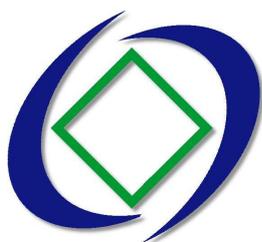


WAPP Newsletter

News from the World of Positive Psychotherapy

Published by the World Association for Positive Psychotherapy



In this Issue:

- 1 Editorial
- 2 ITS 2012, Announcement
- 3 1st International Regional Congress in Prishtina
- 4 WAPP Board Meeting, January 2012
- 5 International Positive Psychotherapy News
- 6 5th Romanian Summer School
- 7 Membership
- 8 Annex: Report Work of Peseschkian Foundation
- 9 Legal Notice

Editorial

by Dr. Hamid Peseschkian, President of WAPP



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

We are happy to share with you the latest news of the world of Positive Psychotherapy. As you will see and read in this newsletter, there is a lot going on in the diverse and multicultural world of Positive Psychotherapists: conferences, seminars, publications, treatment of patients and organizational issues. We are maybe not very large by our numbers, but an international association with a group of very motivated and dedicated women and men around the world, who want to make their contribution to the human society.

The main highlight during the coming weeks is our International Trainer Seminar which will bring together most of the "key-players" of Positive Psychotherapy. Surely they will bring the spirit from this seminar back to their cities and regions, and we hope that in near future, we will have many more national and international trainers.

Please enjoy reading our newsletter. Your feedback is always welcomed.

With best wishes,

International Trainer Seminar 22-26 August 2012 in Wiesbaden, Germany

The International Trainer Seminar is addressed to trainers for Positive Psychotherapy and persons who are on their way to become a trainer. At least, they need to have successfully completed a Master Training in Positive Psychotherapy. The trainers are the most important resource and multipliers for the development of Positive Psychotherapy worldwide. Therefore, they need an exclusive forum to learn from each other, to train their competencies and to have the possibility for transcultural communication. This is the aim for the ITS 2012.

The program is a new one: only trainers and future trainers can participate. They will be divided in 3 groups and work intensively on theory, self-discovery and supervision.

If you are a trainer or on your way to be a trainer and wish to participate, please register now!

All information and registration form are available here:

<http://positum.org/events/its-2012/>



INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOTHERAPY

7-10 June 2012, Prishtina-Kosova



First International Regional Conference on Positive Psychotherapy in Prishtina, Kosovo

Dr. Enver Cesko, Dr. Afrim Blyta, Dr. Jusuf Ulaj and their team of the Kosova Center for Positive Psychotherapy (KCPP) have organized an inspiring first regional conference with the topic "Positive Psychotherapy and its development in post-conflict countries in transition" in June 2012

From 7 to 10 June 2012 the first International Regional Conference on Positive Psychotherapy was conducted at the Swiss Diamond Hotel in Prishtina Kosovo. The topic of "Positive Psychotherapy and its development in post-conflict countries in transition" was chosen with respect to Kosovo's latest history and the development of the country after the Kosovo War in 1999.

In the following, please read an excerpt of the Welcoming Address of the Organizing Committee:

"Recently, after the war in 1999, Kosova get through periods of emergency in all areas of national development. We now find ourselves in the phase of consolidation but we are still recovering from the wounds of this harrowing war. More than thirteen years later the people of Kosova still suffer from these physical and psychic wounds and are still attempting to heal them. Post-traumatic disorders are still actual in our mental health services.

Investments in the mental health system in Kosova have been mainly focused on recruiting the necessary human resource; psychiatrists, psychologists, nurses and social workers. In this period of development of the mental health system, Positive Psychotherapy has been under the shadow of psychotherapy in general, but the activities of the Kosova Center for Positive Psychotherapy, the assistance given throughout these years by the World Association for Positive Psychotherapy and this regional conference should bring Positive Psychotherapy in Kosova into the position of prominence it deserves.

