

**2008**

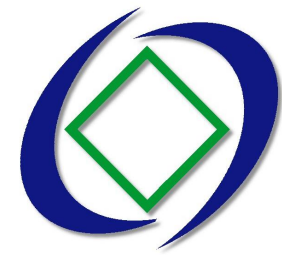
Issue No. 2

26/03/2008

# Positum International News

International Newsletter on Positive and Transcultural Psychotherapy

Published by The International Center of Positive Psychotherapy (ICPP) and  
The International Academy for Positive and Transcultural Psychotherapy (IAPP)



## Editorial

*If you give someone a fish,  
you feed him only once.  
If you teach him how to fish,  
He can feed himself forever.  
(Oriental Wisdom)*

### This is a Special Year

We are happy to be able to present the new newsletter on the global work of Positive Psychotherapy to you.

Awareness of the cultural priority of globalisation is rising from day to day. And in the course of the dynamic changes around the globe, people are looking for means to build and to rebuild social cohesion of social structures.

Positive Psychotherapy has always been emphasising the importance of cultural awareness and cooperation for individual and collective well-being. In its theory, it has the deeply inbuilt transcultural perspective. This manifests f.i. in the use of stories and wisdoms from different cultures, but also in the East-West-concepts. But it isn't only theory. In practise, Positive Psychotherapy has been and is truly global endeavour and it is ready to serve. Consider f.i. the extensive travelling and teaching of its trainers, the foundation of its centers in more than 20 different countries or the translation of the core literature into 23 languages to date.

This year, Positive Psychotherapy celebrates two anniversaries: Nossrat Peseschkian, founder of Positive Psychotherapy has his 75th birthday and the method itself has its 40th anniversary.

Both anniversaries have the potential and will raise the awareness of the contribution of Positive Psychotherapy for a positive way to live and work together in the time of globalisation.

In the series of the upcoming events there will be the 9<sup>th</sup> Annual International Training for Trainers of Positive Psychotherapy and within an international basic course in English language in June 2008 in Wiesbaden.

We hope that this second edition of Positum International News will receive a similarly warm welcome as its first edition in 2007. The purpose of the newsletter is to link the players in the world of Positive Psychotherapy together and to promote its transition from a center-based structure around its origin in Wiesbaden to a dynamically interlinked structure around the globe. It might also make people interested in the continuous work and the development of Positive Psychotherapy in the different parts of the world.

Christian Henrichs, Editor

Board member ICPP (Information Manager), Board member trustees of IAPP (Secretary) (e-mail: [henrichs@interpunction.net](mailto:henrichs@interpunction.net))

**40th Anniversary of  
Positive Psychotherapy (Peseschkian)**

1968 - 2008



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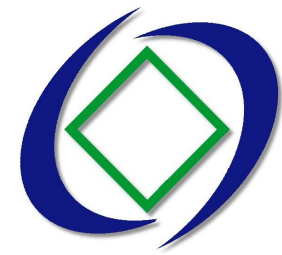
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## Global News – International Institutions

### 9<sup>th</sup> International Training for Trainers

The upcoming International Training for Trainers of Positive Psychotherapy has been scheduled to June 23<sup>rd</sup> – 26<sup>th</sup> 2008 in Wiesbaden. The first announcement will be sent these next days. For more information please contact [icpp@positum.org](mailto:icpp@positum.org).

### Open International Basic Course starts this Summer

In order to provide training for individual professionals living in areas with no local center of Positive Psychotherapy, the board of ICPP has decided to provide open international basic courses in English language in Wiesbaden. The first basic course of this kind will start 23-26 June 2008. The following dates will be agreed with participants. If you are interested please contact [info@peseschkian-stiftung.de](mailto:info@peseschkian-stiftung.de).

### Renaming the International body of Positive Psychotherapy

On 29 January 2008, the members of the Board of Directors of the International Center of Positive Psychotherapy (ICPP) met in Wiesbaden for a full-day consultation. Among many decisions, it was decided to rename the ICPP in June 2008 in the "World Association of Positive Psychotherapy (WAPP)". For more information, please contact [hp@wiap.de](mailto:hp@wiap.de).

