

REVIEW ARTICLE / DERLEME YAZISI

A Perspective on the Mindfulness Applied Balance Model in Positive Psychotherapy

Pozitif Psikoterapi’de Mindfulness Uygulamalı Denge Modeli’ne Bakış

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Abstract:

Positive Psychotherapy is currently emerging as a transcultural approach, possessing psychodynamic, humanistic, and resource-oriented characteristics. This approach incorporates a variety of unique inventories, metaphors, wise sayings, stories, and proverbs. At the heart of Positive Psychotherapy is the "Balance Model," which aims to help individuals achieve a balanced lifestyle (Peseschkian, 2000). However, even if individuals today aim to live a balanced life, a "disconnect from the moment" can become inevitable at each stage of the Balance Model (Martos-Martinez et al., 2022; Ciarrochi, Purser, & Milillo, 2015). Especially during stressful life events, while an individual's body may be "here," their mind can wander to the past or the future. In such situations, mindfulness practices, which mean "staying in the moment," help individuals refocus their minds on the present and lead a more balanced life. However, few studies systematically integrate mindfulness practices into the Balance Model of Positive Psychotherapy. Therefore, the present study aims to address this gap in the literature by examining the Balance Model from a mindfulness-oriented perspective. This study aims to examine the concept of Mindfulness, which plays an important role in individuals achieving balance, from a conceptual and content perspective, and to examine its connections and areas of use from the perspective of the Balance Model of Positive Psychotherapy. The study offers an original conceptual framework that explains how mindfulness can be positioned within each domain of the Balance Model, thereby contributing theoretically to the existing literature. In this context, it seeks to provide a theoretical discussion on the underexplored relationship between mindfulness and the Balance Model. This study is designed as a narrative review.

Keywords: Positive Psychotherapy, Mindfulness, Mindfulness based Psychotherapy, Balance Model.

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Öz:

Pozitif Psikoterapi, günümüzde transkültürel bir yaklaşım olarak öne çıkmakta; aynı zamanda psikodinamik, insancıl ve kaynak yönelimli özellikler taşımaktadır. Bu yaklaşım, kendine özgü çeşitli envanterler, metaforlar, bilge sözler, hikâyeler ve atasözleri içermektedir. Pozitif Psikoterapi'nin merkezinde ise bireyin dengeli bir yaşam tarzına ulaşmasını hedefleyen "Denge Modeli" yer almaktadır (Peseschkian, 2000). Ancak günümüzde bireyler dengeli bir yaşam sürmeyi amaçlasalar dahi, Denge Modeli'nin her aşamasında "andan kopma" durumu kaçınılmaz hâle gelebilmektedir (Martos-Martinez ve ark., 2022; Ciarrochi, Purser & Milillo, 2015). Özellikle stresli yaşam olaylarında bireyin bedeni "burada" olsa da zihni geçmişe ya da geleceğe gidebilmektedir. Bu gibi durumlarda, en basit tanımıyla "anda kalma" anlamına gelen Mindfulness (Bilinçli Farkındalık) uygulamaları bireyin zihnini yeniden şimdiye odaklamasına ve daha dengeli bir yaşam sürdürmesine yardımcı olmaktadır. Alanyazında Mindfulness uygulamalarının Pozitif Psikoterapi'nin Denge Modeli ile bütünleştirilmesine yönelik doğrudan ve sistematik bir incelemenin sınırlı olduğu görülmektedir. Bu nedenle, mevcut çalışma Denge Modeli'ni Mindfulness perspektifinden ele alarak alanyazındaki bu boşluğu kuramsal düzeyde karşılamayı amaçlamaktadır. Bu doğrultuda çalışmanın amacı, bireylerin dengeye ulaşmasında önemli bir rol oynayan Mindfulness kavramını kavramsal ve içerik yönüyle ele almak; ayrıca Pozitif Psikoterapi'nin Denge Modeli perspektifinden bağlantılarını ve kullanım alanlarını incelemektir. Çalışma kapsamında Mindfulness Denge Modeli'nin her bir alanında nasıl konumlanabileceğini açıklayan özgün bir bütüncül çerçeve sunarak alanyazına kuramsal katkı sağlaması ve literatürde sınırlı incelenmiş olan Mindfulness-Denge Modeli ilişkisinin kuramsal tartışmasının yürütülmesi hedeflenmiştir. Bu çalışma anlatı temelli derleme (narrative review) niteliğindedir.

