background, it carries out its research in

the light of scientific studies. As a result of the findings, it is concluded that positive psychotherapy interventions are effective.

REFERENCES

- Aklıman C. Investigation of the Effectiveness of Group Counseling Program to Develop Positive Body Image in Adolescents in the Context of Positive Psychology and Positive Psychotherapy (Unpublished Master's Thesis). Ankara: Ufuk University; 2015.
- Ardic K, Özsoy E. Investigation of the effect of the dark triad (narcissism, Machiavellianism and psychopathy) on job satisfaction. *Manag Econ* 2017;24:391-406.
- Aypay A, Kara A. Developing a balanced life scale and a balanced life basic skills scale in the context of positive psychotherapy balance model. *Sakarya Univ J Educ* 2018;8:63-79.
- Barber BK, Olsen JA, Xia M, McNeely C, Bose, K (2008). Examining the essence of parental psychological control: Exploring parental disrespect. *European Association of Research on Adolescence*, Mayıs, Torino, Italy
- Cakmak I. Examining the Differences in Friendship Relations between Adult Men and Women in the Context of Primary and Secondary Abilities in Positive Psychotherapy: A Mixed Research (Unpublished Doctoral Dissertation). Istanbul: Uskudar University; 2019.
- Çaykuş E, Eryılmaz A. Examination of the relationship between positive psychotherapy structures and happiness levels of emerging adults. *J Eurasian Soc Econ Stud* 2020;7:319-31.
- Dashin H. The Role of Sense of Control in University First Year Students' Adaptation to University Life (Unpublished Master's Thesis). Ankara: Ankara University; 2020.
- Demir R, Turk F. Positive psychology: History, basic concepts, therapeutic process, criticisms and contributions. *Int J Acad Psychol Couns Guidance Res* 2020;2.
- Erdem Atak İ, Karaaziz M. A review of narcissism and research on narcissism. *Object Psychol J* 2013;1:44-59.
- Eryılmaz A. Examining the relationships between adult subjective well-being and primary and secondary abilities in the context of positive psychotherapy. *J Clin Psychiatry* 2011;14:17-28.
- Eryılmaz A. Examining the effectiveness of positive group psychotherapy: A preliminary study. *Sec Acad J* 2015;1:12-24.
- Eryılmaz A. Positive psychotherapies. *Curr Approaches Psychiatry* 2017;9:346-62.
- Eryılmaz A, Mutlu T. *Individual Psychological Counseling from Theory to Practice*. Ankara: Memoir Publishing; 2018.
- Eryılmaz A, Kılıç N. Examination of narcissistic personality traits in the context of positive psychotherapy. *Arch Neuropsychiatry* 2019;56:40-6.
- Eryılmaz A. *Meta Theory: Positive Psychotherapy as a Developmental and Psychotherapy Theory*. Ankara: Nobel Publications; 2020.
- Fuchs T. Temporality and psychopathology. *Phnomenology Cogn Sci* 2013;12:75-104.
- Gülecer E. Self-Recovery and Balanced Life Perception as Predictors of Post-Traumatic Growth in University Students (Unpublished Master's Thesis). Kocaeli: Kocaeli University; 2021.
- Güney S. Positive psychotherapy: A new perspective on mental health. *Türkiye Klinikleri J Psychiatry Spec Top* 2015;8:50-5.
- Henrichs C. Psychodynamic positive psychotherapy emphasizes the impact of culture in the time of globalization. *Psychology* 2012;3:1148-52.
- İlgaz D. The Effect of Positive Psychology Practices Training on Teachers' Psychological Capital and Subjective Well-Being Levels (Unpublished Master's Thesis). Istanbul: Uskudar University; 2018.
- Kararımak Ö, Siviş R. Transition from modernism to postmodernism and positive psychology. *Turk J Psychol Couns Guidance* 2008;3:102-15.
- Sarı T. Positive psychotherapy: Its development, basic principles and methods and its applicability to Turkish culture. *J Happiness Well Being*, 2015;3:182-203.
- Suiçöz Uyar T. The use of metaphor and its changing meaning in psychotherapy: A depressive case. *MIRROR J Clin Psychol* 2019;6:85-101.
- Sümer N, Gündoğdu Aktürk E, Helvacı E. Psychological effects of parental attitudes and behaviors: Overview of studies conducted in Turkey. *Turk Psychol Writ* 2010;13:42-59.
- Zenginal E. Investigation of the Effectiveness of a 0-6 Age Family Education Program Based on Positive Psychotherapy (Unpublished Master's Thesis). Edirne: Trakya University; 2021.