This period of transition in many west-east countries has brought so many changes in all areas of everyday life, but this change is most strongly felt in the social and cultural life and in its impact on mental health. Positive Psychotherapy has also taken its initial steps into these countries in transition during this dynamic period and has successfully faced its own challenges and difficulties as it worked toward sustainability and strengthening its professionalism in these new settings."

The conference was organized with the support of the Kosovo Ministry of Health. The Minister of Health was present during the evening. The President of the Republic also sent a welcoming address to the conference – the first time in the history of Positive Psychotherapy. This shows the excellent relationship our colleagues have in Kosovo!

There were 116 registered participants, but only 78 of them took part in the conference. Many of them in the last days cancelled their attendance, because of various different reasons. Representatives of 7 countries were present, such as Albania, Macedonia, Germany, Turkey, Poland, USA and Ukraine.

Three participants from Nigeria arrived at Prishtina airport, but they were not allowed to enter Prishtina, because of visa difficulties by state, even after they had paid their registration fees.



*If you want
something
you never had,
then do
something
you never did.*



During the four days of conference activities, there were 24 workshop presentations offered by different young and enthusiastic participants, 8 key plenary presentations, one movie presentation, one psychodrama group presentation and one study presentation about the DAI and WIPPF translation.

CONGRATULATIONS

TO THE ORGANIZERS FOR SUCCESSFULLY CONDUCTING THIS NEW TYPE OF INTERNATIONAL CONFERENCE!

THANK YOU

FOR YOUR MANY EFFORTS, TIME AND COMMITMENT!

AND MANY THANKS

TO ALL PARTICIPANTS WHO FILLED THE CONFERENCE WITH LIFE!



Meeting of the Board of Directors 17-19 January 2012 in Wiesbaden, Germany

Wiesbaden, Germany. The Board of Directors of WAPP have met in January 2012 in Wiesbaden, Germany. Unfortunately this year, not all members of the Board were able to attend the meeting. Vladimir Karikash and Ivan Kirillov attended via Skype, while Gergana Momova had no chance at all to participate in the meeting.

Accomplishment – Decisions – Plans

The Board consulted on the accomplishment of decisions and plans made in 2011, discussed new ideas and made plans how to further improve the work of the World Association.

The main objectives are:

1. *Compiling information leaflets and documents for trainings, such as curricula, information for organizers of training seminars, a new brochure about WAPP, etc.*
2. *Revising and improving the Training Standards for Positive Psychotherapy according to the experience gathered in 2011.*
3. *Enlarge the number of WAPP members, offer more/different memberships.*
4. *Development of a program to find and educate new trainers.*
5. *Definition of the training of future trainers.*
6. *Further development of the website with areas for trainers with training materials and training reports.*
7. *Initiate more research and encouraging members to do research in the field of Positive Psychotherapy.*

An **information leaflet for organizers** of trainings worldwide, which is not obligatory, but gives an overview impression on what to consider in offering trainings, has been compiled and can be retrieved here:

http://positum.org/fileadmin/user/pdf/Information_for_Organizers_of_PPT_seminars.pdf

The newly **revised WAPP Training Standards** can be found on the website at http://positum.org/fileadmin/user/pdf/NEW_TRAINING_STARDARDS_with_ECP.pdf. If you have questions or wish to add important aspects from your experience, please contact the headoffice (wapp@positum.org).

WAPP Board Meeting 2012



From left to right:

- ⊗ Enver Cesko, Kosovo
- ⊗ Manije Peseschkian, Germany
- ⊗ Maxim Goncharov, Russia
- ⊗ Arno Remmers, Germany
- ⊗ Hamid Peseschkian, Germany
- ⊗ Gabriela Hum, Romania
- ⊗ Vladimir Karikash, Ukraine (via Skype)

Meeting of the Board of Directors 17-19 January 2012 in Wiesbaden, Germany

Enlarging the number of WAPP members

To become an association with more impact, **WAPP needs more members** all over the world. There are innumerable students and graduates of Positive Psychotherapy, but only few make the step to become members and – by this – to contribute to the meaning and development of the method of Positive Psychotherapy.