### Updating of training standards

The board also reviewed the international training standards on Positive Psychotherapy. The updated scheme again distinguishes a basic course and a master course. After passing an examination, the basic course leads to the title of a "Basic Consultant of Positive Psychother-

apy" the master course to the title of "Certified Positive Psychotherapist". Moreover there are regulations for the certificates of "Basic Trainer for Positive Psychotherapy" and "Master Trainer for Positive Psychotherapy". For detailed information please contact [gabriela.hum@positum.ro](mailto:gabriela.hum@positum.ro).

### Positive Psychotherapy becomes member of IFP

Positive Psychotherapy has - via its European umbrella organisation (EFCPP) - become a member of the International Federation for Psychotherapy. President of the IFP is Professor Ulrich Schnyder from Switzerland. For more information please visit [www.ifp.name](http://www.ifp.name).

### EAP accreditation for Positive Psychotherapy renewed

The re-registration of European Federation of the Centers of Positive Psychotherapy (EFCPP) was successfully accepted by the European-Wide Accrediting Organizations Committee (EWOC) of the European Association of Psychotherapy (EAP) and the board of EAP. The membership organisations representing the different modalities of psychotherapy are reviewed every five years by the EAP according to its standards. For more information, please refer to [www.europsyche.org](http://www.europsyche.org).

### Positive Psychotherapy on the list of WCP

Positive Psychotherapy is officially listed at World Council for Psychotherapy (WCP). It fulfils the standards for psychotherapeutic training leading to the World Certificate of Psychotherapy and the European Certificate of Psychotherapy. For more information please refer to [www.worldpsyche.org](http://www.worldpsyche.org) and [www.europsyche.org](http://www.europsyche.org).

### 2007 World Congress in Cyprus successful

The 4th World Congress for Positive Psychotherapy has been held in Famagusta, Cyprus, October 15<sup>th</sup> – 20<sup>th</sup> 2007. More than 270 partici-

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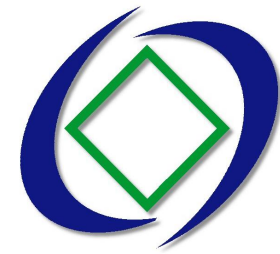
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pants from 18 different countries worked together on the topic of "Life, Love, and Balance as Challenges in Positive Psychotherapy." More than 60 lectures and workshops allowed a broad insight into the work on Positive Psychotherapy world-wide. The congress reader has been published (ISBN 3/926386/20/7).

The congress venue overlooked the beautiful mediterranean sea and was surrounded by impressive landscapes. The participants enjoyed the family friendly and positive transcultural atmosphere of the congress in the culturally rich environment. A special highlight was the visit of the president of North Cyprus, Mehmet Ali Talat, to the congress. On the main social evening with music and dance there were more than 300 participants. The next world congress will be in 2010. For more details of the 2007 world congress, please visit [www.positumcyprus.org](http://www.positumcyprus.org).

## **World Congress for Psychotherapy this Autumn in China**

5th World Congress of Psychotherapy of the World Council of Psychotherapy (WCP) will be October 12th – 15th 2008 in Beijing. The title is "East meets West".

Positive Psychotherapy will be presented in an invited lecture by Nossrat Peseschkian and in two symposia. Here, the lecturers are: Shridhar Sharma (India), Maxim Goncharov (Russia), Zhang Zhigang (China), Agnes and Bijan Ghaznavi (China), Nossrat Peseschkian (Germany), Christian Henrichs (Germany), Fuguo Chen (China) and Francois Biland (Switzerland). For more information on the congress please visit [www.wcp2008.org](http://www.wcp2008.org). For information on the Positive Psychotherapy symposia and lectures please contact [info@peseschkian-stiftung.de](mailto:info@peseschkian-stiftung.de).

In China itself, Positive Psychotherapy looks back on a 20-year history; only last year a new representative office has been opened, and at the moment a training program has started in 10 Chinese cities simultaneously.

