The Founder of Positive Psychotherapy, Prof. Dr. Nossrat Peseschkian, passed away peacefully on April 27th 2010.

He was born on June 18th 1933 in Iran and lived in Germany since 1954. As a bridge-builder between East and West, he developed Positive Psychotherapy and a network of PPT Institutions: Nossrat Peseschkian founded the Wiesbaden Advanced Education Circle for Psychotherapy in 1968 and then the Wiesbaden Academy for Psychotherapy (WIAP) in 1999.

Dear members, colleagues, friends and supporters of Positive Psychotherapy worldwide,

An eventful year 2010 lies behind us. In April, our very dear and esteemed founder Prof. Dr. Nossrat Peseschkian passed away and he is missed by family, colleagues and friends ever since. He leaves behind a great lifework, but also a responsibility and legacy for all of us. His death has characterized our personal lives as well as our 5th World Congress of Positive Psychotherapy which took place last October in Istanbul. Such events are like a bridge, which you cross and there is no way back. Positive Psychotherapy has grown up now and has to go its way - without its founding father. Many challenges are awaiting us in 2011. The Board of Directors has made some important decisions regarding the next few years and developed a vision plan for our next steps. There is a real pioneer spirit in the world of Positive Psychotherapy and so many encouraging events are taking place all over the world. I thank you all for your encouragement and support you are bringing to WAPP and Nossrat Peseschkian’s heritage.

Please enjoy reading our newly-designed and structured newsletter. Your feedback is always welcomed.

With best wishes,

[Signature]

Dr. Hamid Peseschkian, President of WAPP

In Memoriam: Prof. Nossrat Peseschkian

The Founder of Positive Psychotherapy, Prof. Dr. Nossrat Peseschkian, passed away peacefully on April 27th 2010.

He was born on June 18th 1933 in Iran and lived in Germany since 1954. As a bridge-builder between East and West, he developed Positive Psychotherapy and a network of PPT Institutions: Nossrat Peseschkian founded the Wiesbaden Advanced Education Circle for Psychotherapy in 1968 and then the Wiesbaden Academy for Psychotherapy (WIAP) in 1999.

In 1978, the German Association for Positive Psychotherapy was founded, later in the 1990s, the International Center for Positive and Transcultural Psychotherapy (ICPP) which turned in 2009 into the World Association of Positive Psychotherapy (WAPP). The Professor Peseschkian Foundation (www.peseschkian-stiftung.de) was established in 2005.

Nossrat Peseschkian was the author of 27 books in the field of Positive Psychotherapy, which were partly translated into 25 different languages. Approximately 260 scientific articles have been published by him in different journals.
Prof. Peseschkian was not only an innovative scholar, but also a loving and pragmatic teacher. He has touched many hearts and he led many souls to the eternal spring. In this process, he has adapted a very “modern” style of teaching. He cared much about the individual condition, he was a reliable and faithful companion and the energy and direction of his engagement was inspiration for his environment.

Through his cross-cultural investigations, lectures, seminars and courses, he visited 76 countries and territories around the world. Prof. Peseschkian managed to promote Positive Psychotherapy not only as a method, but also as a living network which today is already an example of unity in diversity, ranging across different cultures and professions. A number of public acknowledgements in the past, his status as one of the most popular authors in Germany, demonstrate the significance of this contributions. He received various international awards and honors. Recently Encyclopedia Iranica, a branch of Columbia University in New York, decided to add his CV to their encyclopedia.

Nossrat Peseschkian will always be remembered for his great humanistic contribution, his concerted effort to share his wisdom and his loving personality. His two sons, Hamid and Nawid, who are both active supporters of Positive Psychotherapy, as well as his wife Manije Peseschkian appreciate the significant scientific contribution and emotional support of the international community of Positive Psychotherapy.

