



PROFESSIONAL GUIDELINES FOR POSITIVE PSYCHOLOGY PRACTITIONERS

2022

Professional Guidelines for Positive Psychology Practitioners

The Positive Psychology Guild (PPG) is dedicated to the development of occupational standards for Positive Psychology in Practice. Our professional guidelines provide a minimum standard of ethical conduct before, during, and after client engagement for PPG members and practitioners on the PPG register.

Key Terms

What is Positive Psychology?

Positive Psychology is a scientific approach to wellbeing and educating people, organisations, and communities on how to thrive (Gable & Haidt, 2005; Sheldon & King, 2001). It encourages people to connect with their inner strengths and cultivate happiness, flow, meaning, love, gratitude, accomplishment, growth, and better relationships (Seligman, 2011).

Who is a Positive Psychology Student?

A Positive Psychology student is an individual who is enrolled within a structured piece of training, such as a course, training session, or workshop, whether taught or online. Owing to the introspective nature of Positive Psychology; the student may also spend time within a "client" dynamic, and as such - the client rules and boundaries may also apply.

What is a Positive Psychology Practitioner?

A Positive Psychology Practitioner is someone who applies Positive Psychology in a professional practice such as coaching, training, facilitation, mentoring, teaching, research, counselling, and psychotherapy. A Positive Psychology Practitioner should hold at least a UK level 5 qualification in Positive Psychology (or the equivalent) and possess the research skills required to draw on evidence-based approaches when working with their clients. They should also hold a recognised and reputable qualification in their area/s of Positive Psychology Practice (e.g. certificate, degree or diploma).

Who is a Positive Psychology Client?

A Positive Psychology client is an individual or organisation who engages in Positive Psychology Interventions with a qualified practitioner whether paid or otherwise. Interventions may include coaching, training, facilitation, mentoring, therapeutic, or psycho-educational skills and approaches.

Code of Ethics & Professional Conduct

As a Positive Psychology Practitioner, I hereby commit to:

- Honestly presenting my skills, experience, and qualifications in Positive Psychology to my clients and potential clients, and to any other audience engaging in my work;
- Agreeing on a contract outlining service costs and expectations, and the nature of a professional relationship with my clients in advance of any service delivery;
- Disclosing any existing conflict or known potential for conflict with my clients in advance of any service delivery, or as soon as the knowledge of this arises;
- Providing knowledge to my clients on aspects of Positive Psychology that are relevant to their personal and/or professional growth so that they may develop an awareness and basic understanding of this field;
- Supporting my clients in developing a resilient and positive outlook while allowing space for processing of negative situations and emotions that can accompany the reality and challenges of life and work;
- Supporting my clients in the development of Positive Psychology life skills such as critical thinking, being present and authentic, and developing personal character strengths;
- Leading authentically in these above two areas as a positive role model and example to my clients;
- Respecting client confidentiality at all times unless I believe a client is an immediate threat to themselves, or to other people, in which case I will report the situation in an appropriate manner to the relevant authorities;
- Respecting client diversity and cultural differences;
- Respecting client boundaries and avoid using my clients for any kind of personal gain, sexual gratification, or other exploitation;
- Respecting my own professional boundaries and cultivating a practice that includes care for myself as well as care for my clients;
- Maintaining clear, correct, and confidential records of my client work;

- Referring clients to appropriate service providers should I be unable or unwilling to offer my professional support;
- Running a strengths-based practice and correctly referencing any sources I use in my research and/or to support the promotion or visibility of my work;
- Committing to my ongoing professional development in Positive Psychology and other related fields.

Full Name: Tracy Bevan-----

Signature: Tracy Bevan----- **Date:** 27 Sept 2022-----