## **Reports from the Centers and International Teaching Activities**

### **Austria**

#### **Austrian psychotherapist has become bishop**

John Okoro - an Austrian priest and psychotherapist, lecturing on Positive Psychotherapy and transcultural psychotherapy at Wiesbaden Academy for Psychotherapy - has become archbishop of the Old Catholic Church of Austria. In the ceremony, there were more than 1000 participants. Representatives from WIAP, IAPP and German Association for Positive Psychotherapy (DGPP) participated and passed on congratulations. For details please contact [info@wiap.de](mailto:info@wiap.de).

#### **Seminars, lectures and a new representative office**

Seminars on Positive Psychotherapy have been conducted by Michael Katzensteiner, Reinhard Larcher, John Okoro and Nossrat Peseschkian in several cities across Austria. In a congress on "religion in psychiatry and psychotherapy", which was held in Graz under the patronage of the Austrian Association for Psychiatry and Psychotherapy ([www.rpp2007.org](http://www.rpp2007.org)), there was a keynote lecture on Positive Psychotherapy by Nossrat Peseschkian. In January 2008, a new representative office for Positive Psychotherapy has been opened in Vienna, Austria. The office is run by Ines Stamm who is a state-recognised psychotherapist. Please contact her for details on current activities in Austria at [info@stamm-psychotherapie.at](mailto:info@stamm-psychotherapie.at).

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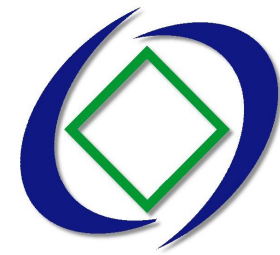
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## Bolivia

### **Various activities since completion of the masters programme**

Since the finalization of the first masters program on Positive Psychotherapy at university level in the world in may 2006 at UTEPSA University, Santa Cruz, a large variety of activities on Positive Psychotherapy have been taking place in Bolivia. Of course numerous individual therapies have been carried out. In the business world, coachings, positive quality circles and management trainings have been implemented. For alcoholics and drug addicts, self help groups have been set up. At Gabriel René Moreno University, at NUR University, at Evángelica University, at UTEPSA University and at Colegio Bautista tools of Positive Psychotherapy are used in various classes - f.i. on health, geriatrics, leadership or transcultural adaptation. At NUR University a 6 modules course on Transcultural Conflict Resolution is in preparation. And there are more innovative projects in the planning stage. For further information please contact [susannehansen271@hotmail.com](mailto:susannehansen271@hotmail.com).

## Bulgaria

### **Bulgarian association of Positive Psychotherapy**

The Bulgarian Association of Positive Psychotherapy (BGPP) was established 15 years ago.

In the meanwhile, there are 5 basic trainers and 5 master trainers. In 2007, 209 participants attended the basic- and master-courses, 25 have finished their training and will receive their master-certificate. A new youth project has been established recently by Boriana Tchalakova and two colleagues from the association. The 5th National Conference of BGPP will take place from April 4<sup>th</sup> – 6<sup>th</sup> 2008. Main topic will be child and adolescence-psychotherapy and counselling.

On the new website of the society, the certified Positive Psychotherapists are listed, also the magazine "positum" and various content related features, case studies and a number of Bulgarian tales and wisdoms. For more information, please contact [ibontcheva@yahoo.com](mailto:ibontcheva@yahoo.com).

## China

### **Opening of Beijing Representative Office**

On December 20<sup>th</sup> 2007 there was the official opening ceremony of Beijing representative office of Positive Psychotherapy. Officials and prominent representatives from different universities and mental health organisations from various cities were present. They were hosted by Melody Qu, the head of the office, and Nossrat and Manije Peseschian from Germany. Amongst others, Matthias Hack, Representative of the German Embassy, Beijing, held an inaugural speech in which he expressed the high appreciation of the achievements of Positive Psychotherapy in China in the last 20 years. The office is starting a wide range of activities across China. For more information please contact [info@iappchina.com](mailto:info@iappchina.com).