5th World Congress of Positive Psychotherapy
9-12 October 2010 in Istanbul, Turkey

It was an important milestone – the 5th World Congress of Positive Psychotherapy in Istanbul, Turkey. Specially after the passing of Nossrat Peseschkian in April 2010, it was clear that it would be a “transitional” congress – from the founding and “parental” era to the era of the second generation of Positive Psychotherapy. It was not sure at the beginning if the congress could actually take place as planned. Even more delightful was the great number of participants (about 300) and the overwhelming engagement of all of them. Already the preparation time went along with the unforgettable hospitality of the congress hosts from the Center for Positive Psychotherapy in Istanbul, represented by Dr. Rukiye Hayran. Together we managed to arrange a congress with inspiring Round Table Discussions, international well-known Keynote Speakers, and more than 80 (!) workshops and presentations. Additionally we set up an attractive social program on all three conference days with sightseeing, dancing and space for personal encounters. Thanks to everybody who contributed to the success of the 5th World Congress of Positive Psychotherapy in Istanbul 2010! See you in 2013!!!

Newly elected Board of Directors (see right)

On the 10th of October 2010, after a very interesting trip to historical Istanbul, the annual meeting of WAPP took place. Beforehand and throughout the whole congress it was possible to become a member of the newly structured WAPP (more information about WAPP Membership see below). The new board that was elected on this evening consists of well-known members and some new faces who will together lead WAPP into a new era. At this place we would like to thank all former members of the board of WAPP for their work, their contributions and their presence. We hope we will continue our fruitful relationship in the future. Your experience and knowledge will be needed while we enter the next stage of development of Positive Psychotherapy, especially after the passing of Nossrat Peseschkian. The Board elected Prof. Dr. Raymond Battegay and Prof. Dr. Shridhar Sharma as the first two Honorary Members of our association.
MORE… from 5th World Congress of Positive Psychotherapy

Prof. Peseschkian International Positive Psychotherapy Award 2010

On Sunday, 12 October 2010, the Award Ceremony for the Prof. Peseschkian International Psychotherapy Awards 2010 took place in Istanbul.

The awards aim to recognize initiatives in favour of world-view and Weltanschauung of Positive Psychotherapy in service to mankind.

The awards reward colleagues in two groups:

1. Peseschkian Foundation International Award of Excellence in Teaching and Research in Positive and Transcultural Psychotherapy

The recipients of this Prize of Honor in 2010 are the pioneers and supporters of Positive Psychotherapy during the past years. The nominees have been recognized by external agencies and institutions and have performed significant services to promote the interest of development of Positive Psychotherapy in a considerable manner through dedication and effort.

The recipients of this award are appointed by the jury and institutions of Positive Psychotherapy upon the suggestion that they received.

Award Winners 2010:
- Dr. med. Walburg Maric-Oehler (Germany) Deutsche Ärztegesellschaft für Akkupunktur (DAeGfA)
- Dr. med. Heidi Rausch (Germany) Deutsche Ärztegesellschaft für Akkupunktur (DAeGfA)
- Dr. Elena Sakalo / Yuriy Kravchenko (Ukraine) Novo Nordisk / Master-Trainer of PP from the Ukrainian Institute of PP
- Dr. med. habil. Hamid Peseschkian (Germany) Wiesbaden Academy for Psychotherapy (WIAP)

2. International Advancement Award for Positive Psychotherapy

This prize is awarded in three topical categories (Categories: Continuing Education, Publication, Innovation), the award will be granted every three years. The total prize money for each category is € 1,500.

The foundation wants to give all colleagues who are engaged with Positive Psychotherapy the chance of nomination for their distinguished scholarship.

Award Winners 2010:
- Category Education: Enver Cesko, MSc, Kosovo
- Category Education: Dipl. Psych. Christian Henrichs, Germany
- Category Innovation: Mrs. Melody Yun Qu, China
- Category Publication: Dr. Ali Eryilmaz, Turkey

CONGRATULATIONS TO ALL WINNERS OF THE PROF. PESESCHKIAN INTERNATIONAL POSITIVE PSYCHOTHERAPY AWARDS 2010!!!
Meeting of the Board of Directors
18-19 January 2011 in Wiesbaden, Germany

Wiesbaden, Germany. The newly elected Board of Directors of WAPP met in January 2011 in Wiesbaden, Germany. Fortunately everybody managed to come despite of the bad weather conditions in whole Europe with snow and very low temperature. The focus of the meeting was laid on strategic reflections regarding the next years and a joint vision plan for the next steps. Two full days of fruitful consultations took place in a very harmonious and high-level atmosphere.