Anahtar Kelimeler: Pozitif Psikoterapi, Mindfulness, Farkındalık Temelli Psikoterapi, Denge Modeli.

Introduction

In the field of psychotherapy, there has been a recent shift from pathology-focused approaches to positive-oriented models (Bohlmeijer & Westerhof, 2021). One of the pioneers of these approaches, Positive Psychotherapy, is frequently applied in today's clinical practice. The Balance Model in Positive Psychotherapy is an approach aimed at achieving holistic well-being by establishing harmony and balance among the physical, success, relationship, and meaning dimensions of an individual's life (Peseschkian, 2000). The model aims for individuals to attain a balanced lifestyle, but being balanced does not necessarily mean being aware of every moment. In the hustle and bustle of daily life, individuals can mentally detach from the present even while eating, chatting with friends, or during enjoyable activities. In other words, while the body is right here, the mind can go to the future or the past. In such situations, mindfulness practices help individuals who are disconnected from the present return to the moment with an accepting, non-judgmental attitude, leaving the future and past aside and focusing solely on what is happening now (Brown & Ryan, 2003). At this point, mindfulness practices become an important tool supporting the Balance Model.

This situation demonstrates that, to sustain the well-being targeted by the Balance Model, it is not only necessary for the individual to establish balance among their living spaces but also to develop the skill of 'being present' in the process. In this context, the study's problem statement concerns the uncertainty and limitations in the literature regarding the theoretical relationship between the Balance Model and Mindfulness practices. Existing studies have mostly treated Mindfulness and Positive Psychotherapy separately; they have not provided an integrative framework explaining the mechanisms by which Mindfulness supports the Balance Model's areas, because the literature has primarily focused on technical applications and theoretical integration has remained limited.

The importance of this study lies in its aim to clarify the literature by theoretically discussing how Mindfulness can integrate with each component of the Balance Model. Accordingly, the research question is as follows: 'How can Mindfulness practices theoretically relate to the Balance Model in Positive Psychotherapy, and how can this relationship support an individual's well-being?' In this study, the concept of Mindfulness, which currently plays a significant role in helping individuals achieve balance, will be examined both conceptually and in terms of content; additionally, the connections and applications of the Balance Model perspective of Positive Psychotherapy will be explored.

Positive Psychotherapy

Dr. Nossrat Peseschkian and his colleagues began developing Positive Psychotherapy through their work in Germany in the late 1960s (Peseschkian, 1970, cited in Sarı, 2015). Born and raised in Iran, Peseschkian published his first book titled 'Positive Psychotherapy' in 1967. This book also holds the distinction of being the first book to introduce Positive Psychotherapy (Peseschkian, 2015).

Positive Psychotherapy derives its name from the word 'positive,' which originates from the Latin word 'positum,' meaning 'real' or 'given.' In this context, Positive Psychotherapy is not aimed at correcting existing disorders but, rather, seeks to activate the individual's current capacities and self-help potential (Peseschkian, 2015). Positive Psychotherapy inherently carries the 'Principle of Non-Diagnosis.' Unlike traditional psychotherapy, according to Positive Psychotherapy, the focus of examination is not on illness but, rather, on the individual as the subject of the process (Peseschkian, 2015). It emphasizes that centering on disease and symptoms creates a 'patient identity' for both the client and the therapist, and this perspective can hinder seeing other areas of life. This situation creates a kind of 'blinder' effect in therapy. In this context, the goal of Positive Psychotherapy is based on various universal principles,

aiming to treat and understand the patient as a whole. Due to its content, Positive Psychotherapy includes proverbs, stories, wise sayings, and metaphors. The therapist uses all of these as tools throughout the process (Peseschkian, 2015).

Positive Psychotherapy, which is a trans-cultural and unique approach, also incorporates psychodynamic, humanistic, and resource-oriented features (Peseschkian, 1986, cited in Sari, 2015). According to Positive Psychotherapy, there are two types of conflicts within an individual: 'Actual/Real Conflict' and 'Basic Conflict.' The theory suggests that the Actual/Real Conflict serves the Basic Conflict, and beneath the Real Conflict lies a Basic Conflict rooted in past experiences. In this context, the psychotherapy process focuses on the Basic Conflict, aiming to resolve the conflict and establish a conscious connection between the present and the past. 'Consultation,' 'Hope,' and 'Balance' constitute the three fundamental principles of Positive Psychotherapy (Peseschkian, 2005).