Therefore, it would be helpful to remind trainers and organizers to introduce WAPP and its work to all seminar participants. With their contribution, in financial and engagement terms, WAPP is able to offer education, form groups and centers and spread the method.

New kinds of membership are in discussion, such as membership for a longer period than just one year. **Membership certificates** for long-term members could be offered to document a member's affiliation to the world of Positive Psychotherapy.

Development of national and international Trainers

WAPP still wants to develop **new national and international trainers** around the world. If you are interested to become a WAPP trainer, please contact your national organization or the headoffice in Wiesbaden (wapp@positum.org).

Trainer education

Trainers in training are now officially named **candidate-trainers**. There are no separate seminars for them to attend. Their training consists basically of accompanying a Basic or Master Trainer of Positive Psychotherapy throughout a whole Basic or Master Course to watch and assist him. More details and preconditions to apply for the trainer education please find in the new Training Standards on pages 7 to 10:

http://positum.org/fileadmin/user/pdf/NEW_TRAINING_STARDARDS_with_ECP.pdf.

ITS 2012

The annual **International Training Seminar (ITS)** has been re-designed in 2011 to be a training for trainers and for trainers in education only. Past International Training Seminars have focused on the conference aspect, where everyone participated and contributed. But the trainers need more internal exchange and practical seminars dealing with their special training situation. Therefore, also in 2012 only trainers and candidate-trainers (trainers in education) will be allowed to participate. For all others regional seminars and conferences are offered and will be offered even more in the future.

Website developments

The **Website** www.positum.org is constantly growing and changing. A new area for trainers is planned, in which trainers can read and download teaching materials and training reports to prepare their own training modules. Course dates, events and news are frequently added for all members. So please visit the site regularly! If you have information on courses and dates or wish to publish something on the website, please contact the headoffice (wapp@positum.org).

Research on Positive Psychotherapy

To stress and prove the meaning and effectiveness of Positive Psychotherapy **constant research** is very important. We would like to encourage our members to do scientific work and to present their work at international congresses. So please feel free to write articles, presentations, contribute to conferences! At this point, we also like to remind you of the **International Journal of Positive Psychotherapy and Research**. Please hand in your articles and share your experience! Editor of the Journal is Ebru Cakici from Cyprus (contact: ebrucakici@yahoo.com).

International Positive Psychotherapy News

- ⦿ The next **International Trainer Seminar** will take place from **22-26 August 2012**. If you are a Master or Basic Trainer or trainer in education and wish to participate, **please register now!** All information and registration form are available here: <http://positum.org/events/its-2012/>
- ⦿ Succeeding the International Trainer Seminar, WAPP will conduct its **annual general meeting with election of a new Board**, on 25 August 2012, 18.30 h to 20.00 h in Wiesbaden, Germany. After the meeting everyone is invited to buffet dinner and dance. If you wish to join, please send a short confirmation notice to wapp@positum.org.
- ⦿ The calendar of events with the **dates of PPT trainings** and seminars worldwide needs constant input. **Please send the information** about date, location and trainer of your planned trainings to the WAPP Headoffice (wapp@positum.org). Thank you!
- ⦿ **WIPPF questionnaire and WIPPF evaluation sheet as well as the First Interview** are now available in English. You may obtain it – free of charge – from the Peseschkian Foundation (peseschkian.foundation@positivepsychotherapy.org) and very soon also on the WAPP homepage.
- ⦿ In December 2011 the first **Basic Course for Positive Psychotherapy has started in Melbourne, Australia**. All modules are held by Maxim Goncharov from Russia. See a picture of the group on the right.
- ⦿ Also in December 2011 the first **Basic Course has started in Wroclaw, Poland**, in cooperation with Roman Ciesielski of the Wrocławski Instytut Psychoterapii. The training is a great success, and a second Basic Course is planned to start with Enver Cesko in November 2012.
- ⦿ **Daniela Archontas-Fadl** has become mother of twin-girls in January 2012 and has swapped her desk at the WAPP Headoffice for her new family home! Congratulations from WAPP! New part-time secretary is **Stefanie Heinen** (see photo below). She can be reached via e-mail wapp@positum.org or by phone +49 (0)611 34109903, Monday to Thursday from 9.00-14.00 h CET.
- ⦿ Please inform us always about **dissertations, theses and diploma works** in any language which have been published on Positive Psychotherapy. A list is being prepared at the Headoffice.
- ⦿ The German Association for Positive and Transcultural Psychotherapy (DGPP) has published its first newsletter (in German language), which you can find at: <http://www.dgpp.positum.org/aktuelles-termine/newsletter/>

WAPP General Assembly with Election of New Board!