Visions – Decisions - Plans

The Board consulted on a vision for the next years. Taking into consideration the present state of Positive Psychotherapy all over the world, the Board will focus on a three-year-strategic-plan (2011-2013) until the next world congress in 2013.

The main goals and objectives are:

1. A Trainer Development Program: we need to have much more national and specially international trainers
2. To publish a mission and vision statement of WAPP on the website
3. To prepare a handbook of PPT-training and to define standards (of training etc.)
4. Further development of the Website, specially as a forum
5. To develop the database (with all available data of members, trainers and centers, which today are at different places)
6. To establish contact with the U.K. as a jumping board to the USA, because PPT is hardly represented in English-speaking countries
7. To develop the research in PPT through establishing university-based M.A. programs at some universities

In order to achieve these goals, some structural development is necessary. We have trained thousands of persons, but very few of them are official members in our association. One focus of this year is to bring the concept of membership to all participants, trainers and positive psychotherapists.

In January 2011 we released the revised WAPP Training Standards (http://positum.org/fileadmin/user/pdf/Training_Standards_and_Certificates/TRAINING_STANDARDS_BC_MC_BT_MT_January_2011_NEU_ohne_ECP_WCP.pdf) which are valid for all countries. There will be for sure some interim arrangements for people who already started their training under other conditions. Please send your questions to the headoffice (wapp@positum.org).

Also the Curriculum for Basic and Master Training Courses have been developed by a working group of Board members and others. All Basic and Master Trainers will be asked in the near future to use the new curricula for probation and to report about their experiences.
Meeting of the Board of Directors
18-19 January 2011 in Wiesbaden, Germany

Policy for the development of new standards

In general, the Board’s policy for the development of new standards will be an open and transparent one. Working groups will gather to prepare documents which will be shared with the members and then, based on their feedback, the board will publish the final statement. We hope that all of you will join actively in this new working process!

Conflict Management Strategy

Conflict management strategy: Based on the experiences of the past the Board decided to address upcoming conflicts or problems in centers or countries proactively and at a very early time in order to mediate between the conflict partners and so to avoid splitting processes. It cannot be accepted that sometimes due to ambitions of a few individuals, the progress of a whole country is influenced negatively.

New agreements for Positive Psychotherapy Centers

The relationship between the numerous centers of Positive Psychotherapy worldwide and the WAPP should be put on a new contractual basis. Therefore a new agreement has been developed. For more information please contact the headoffice via e-mail.

Re-Certification of centers

Also the re-certification process for existing centers will be brought on its way in the next months. We ask all of you to cooperate with the WAPP headoffice (wapp@positum.org) in this process of structuring WAPP international!

Development of national and international trainers

WAPP wants to develop new national and international trainers around the world. If you are interested to become a trainer in the WAPP, please contact your national organization or the headoffice in Wiesbaden (wapp@positum.org). Also the annual International Training Seminar (ITS) will be designed as an event ONLY for trainers and participants of training seminars. In the past the ITS have been like conferences, which was great on the one hand, but did not allow to focus on the development of trainers. Starting this year, only trainers and candidates in a trainer course (not training course) will be allowed to participate. For all others the concept of regional seminars and conferences is introduced.

ITS 2011

WAPP has just started a cooperation with the European University Tirana (UET) in Albania for the development of a joint master program called “Master of Psychological and Positive Psychotherapy Counseling (M.Sc.)”. The program will be fully conducted by our international trainers in English language. It marks the start of university-based and accredited trainings in positive psychotherapy. The first similar program was conducted at UTEPSA University in Santa Cruz, Bolivia, in 2006.

Master program at the European University of Tirana, Albania

The Website www.positum.org will be revised in order to develop a workspace for trainers and WAPP-Members. We intend to use it as a forum for documents, articles, information of all kind about positive psychotherapy which can be used by WAPP-Members only with a special access code.

