

# #GlobalPsychotherapist

News from the World of Positive Psychotherapy  
Newsletter of the World Association for Positive and Transcultural Psychotherapy



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## Editorial

Dear Colleagues, Members and Friends,

This is the latest issue of our Newsletter of Positive and Transcultural Psychotherapy and our Association!

**The year 2019** was very special for us and brought our positive mental health movement to its next stage. We had the largest gathering of positive psychotherapists ever, with more than 350 participants from 24 countries at the 7<sup>th</sup> World Congress for Positive and Transcultural Psychotherapy, last October in Kemer, Turkey. We remembered the founder of our method, Nossrat Peseschkian, who started 50 years ago when he opened his psychotherapeutic practice. 40 years ago, he published his bestseller book "Oriental Stories – The Merchant and the Parrot" in Germany. Our Association was first established 25 years ago.

With all this energy and new spirit, we entered **the year 2020**. In January, the first book ever was published on "Positive Psychiatry, Positive Psychotherapy, and Positive Psychology" with 49 authors, many of our association. Shortly after this highlight, we had to mourn the passing of Mrs. Manije Peseschkian, co-founder of the Peseschkian-Foundation, WAPP Board member, and wife of the PPT-founder. Two weeks later, the Covid-19 pandemic hit the world and since then, positive psychotherapists all over the world are switching to online therapy, online trainings, and a wave of international Zoom meetings and conferences has started to take place. Indeed, despite the great health crisis, PPT is offering insights into the emotional aspects of the pandemic and we are taking active roles as global psychotherapists.

Stay healthy and be positive!

Hamid Peseschkian,  
President



## Corona crisis and its impact on psychotherapy and psychotherapy trainings

**2020 is an extraordinary year. Who would have thought that a pandemic of this extent could hit our societies so hard?**

The corona pandemic started early this year and still has a large influence on our daily lives now in May. Personal encounters are restricted. No meetings, no seminars, many schools and daycare facilities are still closed.

There are basically three groups of people: those who work harder than ever, those who work less than ever and some inbetween whose working lives are unchanged and unaffected.

**What does the pandemic mean for our profession?** As health care specialists our work is still needed – maybe more than before. But what can we do and how can we stay in contact with our clients, patients, and training candidates?

Read more about this on pages 5 and 6 of this newsletter.



## WAPP International News

### 7th World Congress

#### 7th World Congress for Positive and Transcultural Psychotherapy



#### We had a major PPT event in 2019!

7th World Congress for Positive and Transcultural Psychotherapy:

Anniversary Congress – Seminar Congress: 50 Years Positive Psychotherapy

**“Health – Culture – Psychotherapy”. It took place in Kemer, Turkey, 6-12 October 2019.**

With 104 plenary and individual presentations and workshops it was one of our biggest events ever. We were happy to welcome about 340 participants from 24 countries.

We offered not only some new presentation formats like short-talks and express-talks, but also included social and community events, such as a Center evening, an excursion and a very special gala-dinner.

The mood was very good – as usual. Our Congress participants enjoyed the mixture of scientific conference and meeting old and new friends in a relaxed and excellent holiday surrounding.

**The next World Congress is planned for October 2022 again in Kemer, Turkey (#positum2022).** We are planning with 500 participants. You don't want to miss it! The WAPP Board has decided to have this special event every 3 years from now on.

Many thanks to all participants, contributors, organizer team, and hotel staff, who made this event an enriching and fruitful experience!

**Please find some photos and impressions on the last page of this newsletter.**



**Dr. Sheyda Rafat**

Positive Psychotherapy Award 2019

In the course of the event the **Positive Psychotherapy Award 2019** was awarded to **Dr. Sheyda Rafat**, practitioner and Master Trainer from Germany. The Professor Peseschkian Foundation has honoured her in recognition of her continued support and achievements in the development of Positive Psychotherapy training in different countries.