### **Basic courses in various cities**

In a wide-spread initiative across the whole of China, Melody Qu, Director of the new representative office of Positive Psychotherapy in Beijing, organizes seminars for hundreds of Chinese professionals in the field of mental health and education: Psychologists, Psychiatrists and Physicians, social workers, educators etc. In this joint program 10 basic courses will be held in 10 cities during 2008. International trainers from various national centers will be involved in the project. For more information please contact [melody@iappchina.com](mailto:melody@iappchina.com).

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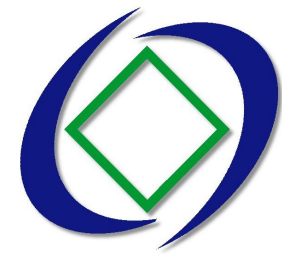
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## **Counselling activities**

Courses on Positive Family Therapy and special courses for Kindergarten teachers were given by Bijan and Agnes Ghaznavi to several colleagues and universities: Beijing (Haidian University), Lanzhou (Agricultural University) and also in the cities of Shanghai and Shenzhen. For more information please contact [gazna19@yahoo.com](mailto:gazna19@yahoo.com).

## **Cyprus**

### **Activities after hosting of world congress**

The first basic training for Positive Psychotherapy consisting of 120 hours was completed in May 2007 with about 90 participants. In the meanwhile, a master course and a new group for basic course have been started. The international trainers for the project have been Thomas Kornbichler, Sheyda Rafat, Ferah Aksoy-Burkett, Christian Henrichs and Nossrat Peseschkian from Germany and Hürol Fisiloglu from Turkey. The Cyprus Center was the local organizer of the successful 4<sup>th</sup> World Congress of Positive Psychotherapy in October 2007. First researches about Positive Psychotherapy conducted in the Cyprus culture were presented there. For more details of the work of the cyprus center please contact [ebrucakici@yahoo.com](mailto:ebrucakici@yahoo.com).

## **Czech Republic**

### **Activities of center in Brno**

In 2007, Gunther Huebner held an international seminar in Brno, Czech Republic. The 2nd training group of the center in Brno is finishing its training this year. There is also a course at Masaryk University. As another project, a music-therapeutic album featuring an introduction to Positive Psychotherapy was published by the center. For more information please contact [kulka@arcana.cz](mailto:kulka@arcana.cz).

## **Ethiopia**

### **First basic course in Ethiopia**

Two chief Psychiatrists, Mesfin Araya from University Addis Abeba and Markos Tesfaye Yohannes from University of Jimma, are - in cooperation with Ethiopian representative for Positive Psychotherapy, Helga Mengistu-Faust - organising a basic course on Positive Psychotherapy in Ethiopia. The course will start in May 2008. The first trainers will be Richard Werringloer and Udo Boesmann from Germany. The Peseschkian Foundation provides the funds for the publication of the book "Positive Family Therapy" in Ethiopia. For more information please contact [info@peseschkian-stiftung.de](mailto:info@peseschkian-stiftung.de).

## **Germany**

### **Development and activities of Wiesbaden Academy**

Wiesbaden Academy for Psychotherapy is the largest training institute world-wide that has a strong focus on Positive Psychotherapy. Out of 181 postgraduate psychotherapy institutes in Germany, WIAP-Academy belongs to the Top 4. 350 seminars are held per year, more than 50 trainers are teaching approximately 300 candidates. The academy cooperates with 50 hospitals. Recently the internal polyclinic, where about 800 patients are continuously treated, has been enlarged. The academy provides training according to state-standards for different professions and offers basic and master training for Positive Psychotherapy. At the moment the next International Training for Trainers (June 23<sup>rd</sup> – 26<sup>th</sup> 2008) and the celebrations for the 75th birthday of Nossrat Peseschkian (June 22<sup>nd</sup> 2008) are being prepared. For more information please contact [info@wiap.de](mailto:info@wiap.de).