Website developments

New Book

The board decided to publish a new book: a compilation of fundamental works from Nossrat Peseschkian about Positive Psychotherapy. The book will be published in different languages in memoriam of Nossrat Peseschkian, and it should become an introduction to Positive Psychotherapy.
In its first meeting the newly elected Board decided in Istanbul to engage a permanently employed secretary (part time) in the WAPP Headoffice in Wiesbaden who cares for all organizational matters concerning WAPP. Daniela Archontas-Fadl (see photo) is available via E-Mail wapp@positum.org or phone +49 (0)611 34109903. She is looking forward to hearing from you!

There is now a calendar of events with the dates of PPT trainings and seminars worldwide. Please send the information about date, location and trainer of your planned trainings to the WAPP Headoffice (wapp@positum.org). Thank you!

The “World of Positive Psychotherapy” is now also on facebook. Please register and become a fan! Everybody is warmly invited to share his experiences, photos, information etc.

The Albania Center for Positive Psychotherapy (Director: Mrs. Mirela Sula) together with the European University in Tirana (UET) and the Ministry of Education in Albania are planning to start with a two year M.Sc. Program in Psychological and Positive Psychotherapy Counselling in 2011. The teaching language will be English. Currently all prearrangements together with WAPP are on its way! Further information will be available on our website.

The Training Standards for Positive Psychotherapy Trainings worldwide have been revised and clarified. You find them on the website www.positum.org. Please contact the Headoffice if you have any questions about your qualifications or if you plan to participate in any training.

The Board has decided to publish an Electronic Journal of Positive Psychotherapy. In charge for that will be our WAPP-Member and former Board Member Dr. Ebru Cakici, Cyprus. Please send any articles and scripts to her ebrucakici@yahoo.com. The first issue is ready and will be published this spring.

The next International Training Seminar will take place from 7-11 September 2011. New is that the training will be only for basic and master trainers and candidates of trainer seminars. More details will come soon...

Kosovo News 2010: http://www.kosovapositive.com/

This year KCPP (Kosova Centre for Positive Psychotherapy) celebrated the 5th year of activities in the development of positive psychotherapy not only in Kosovo but in the whole Balkan region.

The main activities of KCPP in 2010 were training seminars. Six seminars in Basic Course with 76 new participants have been organized. In the end of year, 18 students finished their Basic Course.

In 2010, four Master Course seminars took place. The international master trainers were Arno Remmers, Gunter Hübner, Gabriela Hum and Enver Cesko.

Our international trainers have been invited from different centers to deliver master and basic courses in different countries (Ukraine, Turkey, Albania and Macedonia).

An Albanian psychologist, Ms. Arlinda Hasani, is currently writing her dissertation (Ph.D) about Positive Psychotherapy. She is a psychologist who lives in the U.K. and is very interested in Positive Psychotherapy. She needs some scientific articles on Positive Psychotherapy in English language. If you have any materials, please send them to her as soon as possible: lindaguni@aol.com. THANK YOU!

Please inform us always about dissertations, thesis’ and diploma works in any language which have been published on Positive Psychotherapy. A list is being prepared at the Headoffice.

The WAPP Headoffice has a new address:
World Association of Positive Psychotherapy (WAPP)
Luisenstrasse 28
65185 Wiesbaden, Germany
Phone +49 (0)611 34109903
Fax: +49 (0)611 3 99 90
Email: wapp@positum.org

Contributions to this newsletter:
If you have any articles, reports or other information about Positive Psychotherapy worldwide please send it to the headoffice so that we can take it into the next edition of the WAPP newsletter!
We apologize if we have not included any event in this issue!
Arno Remmers visited China as a trainer in November. Here is his report:

China has been a main focus during the past year. Well organized by the team of Melody Qu, from October 18th – 23rd the first Master Course for Positive Psychotherapy in China started in the new seminar office in the city center of Beijing. The 22 participants, all state licensed as Psychotherapeutic Consultants already, worked actively about their own role and identification as psychotherapists 45 academic hours with the subject “Psychodynamic, Human Development and Therapeutic Relationship”.