25 August 2012, 18.30 h to 20.00 h CET, in the premises of the Peseschkian-Foundation, Kaiser-Friedrich-Residence, Langgasse 38-40, 65183 Wiesbaden, Germany.

If you wish to participate, please send an e-mail to wapp@positum.org.



Melbourne, Australia



Wroclaw, Poland



Stefanie Heinen
WAPP Headoffice

Romanian Summer School, June 2012, in Zarnesti, Brasov County

Romanian Summer School



Please contact **Gabriela Hum** for more information
gabriela.hum@positum.ro

Report from Gabriela Hum:

"Above the world – strategic approach in psychotherapy" was the name of the 5th edition of Romanian Summer School of Positive Psychotherapy attended by 25 colleagues, from Romania, Germany, Hungary and China.

Workshops

- 🕒 We started the Summer School with a short dive to our inner world, working with Liana Don on strategies for depression.
- 🕒 Then Gunther Huebner worked with us for one day on strategies for couple therapy.
- 🕒 Arno Remmers introduced us to an integrative world: Positive Psychotherapy and its Jungian and Adlerian roots. For 2 days we worked on symbols, stories, capabilities.
- 🕒 Last part of Summer School we integrated all the aspects working with Gabriela Hum on personality and how to use the „here and now" relationship in personality approach.

Participants:

- 🕒 We were 25 participants for the Summer School, psychologists and psychiatrists, working and spending time together.
- 🕒 For the first time the Summer School was attended by 2 colleagues who are not Positive Psychotherapists, but they wanted to feel the positive atmosphere, with us.
- 🕒 Also colleagues from Germany, Hungary and China were present, and through this our Summer School became an international one, for the first time.

Positive atmosphere

- 🕒 We met the dinosaurs of Summer School – our colleagues who are already at the 5th meeting.
- 🕒 In a positive way, we organize some activities not only for psychotherapists, but also for our partners and our kids: fire camp, climbing, horse riding etc.

In June 2013 we are going to organize the 6th edition of Romanian Summer School of Positive Psychotherapy in Cluj county.

Membership in the World Association for Positive Psychotherapy (WAPP)

Since Istanbul 2010, 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.

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

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: DE80510500150111200114
 BIC: NASSDE55
 (In Germany:
 Bankleitzahl: 510 500 15)

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

Annex to the WAPP Newsletter



Positive Psychotherapy
since 1968

Report Activities and Projects of the Peseschkian Foundation

The year under review was a very busy and active one. Prof. Peseschkian Foundation aimed to promote services regarding mental-health projects and to further expand and stabilize its Positive Psychotherapy projects in the following fields: education, selfhelp, psychotherapy and cross-cultural understanding.

Some of the highlights of our programmes and services are listed below.

Projects

🌀 Education

School Project – Positive Pedagogy:

The curriculum for positive pedagogy has been translated into English and some corresponding projects are being run in Ethiopia and Germany (Wiesbaden).

Adult education:

In four adult education centres (Vhs) in Germany, courses on PP took place successfully.

🌀 Selfhelp

Lectures held by psychotherapists at the Foundation and open to the public are offered four times a year.

Publications and books on PP.

🌀 Psychotherapy

A „consultant course“ equivalent to the basic course has been launched by the Foundation. It comprises twelve modules and is being held by German speaking international trainers of PP in Wiesbaden.

A workshop of PP was done by two international trainers at the renowned “Deutsche Gesellschaft für Psychiatrie, Psychotherapie und Nervenheilkunde” in Berlin (German Association for Psychiatry, Psychotherapy and Neurology).