### Positive Mental Health



## Positive Mental Health Movement

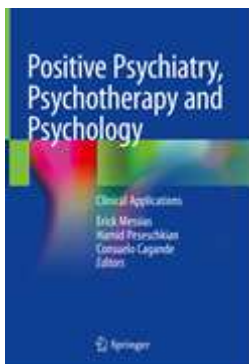
### New book on positive approaches

We are happy to share with you the success of publishing the first book on all three positive approaches: **Positive Psychiatry, Psychotherapy and Psychology**. Published by Springer. After 6 years of preparation and 2 years of intensive work, it is the first book worldwide which combines positive psychology, positive psychotherapy, and positive psychiatry. 49 authors from 13 countries and 5 continents contributed to this book. It was published in January 2020, and you can download the introduction and the abstracts free of charge.

**Now, let us promote the idea of this book of “Positive Mental Health”.**

[Springer website with access to free downloads](#)

[Book flyer](#)



### Weekly Series of Interviews with trainers and practitioners

#### Positive Mental Health around the world

Every week the two editors of the book, Prof. Dr. Erick Messias, University of Arkansas and Dr. Hamid Peseschkian, WIAP Academy, make a ZOOM interview with a trainer or practitioner of one of the positive approaches, which is published on our **YouTube channel for Positive Psychotherapy**:

<https://www.youtube.com/channel/UCnMbmpAS1W2kFShjDNVKGW>



## WAPP International News

### 🕒 In Memoriam

With grieving hearts, we have to convey to you that on 3 March 2020, the "mother" of Positive Psychotherapy, Mrs. Manije Peseschkian, left this mortal world. Since August last year she did not feel well, but it was very important for her to participate at the World Congress in Kemer. A few months ago, she was diagnosed with cancer and the last weeks she spent with her family and close friends at home. Her last message was:

*Dear family and friends,*

*2020 marks my 80th year on planet earth. I enjoyed this journey immensely having been able to travel all 5 continents and seen more than 70 countries and territories. You personally have been an important part in the accompaniment of my life journey for which I am infinitely grateful. Now the time has come to start the longest journey of my life. A few months ago I reserved a ticket for my last venture to the Divine kingdom.*

*Yours Manije*



**Mrs. Manije Peseschkian**

15 July 1940 – 3 March 2020

Member of the Board of Directors of WAPP, Co-Founder and Director, The Professor-Peschkian-Foundation

### 🕒 New representative of the Peseschkian Foundation at the WAPP Board of Directors

After the passing of Mrs. Manije Peseschkian we have a new Board member representing the Prof. Peseschkian Foundation: Dr. Tinia Tober, lawyer from Frankfurt/Main, Germany.

### 🕒 New Centers of Positive Psychotherapy

Since our last newsletter, WAPP has granted the Center status to **6 training centers** and **one new national association**:

- Center for Positive Psychotherapy "Psi Positum Bucharest", Bucharest, Romania, led by Antonella Matei.
- Center for Positive Psychotherapy Davranış Değişirme Atölyesi, Izmir, Turkey, led by Niyazi Tokem and Ergün Türkmen.
- Chengdu Center for Positive Transcultural Psychotherapy, Chengdu, China, led by Guoying Zhang.
- IDC - Center of Positive Psychotherapy, Tbilisi, Georgia, led by Lali Badridze
- Amur Center for Positive and Transcultural Psychotherapy, Blagoveshchensk, Russia, led by Maksim Chekmarev.
- Center at Positive Psychotherapy Department of European Collegium of Psychotherapy and Coaching, led by Valentyna Zaviirukha, Denys Lavrynenko and Anna Skitska.
- New national association, first one on the African continent! Ethiopian Positive Psychotherapy Association, Addis Ababa, Ethiopia

**Congratulations and welcome as new Association and Centers! WAPP is looking forward to working together with you.**

### 🕒 New Trainers of Positive Psychotherapy

WAPP is happy to announce that since March 2018 we have accredited 9 new Basic Trainers:

Milana Petrosova, Belkis Edige Serdengeçti, Yulia Dremina, Natalya Remesnyk, Olena Savchuk, Tetyana Yakubovska, Liudmyla Serdiuk, Anna Wyszadko, Aleksandra Zarek.