Included was a public lecture “Positive Psychotherapy as Psychodynamic Therapy” (http://positum.org/fileadmin/user/pdf/Training_Reports/PsychodynTPosPt201010CH_2.pdf). The well prepared participants worked with each other especially to understand transference and counter transference in the terms of PPT, actual, inner and basic conflict, therapeutic relation, setting, creative methods to work with the subconscious contents, dreams, personality structure, conflict model and relationship model in PPT in comparison to OPD-2, PPT in self help, management and pedagogy.

Invited by the Beijing Academy of Educational Sciences for the “3rd Beijing International Forum on Citizenship Education for Children and Youth” as a keynote speaker Arno Remmers presented a speech about “Capacities, Conflict Resolution and Balance Model in Children and Youth Development – Positive Psychotherapy Application in Education and Prevention”. The practical approach was well accepted by the auditory – 15 foreign professors and more than 200 Chinese participants, school directors, pedagogic scientists and administrators. A school visit of the participants showed the excellent quality of Chinese education system in Beijing, and the impressed foreign professors learned a lot by comparing with the own educational system in their countries.

Arno Remmers had been invited to be a co-chairman of one of the sessions about “School – Family – Community Partnership for Promoting Effective Citizen Education” with practical applications of citizen education programs in schools, wherein about 60 participants discussed with enthusiasm presenting their incredibly active projects like internet school for parents, curriculum Citizen Education in a primary school with presentation in the working session or the practical approaches of social projects. The needs for children to live values as citizens in the 21st century had been in the mind of all participants. Melody Qu, our Beijing representative for PPT, conducted an own workshop about Interaction Among Children.

Membership in the World Association for Positive Psychotherapy (WAPP)

Since Istanbul, a main emphasis has been to broaden the number of members. Only with many supporting members will the Association be able to represent our interests as a strong voice in the psychotherapeutic world. As of December 2010, we took up the hundredth member!

For Membership fees please use the Bank account of the World Association for Positive Psychotherapy:

Weltverband für Positive Psychotherapie
Account no: 111 200 114
IBAN: DE80 5105 0015 0111 200114
BIC: NASSDE55
(In Germany: Bankleitzahl: 510 500 15)

Bank Address: Naspa Wiesbaden, Webergasse 9, 65183 Wiesbaden, Germany

Individual membership

Full membership: 20 Euros per year
= Any interested person with a state-recognized psychotherapy training and an additional Basic Course Training in Positive Psychotherapy
= For Participants during a Master Course Training obligatory
= For trainers

Supporting membership: 10 Euros per year
= Any interested person who would like to support the association and its goals
= For participants during a Basic Course obligatory

Organizational/Institutional membership

= For Centers of Positive Psychotherapy: 50 Euros per year
= For National Associations of PP: 100 Euros per year
Report
Work of the Peseschkian Foundation

The priceless heritage of Nossrat for the humanity is Positive Psychotherapy. The Peseschkian Foundation continued the work and projects as was desired and planned by Nossrat Peseschkian. Now at the end of 2010 we are pleased to inform you about the activities:

The projects of the Peseschkian Foundation in general are spread in different countries in 4 areas:
1. education
2. self-help
3. postgraduate courses
4. cross-cultural understanding.

- Teacher Training and Positive Pedagogic programs were held in Germany, China and Ethiopia.
- A pilot project with the title “Healthy Students – Healthy Parents – Healthy Teachers – Healthy Society” is planned for 2011 in Hesse, Germany.

- Seminars:
  - Seminars, workshops and lectures were held countrywide in Germany to honour Prof. Peseschkian.
  - 2 strategic seminars regarding the future projects of Positive Psychotherapy in German speaking countries were organized in Wiesbaden and Aachen.
  - Teacher Training Seminars: in cooperation with the State office of Teachers postgraduate programs 2 seminars were held in Fulda and Frankfurt (Germany) on the basics of Positive Pedagogic.
  - Postgraduate and further education for medical doctors and psychologists: The annual program as started by Nossrat Peseschkian in the 1970ies is still continuing. Dr. Nawid Peseschkian is the director of the program.
  - In the lecture series of Wiesbaden Forum (organized by the Peseschkian Foundation) in November we had the program number 20 for the general public.