After ITS, the Foundation initiated a project of a multilingual glossary on PP terms. As in 2013 the founder of PP, Prof. Peseschkian would have been 80 years old, the glossary shall be finished by June 2013.

Representatives of the „First Nation Project“ in Canada who studied PP in Bolivia, are very much interested in integrating PP in their project, and seek for cooperation and support from the institutions of PP.

Cross-cultural Projects

🌀 Mental Health Project in Ethiopia

Master course takes place in Addis Ababa

Basic courses in Jimma and Addis Ababa,

Two members of the Board of Directors met our partners in Ethiopia and made proposals for a collaboration with Ethiopian universities.

One of our Ethiopian scientific partner participated at ITS 2011 in Germany.

We have received donations for our activities in Ethiopia. Individuals are invited to „sponsor a teacher“, „sponsor a master course“, „sponsor a book“.

**International Day of
Happiness:**

**The United Nations have
declared that March 20th
each year will be the
International Day of
Happiness!**

... MORE ... Activities of Peseschkian Foundation

Iran Project:

During two international conferences, „Psychosomatics in Iran“ and „2nd International Medical Congress of International Prof. Yalda Academic Foundation“ lectures on Positive Psychotherapy were held.

On invitation of the University of Teheran, Department of Psychology a workshop on Positive Psychotherapy took place.

Publications

News

In June 2012 Herder Publishing Company released a series of four books under the topic „Golden Wisdom“ by four authors who are introduced in the Herder catalogue as „important authors in human history“. These are: Nossrat Peseschkian; Khalil Gibran; Anselm Grün, and Dalai Lama.

„Goldene Regeln der Lebenskunst, Nossrat Peseschkian“

(Golden Rules for the Art of Living – see picture on the right.)

Books

During the International Frankfurt Bookfair 2011, „Glaube an Gott und binde Dein Kamel fest“ (Believe in God and tie your camel) was especially exposed and highlighted by Herder Publishing Company.

Oriental Stories as Tools in Psychotherapy, translated into 19 languages, has been released in Germany in its 32nd edition.

Translations and foreign rights

WIPPF „First Interview“ was translated into English and is now available (free of charge) through the Foundation. (peseschkian.foundation@positivepsychotherapy.org).

The copyrights for the Russian translation of „Erschöpfung und Überlastung positiv bewältigen“ were signed.

Contracts for the Chinese (re-) translations of Positive Psychotherapy and 33 and 1 Form of Partnership with a new publisher were signed.

Articles

Two original articles by Nossrat Peseschkian have been released (in two books) in German in 2011.

Four scientific articles have been released by positive psychotherapists in German and English in 2012.

Foundation

Board of Trustees

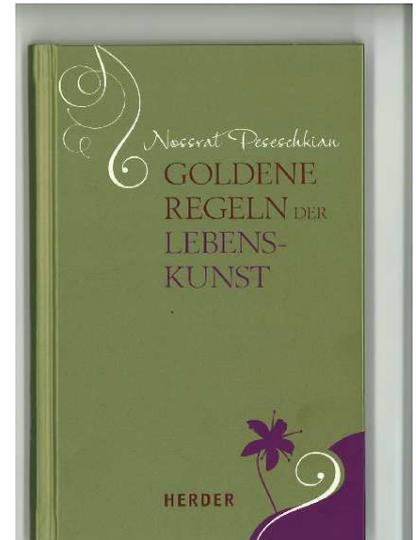
According to the statutes the Board of Trustees has been renewed in 2011. (Its members have to be elected every three years). Furthermore,

Scientific Advisory Board

A scientific advisory board has been nominated and will start its work in August 2012.

Brochure

A new information brochure regarding the activities of the foundation was designed and printed. (www.peseschkian-stiftung.de)



WAPP NEWSLETTER

Legal notice

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This newsletter will be 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 Headoffice so that we can take it into the next edition of the WAPP newsletter!

END of Report from Peseschkian Foundation