And 3 Basic Trainers became Master Trainers:

Polina Efremova, Natalia Khanetska, Maksim Chekmarev

**Congratulations!**

### 🕒 Positive Psychotherapy YouTube channel

WAPP has initiated our own YouTube channel with many new videos. Don't miss to subscribe:

<https://www.youtube.com/channel/UCnMbmpAS1W2KfShjDNVKGw>



**Dr. Tinia Tober**

new WAPP Board member



Positive Psychotherapy  
YouTube channel





## Future Conferences & Seminars

### First online conference, June 2020

#### 6-7 June 2020: Be positive in time of change

Saturday and Sunday 8:00 am to 2:00 pm CEST (Berlin time). Organized by some of our trainers from Bulgaria, Ethiopia, Poland, Romania, and Russia.

The ZOOM IDs will be available soon.



FIRST ON-LINE CONFERENCE „BE POSITIVE IN TIME OF CHANGE“	
06.06.2020 8:00 Session Time	07.06.2020 8:00 Session Time
8:00- 8:15 Opening the Conference	8:00-8:30 "What if tomorrow doesn't come?" Developing hope in time of crisis" - Maxim Chekmayev
8:15-8:45: A fairytale about helping the noble folks to cope with anxiety and preventing them from going crazy in self-isolation- Polina Efremova	8:30-8:45 Discussion
8:50-9:00 Pandemia in Bulgaria	8:45-9:15 CO Parenting During a Crisis: An Opportunity to Work Together for Your Children's Balance - Cuydeanu Oana Ralura
9:00-9:10 Pandemia in Ethiopia	9:15-9:30 Discussion
9:10-9:20 Pandemia in Poland	9:30-10:00 Break
9:20-9:30 Pandemia in Romania	10:00-10:30 How the Covid can change our perceptions of gender roles - Ekaterina Lavrygina
9:30-9:40 Pandemia in Russia	10:30-10:45 Discussion
9:40-10:00 Break	10:45-11:15 Balance model of autistic people in the time of pandemic - Ewa Dabala
10:00-10:30 What if I die!!! about the (conscious and unconscious) death anxiety in time of pandemic) - Anna Wyszrafko	11:15-11:30 Discussion
10:30-10:45 - Discussion	11:30-12:00 Break
10:45-11:15 - A slowed down world as an opportunity to hear your own voice - Ekaterina Dukanova	12:00-13:30 Discussion in rooms
11:15-11:30 Discussion	13:00-13:15 Discussion
11:30-12:00 Break	13:15-13:45 New balance in your posture: practical workshop - Galina Skryabina
12:00-13:00 "Crisis or Change - Secondary or Primary Capacities" - Tatiana Kancheva	13:45-14:00 Discussion
13:00-13:15 Discussion	
13:15-13:45 New balance in your posture: practical workshop - Galina Skryabina	13:30-14:00 The end of the Conference

ZOOM MEETING-ID: SOON

The event organized under the honorary auspices of the President of World Association for Positive and Transcultural Psychotherapy Dr. Haraid Pusechskian



### Ukrainian Online Conference, 14 June 2020

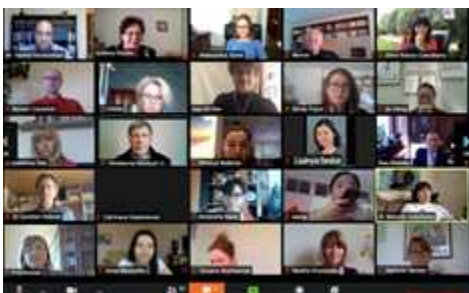
Our Ukrainian colleagues are also planning their annual national conference as an online event on 14 June 2020. More information will follow by email, Facebook and our website.

### 21<sup>st</sup> International Trainer Seminar, first one online! 22-23 August 2020

Due to the Corona pandemic this year's ITS will take place as online conference. Different from the first communicated date it will be on two days only, starting one day earlier on Saturday, 22 August through Sunday 23 August 2020. Saturday is for trainers only, Sunday for all members. There will be lectures, seminars and workshops. Registration fee for trainers: € 100, for non-trainers: € 30.

Registration and Abstract submission: [wapp@positum.org](mailto:wapp@positum.org)

In the course of the ITS there will also be the **next online meeting of all WAPP members** – the annual general member assembly on 22 August 2020.