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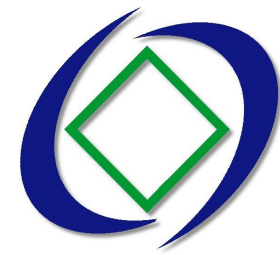
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## **WIAP-lecturers elected in Psychodynamic Association**

In November 2007, two members of the WIAP-Academy (Prof. Christian Reimer and Hamid Peseschkian) were elected at the annual meeting of the German Association for Psychodynamic Psychotherapy in Hamburg, as Vice-Presidents of the Association. The WIAP-Academy is one of 17 other postgraduate institutes of this association, and the largest by number of students. For more information, please contact [info@wiap.de](mailto:info@wiap.de).

## **Peseschkian Foundation promotes Basic Courses**

Basic courses on psychosomatics for more than 450 Acupuncture physicians have been held in Oberhausen, Bad Nauheim, München, Berlin, Hamburg and Wiesbaden by Walburga Maric-Oehler and Anas Aziz - both members of the German Association of Positive Psychotherapy (DGPP) - in cooperation with the German Association for Acupuncture. The courses meet the standards for the basic course on Positive Psychotherapy. For more information please contact [maric-oehler.daegfa@t-online.de](mailto:maric-oehler.daegfa@t-online.de) or [positum.aziz@hotmail.com](mailto:positum.aziz@hotmail.com). Two other basic courses with a special focus on transcultural psychotherapy have been held in Stuttgart and Bonn in 2007 and 2008. For more information please contact [info@peseschkian-stiftung.de](mailto:info@peseschkian-stiftung.de).

## **Training institutions in Wuppertal and Berlin**

At Paritaetische Akademie in Wuppertal, seminars and certificate programs on Positive Psychotherapy are run on a regular basis. Currently 4 programmes are offered there: positive conflict counselling, positive family counselling, couple and parent counselling and positive resource coaching. Further information can be found - in German - at [www.positive-beratung.de](http://www.positive-beratung.de) or obtained from [rolf.sauer@paritaet-nrw.org](mailto:rolf.sauer@paritaet-nrw.org). In Berlin, at Maerisches Institute for Psychotherapy, a representative office of Peseschkian Foundation is located. The institute also

offers seminars on Positive Psychotherapy. For information, please contact [info@psychokompetenz.de](mailto:info@psychokompetenz.de).

## **Kosova**

### **Activities of the new center**

At the Kosova center for Positive Psychotherapy, a first basic course is to be concluded this spring. Moreover, the Kosova center has developed a training program on treating PTSD, and it has also conducted workshops for the Kosova police, both on the basis of Positive Psychotherapy. Enver Cesko, Jusuf Ulaj and Afrim Blyta are in charge of these programs. In April 2008, Nossrat Peseschkian will give a seminar in Kosovo. More information can be found on the relaunched website [www.kosovapositive.com](http://www.kosovapositive.com) or contact [kosovacpp@yahoo.com](mailto:kosovacpp@yahoo.com).

## **Latvia and Lithuania**

### **Basic and master courses**

Several basic and a master courses in Latvia and Lithuania have been organised by Alla Makarenko. At the moment, a second master course is carried out. The international trainers in Latvia and Lithuania have been Ivan Kirilov, Vladimir Slabinski, Birgit Werner, Abbas Jabbarian and Arno Remmers. For more information please contact [ki@ok.lv](mailto:ki@ok.lv).

## **Macedonia**

### **Positive Psychotherapy presented in Macedonia**

In 2007, an introductory seminar on Positive Psychotherapy has been held by Enver Cesko for Macedonian health professionals. Present was the President of Macedonian Association for Psychotherapy, Professor Emilija Stoimenova-Canevska. It was the first presentation of Positive

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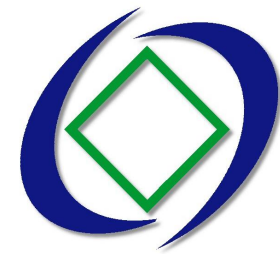
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Psychotherapy in Macedonia – further courses are in preparation. The organiser was the psychologist Tatjana Ristova-Dimova from the Cardiovascular Clinic of Skopje. For more details, please contact her via [tatjana\\_0703@yahoo.com](mailto:tatjana_0703@yahoo.com).

