



# WAPP Annual Review 2020

Dear WAPP members,

Dear friends and supporters of Positive Psychotherapy worldwide,

*The year 2020 is coming to its end. It was an extraordinary year with changes one would not have imagined 12 months ago. The pandemic was the major theme of this year, but it was amazing to witness how all of you took this crisis as an opportunity to raise to a new level. Our worldwide community of PPT has become stronger and more united than it was one year ago. It has really become a global movement. Today, we wish to share with you some highlights and events of 2020, but this is only a small part of all the activities which happened all over the world.*

**Due to the pandemic**, almost all presence modules of psychotherapy trainings had to be cancelled and changed to online seminars. And also psychotherapy and counselling sessions with patients and clients oftentimes had to be altered to the online format. Now, after nine months of this practice, we gained much experience with it and are happy to see that it works well. Especially, continuing therapy with patients in these uncertain times of pandemic was necessary and a good option to keep in contact and to not interrupt treatment.

**Online encounters** by Zoom or other providers even offered us new opportunities to meet and exchange. Our **International Training Seminar (ITS)** was conducted as an online conference seminar for the first time in August, and it was well received by about 120 participants from 15 countries.

**We also had other plenary online meetings and conferences**, like a Zoom meeting open for all members of WAPP, meetings with trainers only, meetings with working groups, and online conferences were organized by different organizers, trainers, national organizations and interest groups. Before the pandemic, the WAPP Board was meeting only twice per year, now there are monthly meetings. This makes decisions much faster.

**A new WAPP Board was elected in August for the years 2020-2022.** The election was conducted online, too. The members of WAPP received an individual link and code to make their votes. The members of the new Board are: Hamid Peseschkian (president), Ewa Dobiala, Maksim Goncharov, Gabriela Hum, Ivan Kirillov, Olga Lytvynenko, Richard Werringloer, and Tinia Tober (as a representative of the Peseschkian Foundation).

**This year, we engaged two new co-workers to assist and help with the work of our association:** Dr. Kateryna Lytvynenko from Ukraine as WAPP assistant and Dr. Dorothea Martin from USA/Albania for English language editing. We are very thankful for their valuable help.



In the past 12 months since our last World Congress in Kemer (Turkey), our association has quickly moved on to another stage. Many new impulses were set, our members inspired us with young and contemporary ideas, such as designing official information material, initiating a YouTube channel, and – which is one of the most important steps – we revived the Electronic Journal for Positive Psychotherapy. From now on it will be known as “The Global Psychotherapist”, and its first issue will be published early next year.

At present our association has 1,600 members in 36 countries. Among them are 144 Basic and Master Trainers of Positive Psychotherapy, 8 of them received their trainer license this year.

A big project this year is and was the re-certification of trainers, which started in Ukraine. 39 trainers needed to undergo an online interview examination. Furthermore, from this year on trainer applicants need to do a similar interview examination. Currently, 16 candidate Basic Trainers and 13 candidate Master Trainers have done this interview. The examiners are quite satisfied with the results of these interviews. Almost all candidates passed the examination.

The trademark “Positive Psychotherapy (PPT after Peseschkian, since 1977)” was registered in the United States of America in June 2020. This was an important achievement for us to stake our claim and protect our name in the USA.

This year also brought us some sad news: The passing of Mrs. Manije Peseschkian on 3 March 2020. The “mother” of Positive Psychotherapy has left this mortal world to be re-united with her husband and the founder of PPT. 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 weeks later, she was diagnosed with cancer and the last weeks of her life she spent with her family and close friends at home. We will keep her in loving memory and continue her lifework.

We are also thinking of our colleagues who suffered from Covid-19 or are still suffering and wish them to become healthy soon again.

The Board of Directors would like to thank each and everyone for his or her support during this year. It is so encouraging to see that there are active Positive Psychotherapists worldwide who are contributing to the mental health of their fellow citizens. It makes us proud to be part of the worldwide professional family of Positive Psychotherapists.

We wish you all a peaceful end of the year, pleasant holidays, and all the best for the year 2021.

WAPP Board of Directors and Head Office

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