Consultation

In Positive Psychotherapy, the Consultation principle states that the process consists of five steps and that, even after therapy ends, individuals can benefit from these steps in their personal experiences, based on the principle of self-help (Peseschkian, 2007). These steps serve as the building blocks of the therapeutic process, guiding the client's progress in both therapy and daily life. The five stages are listed as "Observation/Distance, Inventory/Information Gathering, Situational Encouragement, Personalization, and Broadening of Goals" (Peseschkian, 2007). This systematic approach of the Consultation principle also lays the groundwork for understanding the Hope Principle, another fundamental principle of Positive Psychotherapy.

Hope

In Positive Psychotherapy, the Hope Principle states that despite the challenges individuals face throughout their lives, they have hope for the future; active effort lays a foundation for a beautiful future for themselves and their families, and individuals' strengths can be sustained through positive interpretation (Peseschkian, 2007).

The Hope Principle involves not immediately intervening in the conflicts and problems presented by the individual, but rather examining those conflicts or problems from a broader perspective and uncovering them. Here, positive interpretation is about viewing symptoms not as indicators of negative disorder, but as meaningful signs pointing to the individual's internal needs, areas for development, and search for balance (Peseschkian, 1987, cited in Eryılmaz, 2011).

According to Positive Psychotherapy, the fundamental reality does not consist solely of conflicts and illnesses (Peseschkian, 2013). The approach emphasizes that individuals possess genuine talents, which are accompanied by conflicts and symptoms (Peseschkian, 2013). In Positive Psychotherapy, conflicts and symptoms present are interpreted by highlighting these genuine talents (Peseschkian, 2013). For example, when considering an individual who experiences a fear of loneliness, this situation is not seen merely as a sign of anxiety. Still, it can also be understood as an expression of the person's actual need to establish more relationships and connections with others. In other words, the symptom

is interpreted positively, not as a negative condition, but as a sign drawing attention to the individual's need in the realm of relationships (Peseschkian, 2013).

Positive Psychotherapy adopts an optimistic approach regarding human nature and has a humanistic perspective (Peseschkian, 2002). In this context, the theory suggests that individuals are born with the abilities to 'love' and 'know,' and that the human mind is not an inherently blank slate (Peseschkian, 2002). The ability to love is shaped and changes through emotional bonds established by primary caregivers from the moment of birth (Peseschkian, 2000). The ability to know involves understanding what a person is and where they come from, and it can develop through experience, eventually becoming a fundamental skill; learning and teaching abilities are emphasized (Peseschkian, 2000). The ability to love is referred to as 'Primary Skills,' while the ability to know is called 'Secondary Skills' (Peseschkian, 2000).

Self-Help

The word 'positive' in Positive Psychotherapy actually guides the process, allowing clients to focus on their strengths and abilities rather than their conflicts, discomforts, and illnesses. It encourages individuals to activate their self-help potential (Demirbağ and Sari, 2023).

Positive Psychotherapy adopts an integrative approach, and clients gain a kind of awareness through therapy and their own story (Demirbağ and Sari, 2023). Through self-help, clients are encouraged throughout the psychotherapy process and are trained to apply the awareness they gain during the process to their own lives even after the therapy ends (Demirbağ and Sari, 2023).

Kendi kendine yardım, bir önlem ve psikolojik sağlık yöntemidir. Pozitif Psikoterapi ekolü de bireyin sahip olduğu güçleri fark edip kullanmasını hedeflemektedir. Tüm bunlar birey için kendi kendine yardım ögesi olmaktadır. Bireyin kendi kendisinin terapisti haline gelmesi amaçlanmaktadır (Eryılmaz, 2011). Bu yönüyle kendi kendine yardım ilkesi, Pozitif Psikoterapi'nin Denge Prensibi ile doğrudan ilişkilidir ve bireyin yaşam alanları arasında uyum geliştirmesine zemin hazırlamaktadır.