## Romania

### Romanian Positive Psychotherapy Association

Romanian Positive Psychotherapy Association (RPPA) is now one of the largest providers of continuous professional training within the Romanian Council of Psychologists. In 2007, "Oriental stories as tools in psychotherapy" was a bestseller in Romania and a new book was published in the beginning of 2008: "Positive Psychotherapy". Another book by Nossrat Peseschkian is currently during printing: "Positive Psychotherapy for Every Day Life". RPPA organises the Summer School on Positive Psychotherapy during May 26<sup>th</sup> – 31<sup>st</sup> 2008. Around 50 Romanian students and trainers in Positive Psychotherapy will participate, speakers from Romania and abroad are expected. For more information, please contact [gabriela.hum@positum.ro](mailto:gabriela.hum@positum.ro).

## Russia

### Positive Psychotherapy in Moscow

A new "Institute of Positive Development" (IPD) has been registered in Moscow in January 2008. At the institute, a program of "Social Partnership Development" has been launched in 2 big companies. This program includes the established programs "Employee Assistance Service" and "Positive Coach Management Development". The institute works on various organizational issues, scientific validation of concept of emotional maturity and on training in Positive Psychotherapy. For further information please contact [ivan@positum.net](mailto:ivan@positum.net).

## Positive Psychotherapy in Far East Russia

Maxim Goncharov of Khabarovsk Center for Positive Psychotherapy in Russia and has been elected as a chairman of psychotherapy section at Far East Association of Russian Psychiatrists. He has also been appointed by the Professional Psychotherapeutic League of Russia as director of the Far East department. The center has started a new basic course and they are running various regular classes on innovative schemes such as "family depositary", "Employee Assistance Program" or "Positive Coach Management". Currently the center is starting special projects for the families as in Russia 2008 is the "Year of the family". For further information, please visit [www.cpp.khv.ru](http://www.cpp.khv.ru).

## Turkey

### Training and presentations in Turkey

In Turkey, two seminars for the basic course have been held in Istanbul. The local organiser is Rukiye Hayran. In Ankara, a basic course is organised by Tugba Sari from Baskent University. The international trainers in both places have been Thomas Kornbichler and Sheyda Rafat from Germany. For more information, please contact [sheyda@rafat.net](mailto:sheyda@rafat.net), [tugba@baskent.edu.tr](mailto:tugba@baskent.edu.tr), or [rhayran@yahoo.com](mailto:rhayran@yahoo.com). Positive Psychotherapy has also been presented at this years IACA-PAP congress. For details please contact Ali Eryilmaz of Ankara University via [erali76@hotmail.com](mailto:erali76@hotmail.com).

## Ukraine

### Engagement in administrative structures

In January 2008, there was a national meeting for reformatting psychotherapy on a government. It was organized by the Ukrainian Union of Psychotherapists (UUP). Apart from its president Alexander Filts, also

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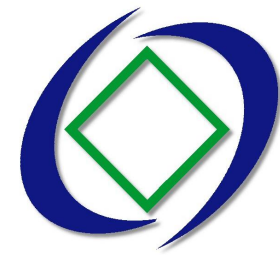
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Alfred Pritz, general secretary of the European Association for Psychotherapy was present. The Section of Positive Psychotherapy in Ukraine was represented by Vladymyr Karikash and Kateryna Ovcharek. Here, Vladymyr Karikash was elected to the National Board that would provide the Strasburg Declaration in Ukraine and Kateryna Ovcharek became a member of the working group of the Law of Psychotherapy lobbying. The Section of Positive Psychotherapy was also presented by the UUP Trainers Meeting in February 2008 where the Board of UUP Trainers approved the educational program of Positive Psychotherapy and signed the agreement of partnership. For more information, please contact [ovcharek@bigmir.net](mailto:ovcharek@bigmir.net).