- Publications of Positive Psychotherapy Books and articles:
  - “Oriental Stories as Tools in Psychotherapy” was translated into Amharic and released in Ethiopia
  - Contract and agreement with Brazil, Albania and Turkey for the new translation
  - “Oriental Stories as Tools in Psychotherapy” was re-issued in the 31st edition in Germany (no. 3 on Amazon-list)
  - “In Search of Meaning” was re-translated by Prof. Dr. William Wan Zhaoyan and is published in Chinese

Prof. Nossrat Peseschkian has dedicated the income of his publications to the Foundation. The Foundation is holding the rights for all the books by Nossrat Peseschkian.

- Articles etc.
  - Dr. Theo Cope from China published an article on “The inherently integrative approach of Positive Psychotherapy” in the Journal of Psychotherapy integration
  - Online Bookshop for Positive Psychotherapy books is in progress
  - On Youtube there are various interviews with Prof. Peseschkian
  - The Positive Psychotherapy Manual in German language will be released online in 2011
... MORE ... Work of Peseschkian Foundation

- **Public relations and Media**
  - a **TV Interview with Voice of America** was the last interview with Nossrat Peseschkian in March 2010
  - **Payame Dust**: a radio broadcast in the USA did an interview with Manije Peseschkian in November 2010 about Nossrat Peseschkian as well as the 5th World Congress of Positive Psychotherapy
  - In a large number of Magazines and Newsletters, articles in memoriam of Nossrat Peseschkian were published.

- **PPT-Programs in different countries**
  - **Ethiopia**: Training for practitioners is a special training project - in the framework of the Mental Health Project in Ethiopia - for Basic Course graduates in Addis Abeba. The Positive Psychotherapy Center is hosted currently at the clinic. In Addis Abeba and Jima the Basic Courses are continuing. Soon the international trainers shall start the Master Course. The book Oriental Stories is available in Amharic, the language of the country.
  - **Brazil**: an online-course of PPT for refugees is in progress, organized by the IAPP Representative Sam Hadj and a Brasilian NGO. The book Oriental Stories in Portuguese will be reprinted. Sam Hadj, psychologist, has presented PPT in various congresses in Brazil.
  - **India**: A conference on “A New Approach to Mental Health” was organized by the Amity Institute of Behavioural & Allied Sciences, Amity University, Rajasthan, Jaipur, from August 6th – 8th 2010. Christian Henrichs as representative of the Foundation and WAPP participated in the conference and delivered a lecture with the title “Perspectives of Positive Psychotherapy in 21st Century – Peseschkian’s Approach to Psychotherapy in the time of Globalization”.
  - **China**: IAPP Projects in China are developing in an excellent way. The report appears in the “global news.”
  - Special projects are planned for Iran and the USA

- **Cooperation with International Associations and Congresses**
  - International Federation of Psychotherapy (IFP), Zürich
  - Association of Iranian Physicians and Dentists in Germany (VIA)
  - Dachverband für Transkulturelle Psychiatrie, Psychotherapie und Psychosomatik im Deutschsprachigen Raum (DTPPP)
  - Deutsche Gesellschaft für Psychiatrie, Psychotherapie und Nervenheilkunde (DGPPN)
  - 3rd Psychosomatic Congress in Isfahan, Iran
  - Association for Bahá’í Studies for German speaking countries (Gesellschaft für Bahá’í-Studien GBS)
  - Deutsche Ärztegesellschaft für Akupunktur (DAeGfA)
  - Schweizer Charita für Psychotherapie
  - Hessischer Stiftertag

- **International Archives of Positive Psychotherapy**
  To protect the written works and preserve important scientific items of the entire life work of Prof. Peseschkian, the Foundation Secretariat is trying to catalogue the available materials including video, CD, DVD, Photos, manuscripts, stories, congresses, lectures, abstracts, overhead slides, powerpoint presentations, awards and honors etc.

END of Report from Peseschkian Foundation