Balance

Another goal of Positive Psychotherapy is to create balance within the individual. The theory suggests that this balance is expressed through the domains of health, success, relationships, and the future (Peseschkian, 2000). Beyond the cultural, individual, and social differences in these four areas, each person assigns different levels of importance to each dimension and has varying conflict contents. The content of the conflict, in turn, leads individuals to focus on different dimensions. For example, some individuals seek refuge in certain fantasies during conflict, while others exhibit physical symptoms. Some dedicate themselves to work and performance, while others withdraw from social contact (Peseschkian, 2000). It is very important to evaluate the method presented here. Because the area a person focuses on largely depends on their childhood or past life experiences and learned behaviors. The holistic approach of Positive Psychotherapy emphasizes the importance of all these areas. The theory focuses on individuals' emotions, thoughts, relationships, and spirituality. By highlighting that balance can serve as a resource for healthy and

productive functioning, Positive Psychotherapy underscores the importance of achieving this balance (Peseschkian, 2000, cited in Sari, 2015).

The Balance Model in Positive Psychotherapy is considered one of the fundamental principles of the approach and is at the core of the theory. According to Positive Psychotherapy, each individual may encounter various conflicts in different areas of life and try to cope with them through different ways: the senses are used in the body domain, the mind in the success domain, traditions in the relationship domain, and intuition in the meaning domain (Peseschkian, 1980, cited in Eryılmaz, 2011). Positive Psychotherapy aims to enhance the client's ability to cope with conflicts and to develop this capacity by using their resources more effectively (Peseschkian, 2002). In this context, the Balance Model makes significant contributions to Positive Psychotherapy. Mindfulness, as a supportive approach to this process, enables individuals to both maintain balance and increase awareness of their living spaces by staying present.

Mindfulness (Conscious Awareness)

Mindfulness is defined as bringing a non-judgmental and accepting attention to what is happening right now (Brown and Ryan, 2003). The concept of mindfulness was first used in 1979 by Prof. Dr. Jon Kabat-Zinn with the aim of reducing stress levels in individuals experiencing chronic pain (Kabat-Zinn, 1990). Mindfulness practices include meditation techniques practiced in the East; it involves directing one's non-judgmental attention to feelings, thoughts, and bodily sensations (Baer, 2003). The word "Sati," which in Pali means "being aware of the present moment," is associated with conscious awareness in Buddhist philosophy (Kabat-Zinn, 2003). Mindfulness is not related to being Buddhist and does not involve any religion or philosophy. When translating the concept of mindfulness into Turkish, it has been variously translated as awareness (Çatak and Ögel, 2010), conscious awareness (Özyeşil, 2011), and wise awareness (Karacaoğlu and Şahin, 2016).

Individuals tend to go to the past and future, and distance themselves from the present moment due to the nature of their minds. In mindfulness practices, breathing helps focus the individual's attention on the present; during this process, mental clutter decreases, and awareness of emotions and bodily sensations increases. The first step is to follow the breath, and then to look at the body and mind as a whole. Conscious awareness has three steps: attention, intention, and attitude. In the first step, the individual focuses their attention on something like a camera; in the second step, they notice events that are pleasant or unpleasant; and in the third step, they let events flow without judgment, with patience and compassion (Atalay, 2018).

Critiques of Mindfulness

Although mindfulness has found a wide range of applications due to its therapeutic effects, it has also been criticized by some researchers. Firstly, it is argued that mindfulness emphasizes merely observing and accepting emotions; in some cases, this may push aside an individual's ability to actively cope with problems (Van Dam et al., 2018). Additionally, it is suggested that when mindfulness practices are adapted into Western psychotherapy, they are often detached from Buddhist philosophy and reduced to a 'mechanical relaxation technique,' thereby neglecting the ethical and value-based

dimensions at their core (Purser & Loy, 2013). Furthermore, not all individuals have the same capacity to maintain their attention focus; therefore, in some cases, mindfulness exercises may lead to the resurfacing of traumatic memories and emotional distress due to intense internal focus (Lomas et al., 2015). These criticisms indicate that, despite its effectiveness, mindfulness cannot be applied in the same way to every individual and every clinical situation.