## **Basic courses, master courses and conferences**

The educational program of Positive Psychotherapy in terms of basic and master courses is currently continued in 10 big Ukrainian cities (Kiev, Cherkassy, Dnepropetrovsk, Odessa, Sumy, Nikolaev, Ivano-Frankovsk, Ternopol, Chernigov, Nezhin). In 2007, Nossrat Peseschkian visited Kiev to participate at the Satellite Symposium at The Endocrinology Conference, and Lvov to conduct a seminar at the University in cooperation with Prof. Filts. There are also coaching and organizational counseling courses in 3 cities (Kiev, Chernigov, Dnepropetrovsk). Innovative projects are the so-called "Psy-Polis" camp for youth which takes place several times per year and the magazine "Positum Ukraine" which currently goes into its second edition. By Summer 2008, 30 participants from Positive Psychotherapy master courses are expected to graduate and there will be new master courses in two 2 cities. Furthermore an educational program on Positive Family Therapy is in preparation. Participation of Positive Psychotherapy from the Ukraine section is planned on the Annual Conference of Ukrainian Union of Psychotherapists in June 2008 in Poltava, and in the 5th World Congress for Psychotherapy in October in China. Furthermore, there will be the Annual

Ukrainian Positive Psychotherapy Conference in Ternopol in September 2008. International participants are welcome. For more information please contact [ovcharek@bigmir.net](mailto:ovcharek@bigmir.net).

## **Awards, Publications and Research**

### **Positive Psychotherapy Awards 2007 at the World Congress**

One of the highlights of the 4th World Congress for Positive Psychotherapy was the ceremony of the Positive Psychotherapy Awards. The awards were given to 9 nominees, selected by an international jury from 8 countries. In the category "education" the awards were given to Gabriela Hum (Romania) and Vladimir Karikash (Ukraine). In the category "publication" the awards were given to Ivanka Boncheva (Bulgaria) and Ivan Kirilov (Russia). In the category "innovation" the awards were given to Maxim Goncharov (Russia) and Gunther Huebner (Germany). The honorary awards went to Raymond Battegay (Switzerland), Shridhar Sharma (India), Agnes Ghaznavi (China) and Bijan Ghaznavi (China). For further details and conditions for the nomination please contact [info@peseschkian-stiftung.de](mailto:info@peseschkian-stiftung.de).

### **New Publications by Nossrat Peseschkian**

At the Frankfurt book fair 2007, a new book of Nossrat Peseschkian was presented: „Das Alter ist das einzige Mittel für ein langes Leben". ("Old age is the only means for a long life"). The book is published by Patmos Verlag. Another recent publication is "Vom Glück des Suchens und Findens" ("The luck of searching and finding") by Pattloch publishers. New audio books with Trias publishers are "Wenn du willst, was du



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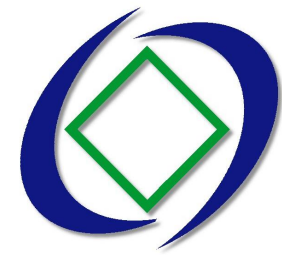
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noch nie gehabt hast, dann tu, was du noch nie getan hast" ("If you want to have something you never had before...") and "Lebensfreude statt Stress" ("The joy of living is better than stress") - the last one was written together with Nawid Peseschkian.

The following books by Nossrat Peseschkian have been translated and published in 2007 or 2008: Romania: "Positive Psychotherapy", Korea: "Life is a paradise to which we can find the key". A Spanish edition of "If you want something..." is currently in preparation. Some books in English language have recently been published again in Australia. For more information, please contact [info@peseschkian-stiftung.de](mailto:info@peseschkian-stiftung.de).

## Secondary literature

In the Austrian book published by Alfred Pritz "Hundert Meisterwerke der Psychotherapy" ("Hundred Masterpieces of Psychotherapy") there is a chapter on Nossrat Peseschkians "Psychosomatics and Positive Psychotherapy". It was written by Reinhard Larcher.

In another Austrian book published by F. Sedlak, "Psychologie und Psychotherapie in Schule und Studium" ("Psychology and Psychotherapy in school and university") there is a chapter on Positive Psychotherapy that has been written by Michael Katzensteiner. For more information on these publications, please also contact [info@peseschkian-stiftung.de](mailto:info@peseschkian-stiftung.de).