## Election of new Board of Directors

In 2020 the WAPP Board of Directors will be newly elected for the years 2020-2022. This year, the election will be possible by email only. The result of the election will be presented at the general member assembly on 22 August 2020.

You can help WAPP continue the successful worldwide work of Positive Psychotherapy. **WAPP needs and welcomes active participation of its members.**

**Please discuss with your colleagues and try to identify suitable and experienced persons to replace them as possible candidates! We encourage especially women and younger colleagues.**

We will send out a "Call for nominations" very soon, at which the possible candidates can be nominated officially. The nominees will be announced to all WAPP members. A short CV of the candidates will be available at our website to acquaint the voters with them.

The postal vote is scheduled for July-August 2020.



# Corona crisis and its impact on psychotherapy and psychotherapy trainings

## The WAPP Board has defined a recommendation for the time of the pandemic:

Most governments recommend their citizens to reduce social contacts to a minimum.

Therefore, we recommend for the time of COVID-19 the following:

1. Keep offering face-to-face individual psychotherapy in your practice when measurements of caution are guaranteed (if officially allowed according to your country's COVID-19 regulations).
2. If this is not possible, psychotherapy of patients in long term-care could be conducted on-line but only according to official regulation in your country.
3. Psychotherapy of first-time patients should only be conducted on-line in the situation when the severity of the symptoms prevent the postponement of therapy and the patient cannot come to your practice personally.
4. Psychotherapy trainings are conducted on-line in following settings
  - Theory seminars
  - Individual and group supervision
  - Intersession
  - Individual self-discovery
  - **The group self-discovery is excluded from online trainings.**

## Recommendations of the WAPP Board

### USEFUL LINKS

#### World Health Organization (WHO):

COVID-19 situation reports

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>

Mental health and psychosocial considerations during the COVID-19 outbreak

[https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?fbclid=IwAR0avXjrBRXmledo9ZNwESubuMVfXTowRIsC8oU\\_FaCmlH-CAk\\_drB5A8IQ](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?fbclid=IwAR0avXjrBRXmledo9ZNwESubuMVfXTowRIsC8oU_FaCmlH-CAk_drB5A8IQ)

Mental health and psychosocial support during COVID-19

<http://www.emro.who.int/mnh/publications/mental-health-support-during-covid-19.html?format=html>

MENTAL HEALTH PROTECTION AND PSYCHOSOCIAL SUPPORT IN EPIDEMIC SETTINGS

Mental Health and Substance Use Unit, Pan American Health Organization (PAHO/WHO), 2016

[https://lookaside.fbsbx.com/file/Mental%20Health%20in%20Epidemic%20settings.pdf?token=AWz0djOOV\\_Is0MzZMAAdHdzvHV90J0LVJWeqLoMVMSy\\_0qvmJwHDNnDYte-11Yi78rW0vn4AZMO7s3UwsauMaHzE9CV\\_FAPsRpcyFJUC423RCenH3Afm577ykW6MZ0jDHTHnYUKn3FJgVpz2ulm6Gf2ZCtNNDSp5wKaFa7KtFzdcyvTnEE\\_MVky4u1m0lhZjleK05uPaCdE3nAHe8S50\\_Y](https://lookaside.fbsbx.com/file/Mental%20Health%20in%20Epidemic%20settings.pdf?token=AWz0djOOV_Is0MzZMAAdHdzvHV90J0LVJWeqLoMVMSy_0qvmJwHDNnDYte-11Yi78rW0vn4AZMO7s3UwsauMaHzE9CV_FAPsRpcyFJUC423RCenH3Afm577ykW6MZ0jDHTHnYUKn3FJgVpz2ulm6Gf2ZCtNNDSp5wKaFa7KtFzdcyvTnEE_MVky4u1m0lhZjleK05uPaCdE3nAHe8S50_Y)

#### World Psychiatric Association (WPA):

Coronavirus (COVID-19) Mental Health Resources

<https://www.wpanet.org/covid-19-resources>

#### European Psychiatric Association (EPA):

COVID-19 Resource Centre

<https://www.europsy.net/covid-19-resource-centre/>

S. Galderisi and J. Samochowiec: Management of Psychiatric Patients with Suspected COVID-19

[https://www.europsy.net/app/uploads/2020/04/ALGORITHM-Hospitalisation-COVID\\_EPA.pdf](https://www.europsy.net/app/uploads/2020/04/ALGORITHM-Hospitalisation-COVID_EPA.pdf)