Mindfulness and Balance Model

Positive Psychotherapy aims to reinterpret individuals' discomforts from a positive perspective and help them achieve balance in their lives (Peseschkian, 2005). The principle of balance involves individuals reaching equilibrium in all areas and using the Balance Model as a tool to resolve their problems (Peseschkian, 2002). In the Balance Model, individuals who allocate their energy in a balanced and conscious manner across four different areas (body, success, relationships, future) are both healthy and productive. Briefly examining these areas within the Balance Model;

The body domain indicates that an individual's psychological states are closely related to bodily sensations and physical health. Conflicts within this domain can manifest not only on a psychological level but also through psychosomatic symptoms (such as headaches, stomach complaints, fatigue). Therefore, conflicts in the body domain should be addressed from both psychological and psychosomatic perspectives (Peseschkian, 2002). In this context, it is important to examine individuals' perceptions of their own bodies and body organs. The body domain seeks answers to questions like, 'What is the individual's eating pattern? Do they exercise regularly? What is their sleep routine? What do they do for their physical well-being?'

The body scan and emotion labeling practices in mindfulness exercises play a significant role in helping individuals develop body awareness. During body scan practices, individuals focus their awareness on each part of their body, directing their attention to the sensations in those areas (Ameli, 2016, cited in Aktepe and Tolan, 2020). Additionally, creating non-judgmental labels for emotions during these practices and recognizing the arising emotion with an accepting attitude are important techniques within mindful awareness practices (Pollak, Pedulla, and Siegel, 2019). It is believed that body scan and emotion labeling practices positively contribute to establishing a connection with the body within the Balance Model (Scholz and Schwarzer, 2005). Furthermore, having self-awareness in this area is crucial for maintaining balance. Individuals with high levels of self-awareness can more clearly recognize their needs and desires. These individuals can also easily identify which area of their life is weakened when their needs are unmet. As a result, individuals can strengthen and develop the areas or aspects they perceive as weak. Therefore, it is stated that self-awareness contributes to increasing people's life satisfaction (Scholz and Schwarzer, 2005).

The 'success' domain involves defining the norms that guide individuals' behaviors and internalizing these norms (Peseschkian, 1987). The success domain seeks answers to questions such as: 'What does the individual want to achieve on their life path?', 'Where does the person want to invest their energy within this journey?', 'Are they satisfied with their work?', 'Do they see themselves as a

successful individual?' The fundamental components of conscious awareness, acceptance, and not being overly ambitious, play a significant role in achieving balance within the success domain (Kabat-Zinn, 1990). Individuals are often preoccupied with the next step in their daily routines, especially regarding success. For example, a person striving for success at work might be working on reports for the day while also contemplating a promotion they might receive. A mind that is always thinking about the next step can eventually develop a sense of ambition. Mindfulness emphasizes that individuals need to let go of some habitual behaviors aimed at reaching goals instead of succumbing to ambition (Kabat-Zinn, 1990). This situation invites the individual to accept unconditionally the challenging feelings and experiences that arise at that moment (Kabat-Zinn, 1990). Additionally, when examining personality traits that can form the basis of conscious awareness, it is primarily listed that individuals possess self-efficacy, self-regulation, and self-control. Individuals with self-efficacy tend to have high confidence in their ability to achieve their planned goals and possess the ability to organize the necessary activities to demonstrate success (Akıllılar, 2013). In individuals with self-regulation, conscious awareness is high, and they can easily recognize their deficiencies and areas where they need to learn through awareness. Finally, individuals with high self-control also have high awareness. They can plan, monitor, and evaluate their own learning processes by using the most appropriate strategies. The 'relationship' domain encompasses an individual's relationships with themselves, their partner, family, other individuals, communities, social environments, and objects, as well as the sustainability of these relationships (Peseschkian, 1987). The relationship domain seeks answers to questions such as what accompanies the individual on their life path, whether they are satisfied with their relationships, and whether they consider or pay attention to what other individuals say or think about them. In mindfulness practices, the 'loving-kindness approach' facilitates a deeper connection both with oneself and with loved ones. Loving-kindness involves the desire for the well-being of others and the aspiration and effort to alleviate suffering for oneself and other living beings (Gilbert, 2009, cited in Pollak, Pedulla, and Siegel, 2019). One of the mindfulness techniques, called 'loving-kindness meditation,' involves wishing well for oneself and loved ones and determining a calming phrase they find appropriate. For oneself, phrases like 'may I be safe, happy, healthy, peaceful, free from pain, and at ease' can be used, or for loved ones, 'may they be safe, happy, healthy, peaceful, free from pain, and at ease.' These words or sentences are silently repeated until the individual creates an image in their mind that promotes good feelings (Pollak, Pedulla, and Siegel, 2019).