*If you want to bring the country in order, bring the provinces in order.  
If you want to bring the provinces in order, you have to bring order to the cities. To bring order to the cities, you must bring order to the families. If you want to bring order to the families, you must bring order to your own family. If you want to bring order to your own family, you must bring order to yourself." (Oriental Wisdom)*

## Documentation Feature

### Short Introduction to Positive Psychotherapy

Positive Psychotherapy integrates psychodynamic with cognitive-behavioural aspects of psychotherapy on the basis of a positive, transcultural and interdisciplinary approach. It is conflict-centered and resource-orientated and has been developed by Nossrat Peseschkian and co-workers since 1968. It has been approved as a scientifically based psychodynamic method of psychotherapy by the German governmental institutions and chambers, the European Association of Psychotherapy, the World Council of Psychotherapy and many national bodies all over the world.

Positive Psychotherapy has an original approach: It uses a set of basic concepts that are phrased in every-day language so that they can be easily understood by both, therapist and patient. However, these basic concepts also provide a framework for the psychotherapeutic process in general, hence communication within the rich tradition of psychotherapeutic schools is promoted, too.

Due to its accessible nature, Positive Psychotherapy has been successfully applied not only in psychotherapy, but also in education, training and coaching. It is now widely spread across the world: it has been introduced in more than 80 countries, institutions have been established in more than 20 countries, the major books have been translated in more than 20 languages and various programs at university and postgraduate level have been established.

**2008**

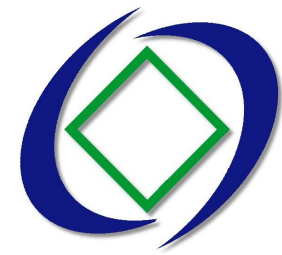
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# Positum International News

*International Newsletter on Positive and Transcultural Psychotherapy*

Published by The International Center of Positive Psychotherapy (ICPP) and  
The International Academy for Positive and Transcultural Psychotherapy (IAPP)



Positive Psychotherapy is based on the conviction that all men are good by nature and that they have two basic capabilities: the capability to love and the capability to know. Conflicts are interpreted as challenges to the development of these capabilities. From this starting point, a lot of innovative concepts and techniques have been developed for the therapeutic process. Two examples:

The Balance Model: Human life takes places and can be described in four modes: body/senses, achievement, contact, and future/fantasy. In conflicts, every person develops a preference for dealing with the problems that arise. Example: The father reacts by escaping into his work (achievement); the mother reacts by withdrawing, and hence by avoiding social contact (contact); the child reacts with physical complaints (body).

Stories, wisdoms, transcultural examples: Stories, wisdoms and examples from other cultures are used as respectful mediators between therapist and patient, encouragement for using fantasy in conflict resolution, and mnemonic aid for future situations. Example: an oriental who comes home relaxes right in the center of noise and chatter of all his family members and neighbours; whereas a westerner rather seeks to relax alone and in a quiet environment.

Positive Psychotherapy has proven to be highly effective in awarded clinical studies. Beyond the therapeutic setting, Positive Psychotherapy provides an innovative approach to social and political topics of conflict in the age of globalization – such as education, prejudices, materialism, fundamentalism, migration and world-wide development. On an international level it is represented by the International Center for Positive Psychotherapy (ICPP), constituted as an association of institutional and individual members, and the International Academy of Positive and Transcultural Psychotherapy (IAPP) – Peseschkian Foundation. Its main training institute, Wiesbaden Academy for Psychotherapy (WIAP), is one of the largest institutions for state-recognized postgraduate train-

ing in psychotherapy. Prof. Nossrat Peseschkian, the founder of Positive Psychotherapy, has been awarded the order of merit of the federal republic of Germany in 2006.

*Introductory Reading:* Peseschkian, N. (1996), *Oriental Stories as Tools in Psychotherapy*.

*Further Information:* [www.positum.org](http://www.positum.org) and [www.peseschkian-stiftung.de](http://www.peseschkian-stiftung.de).

## Positum International News

### **Imprint, Subscriptions and Contributions**

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