### Useful links

# Corona crisis and its impact on psychotherapy and psychotherapy trainings

## More useful links



### European Association for Psychotherapy (EAP)

Interim Advice for Conducting Psychotherapy Online

[http://news.europsyche.org/eap\\_member\\_information\\_20\\_covid-19/EAPonlineGuidance.pdf](http://news.europsyche.org/eap_member_information_20_covid-19/EAPonlineGuidance.pdf)

### American Psychiatric Association (APA):

Coronavirus Resources

[https://www.psychiatry.org/psychiatrists/covid-19-coronavirus?utm\\_source=Internal-Link&utm\\_medium=FOS-Hero&utm\\_campaign=CV19](https://www.psychiatry.org/psychiatrists/covid-19-coronavirus?utm_source=Internal-Link&utm_medium=FOS-Hero&utm_campaign=CV19)

Practice Guidance for COVID-19

<https://www.psychiatry.org/psychiatrists/covid-19-coronavirus/practice-guidance-for-covid-19>

### Royal College of Psychiatrists (RCP):

Guidance for clinicians

<https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians>

### Johns Hopkins University:

Coronavirus COVID-19 global cases map, Public Health On Call COVID-19 podcasts

<https://coronavirus.jhu.edu/map.html>



## Crisis as an opportunity

If you are at home these days, use the time of quarantine or lockdown to **improve your psychotherapeutic competencies**: read our new and older PPT books, write articles, or prepare presentations, improve your theory knowledge. We are all working in a health care sector, no matter if as therapist, counsellor, teacher or supervisor. After and during this crisis your competencies will be needed – probably more than before.

Use this time-out for your **professional self-improvement**.

Also important: **Learn English!**

**For bank transfers, please use the bank account of the World Association for Positive and Trans-cultural Psychotherapy:**

Weltverband fuer Positive Psychotherapie WAPP  
 Bank: Naspa Wiesbaden,  
 Webergasse 9, 65183 Wiesbaden,  
 Germany  
 IBAN: DE80 510 500 150 111 200 114  
 BIC: NASSDE55XXX



### WAPP membership

The current **number of WAPP members is 1491**. We are very proud to constantly gain new members worldwide.

**Please don't forget to send us your membership fees by bank transfer, by PayPal or credit card.**

You can see the present structure of membership fees in the table below.

Please find the payment information at:

<http://www.positum.org/108-0-Membership-fees-and-payment.html>

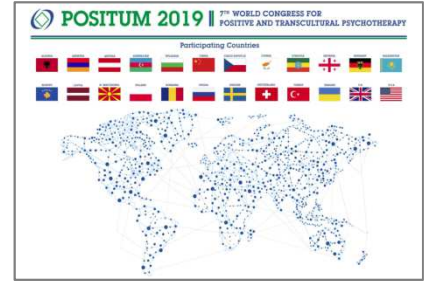
For credit card payment please contact the Head Office.

Category	Annual membership fee	Discount for advance payment (3 years)
<b>Supportive</b> membership	10 EUR per year	--
Full membership for <b>Basic Consultants</b> and members in training	25 EUR per year	60 EUR for 3 years in advance
Full membership for <b>Certified Positive Psychotherapists</b>	50 EUR per year	130 EUR for 3 years in advance
<b>National trainers</b> (Basic and Master Trainers who are only active in their own country)	75 EUR per year	--
<b>International trainers</b> (Basic and Master Trainers who also travel to trainings in foreign countries)	150 EUR per year	--



# WAPP International News

Impressions from the 7th World Congress in Kemer, Turkey, October 2019



Visit our website: [www.positum.org](http://www.positum.org)



Or find us on facebook!  
[Positive Psychotherapy](https://www.facebook.com/PositivePsychotherapy)



## WAPP NEWSLETTER

### Legal notice

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This newsletter is published twice a year.

**Contributions to this newsletter:**  
If you have any articles, reports or other information about Positive Psychotherapy worldwide please send it to the Head Office so that we can take it into the next edition