Sometimes individuals use their dreams, intuitions, or fantasies to cope with psychological issues they are experiencing. The 'Future/Meaning' domain here provides important resources to help individuals deal with the conflicts they face, with the individual's imagination playing an active role (Peseschkian, 2002). The future domain seeks answers to questions such as: What are the individual's dreams? How does the individual prefer to spend their free time? According to which religion or philosophy are they living?

Mindfulness involves patience in the spiritual realm. The core of wisdom includes being patient (Kabat-Zinn, 1990).

Being patient means accepting life without judgment as it is, knowing that everything has its own time and that the time will come. The fundamental idea behind patience is that the future actually contains the present moment (Kabat-Zinn, 1990). Additionally, the patience skill present in individuals also plays an important role in maintaining a balanced life. Individuals with patience can put effort and patience into living a balanced life, and they can also demonstrate the ability to delay rapid progress in some areas and endure slow advancement (Doğan, 2016, cited in Aypay and Kara, 2018). In conscious awareness, having patience, strength, letting go, and possessing a sense of trust are some abilities that positively influence the success in the learning process (Kabat-Zinn, 2001, cited in Akçakanat and Köse, 2022).

Additionally, mindfulness also encompasses compassion within the spiritual realm. It is desired that individuals can internalize a compassionate state of being, and cope with challenging moments through wisdom and compassion (Pollak, Pedulla, and Siegel, 2019). Expectations from individuals include valuing life, being willing to gain experiences from different areas, and creating various pleasures, all of which foster a love for life and a desire to achieve balance.

The originality of this study stems from the fact that the topic addressed has not been directly examined under the same title or scope in the literature. It has been observed that a holistic approach, which brings together Mindfulness practices in Positive Psychotherapy within the framework of the Balance Model, is limitedly discussed in existing sources. Therefore, this review aims to offer a new perspective to the relevant literature and propose a theoretical framework. The reason why direct empirical findings are not cited when explaining the relationship between the Balance Model and Mindfulness is that the literature on the comprehensive integration of these two approaches is still developing. The version presented in this study is not a verified result; it is a theoretical suggestion that will guide future clinical and experimental research. Consequently, explanations regarding each component of the model have been created through the analytical connection of existing theoretical arguments.

Materials and Methods

This study was designed as a review-type research. No experimental procedures were conducted, and no data collection tools were used. The foundation of the research is based on the conceptual description of existing scientific literature. Therefore, the study was carried out using a narrative review approach structured according to specific criteria, without systematic data analysis. The literature review was limited to studies published between 2000 and 2023. Since this is a review-type study, it does not require ethics committee approval.

In this context, Turkish and English sources available in reliable academic databases such as Google Scholar, the Higher Education Council (YÖK) National Thesis Center, and similar platforms were scanned. During the scanning process, keywords relevant to the purpose of the study were used; only publications with accessible abstracts and full texts were included in the review. The inclusion criteria for the study were: (1) addressing the concepts of Mindfulness or conscious awareness, (2) having conceptual content that can be associated with Positive

Psychotherapy and/or the Balance Model, and (3) being published in peer-reviewed journals or being academic studies in Turkish/English. The exclusion criteria were popular publications lacking scientific quality, studies focusing solely on clinical results without conceptual explanation, and publications for which the full text could not be accessed.

To determine the appropriateness of the obtained sources, a systematic screening process based on the key concepts found in the titles and abstracts was conducted. This process ensured a comprehensive, consistent, and purpose-oriented evaluation of the literature. The screening was carried out without a specific year limitation; while prioritizing recent research, previous studies that contributed theoretically to the field were also included in the assessment. The examined publications were thematically classified and grouped under similar conceptual frameworks to facilitate content analysis. To enhance the scientific reliability of the study, only sources with recognized academic validity were included; all steps were carried out transparently and traceably. In this regard, the study adopts a structured approach inspired by the PRISMA systematic review principles, but due to its method, it is positioned within the scope of a narrative review. Thus, the validity, accuracy, and integrity of the literature review process have been strengthened.

Discussion and Conclusion

Positive Psychotherapy approaches human nature with a positive perspective and, although it contains techniques and theoretical explanations within itself, it also encompasses other therapeutic approaches (Peseschkian, 2002). Briefly, 'being present' is what Mindfulness means, and it is one of these approaches. In the field of psychological health, Mindfulness-Based Therapies are applied, and certain techniques are used to enhance clients' Mindfulness skills (Pollak, Pedulla, and Siegel, 2019). Thanks to Mindfulness-Based Therapies, individuals can experience positive changes in some skills, and negative conditions can also be eliminated. Success levels in areas such as attention or learning can be increased, health levels in areas like mind, body, and brain can be improved, and individuals' quality of life or skills can be enhanced. Additionally, these therapies can be used to eliminate or reduce negative conditions such as stress, anxiety, and depression experienced by individuals (Öztaşkın, 2013).

It is believed that Mindfulness practices can assist in the foundation of Self-help and balance, which are the core of Positive Psychotherapy. Both contain principles that primarily enable the individual to help themselves. In the Balance Model, the development of each leg also emphasizes the importance of Mindfulness skills, which form part of the intervention content. Practices such as body scanning and emotion labeling are thought to support individuals' bodily awareness within the Balance Model, while acceptance, self-awareness, and non-judgmental attitudes support success in the domain of acceptance. A loving and gentle approach is believed to support relationships, and patience and compassion in existence are thought to support the meaning/future domain. It is believed that Mindfulness practices or exercises conducted during the process of Positive Psychotherapy will contribute to the individual's attainment of balance. The contribution of this study to the Mindfulness literature is positioning conscious awareness not as a general regulation skill but as a domain-specific regulatory

mechanism within the context of the Balance Model of Positive Psychotherapy.

At this point, the current study makes a unique contribution to the literature by proposing a theoretical integration regarding how Mindfulness can be used as a functional tool in each area of the Balance Model. This contribution positions Mindfulness not only as a technique but also as a component of a holistic approach that aligns with the fundamental assumptions of Positive Psychotherapy.

Mindfulness is a relatively new area that has recently begun to develop and gain popularity. It is believed that its use by positive psychotherapists and its integration into the psychotherapy process will contribute to achieving successful results in both individual and group treatments. However, the limitation of this work is that it only provides a theoretical framework and does not offer experimental evidence for clinical applications. Therefore, the impact of the proposed Mindfulness–Balance Model integration needs to be empirically tested. The literature has identified a lack of studies on Mindfulness-Based Positive Psychotherapy, and it is recommended to conduct experimental and quasi-experimental studies that will contribute to and develop this field. Future research should test Mindfulness-based Positive Psychotherapy interventions in clinical samples (e.g., anxiety, depression, relationship problems) using experimental and quasi-experimental designs; additionally, applying these interventions across different cultures to evaluate their trans-cultural effectiveness is suggested. Furthermore, by investigating mediating variables that influence the therapy process (such as self-compassion, acceptance, psychological resilience, etc.), the mechanisms of the model can be more thoroughly elucidated. In this context, clinical practitioners are advised that: (1) Mindfulness practices can be used as supportive intervention tools in each area of the Balance Model, (2) Mindfulness can facilitate individuals' awareness of their balance areas during the Positive Psychotherapy process, and (3) in clinical practice, difficulties in the balance areas can be addressed with brief Mindfulness-based interventions.

In conclusion, integrating Mindfulness practices with the Balance Model offers a potential contribution that can expand the Positive Psychotherapy approach both theoretically and clinically, creating new research opportunities in the field. During the Positive Psychotherapy process, Mindfulness practices can be used as a complementary intervention tool that enhances the client's awareness in each area of the Balance Model. Clinical practitioners can support balance by incorporating short, structured Mindfulness exercises targeted at the client's challenging areas of balance into the therapy process.

Declarations

Ethics Approval and Participation Permission

This study does not involve any personal data, biological material, or direct experimental intervention from human participants. Only secondary data/statements obtained from publicly available sources were used in the research. Therefore, the study does not require ethics committee approval. Privacy and academic ethical principles have been followed in the study.

Publication Permission

Not applicable.

Availability of Data and Materials

Not applicable.

Conflict of Interest

The authors declare that there is no conflict of interest.

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Author Contributions

The study's concept and design were carried out by MÇ. The data collection and analysis were conducted by MÖA. The draft version of the article was created by MÖA, and the critical revision was also carried out by MÇ. The final approval and all responsibility for the work were undertaken by both authors.

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