

# WAPP Newsletter

News from the World of Positive Psychotherapy

Published by the World Association for Positive and Transcultural Psychotherapy



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## Editorial

Dear Colleagues and Friends,

We are happy to provide you a new issue of our WAPP Newsletter with the latest news and international developments of Positive Psychotherapy and our Association!

The summer time is always the time for relaxation and contemplation, and we hope you will find some time to read these lines.

The WAPP Board has met in February this year and discussed and decided some changes in our Training Standards as well as in our structure of fees for membership and certificates.

Most important, however, is WAPP to offer a contemporary training spectrum. To expand our training programs we would like to encourage our trainers and members to think of new fields of interest in which we can offer training seminars. Can we be more specific to meet the needs of our time?

We wish you a pleasant summer time and stay in contact!

On behalf of the WAPP Board

Hamid Peseschkian,  
President



## International Trainer Seminar (ITS) 2017 Dynamics in Positive Psychotherapy

This year's ITS will take place **28 November - 2 December 2017** in Wiesbaden, Germany, WIAP Academy, with the motto: **"Dynamics in Positive Psychotherapy"**.

Due to the instable world political situation we decided to postpone the next big World Congress for Positive Psychotherapy, as it was originally scheduled for this year. Instead we will open the International Trainer Seminar for a larger audience:

**Everyone interested in Positive Psychotherapy is welcome**, not exclusively students, trainers and candidate-trainers of Positive Psychotherapy!

But as the room capacity of the WIAP Academy is finite, the **number of participants needs to be restricted to 120 persons**. 60 places are reserved for trainers and candidate-trainers, 60 for other participants. "First come, first serve", so please register as soon as possible, if you don't want to miss the event!

- 🔗 [Registration form](#)
- 🔗 [Announcement sheet](#)
- 🔗 [Preliminary ITS program/schedule](#)

If you would like to **participate actively** by presenting a lecture or offering a workshop, please **send your topic and/or abstract until 31 August 2017** to the Head Office ([wapp@positum.org](mailto:wapp@positum.org)). The abstracts should not exceed half a page. Your contribution should preferably be presented in English language, but your native language would also be possible (with the help of a translator).

It would be fine if your contribution matches the ITS motto, but it is no precondition to be accepted. Your contributions may take 20, 45 or 90 minutes.

As in the past, the **annual WAPP general assembly** will take place in the course of the ITS.



## Report from the Board Meeting February 2017

The WAPP Board meets twice a year: for a main meeting in the winter, which usually spreads over two days, and for a smaller meeting in the course of the International Trainer Seminar or a congress. The second meeting usually only takes one day.

This time, the Board met on 27-28 February 2017 in Wiesbaden, Germany.

Below please find the main topics discussed and decisions that were made:

### Advisory Team

#### New Committee to co-operate with the Board of Directors

The WAPP Board has decided to install an Advisory Team. This team will consist of former Board members, national representatives and engaged WAPP members who have been appointed by the Board. The persons in question have been asked for their readiness and will soon be informed about their tasks and the topics in which they can assist the WAPP Board in important organizational matters.

The Board intends to delegate specific topics to the Advisory Team. The Advisory Team will meet separately to discuss these topics and elaborate possible solutions or future tasks and will then report to the Board. A first meeting of the Advisory Team is scheduled for the next ITS parallel to the meeting of the Board of Directors.

This way, **WAPP hopes to involve more and more members into the work of our association** and to use the enormous potential of our many members worldwide.

As the Advisory Team will also include national representatives the Advisory Council of Associations and Centers (ACAC) will no longer be necessary. The Council will no longer exist.

### Membership issues / membership fees

#### WAPP membership

The current **number of WAPP members is 815**. We are very proud to constantly gain new members worldwide. Our Association is financed by the certificates we issue and the membership fees we receive from you.

#### New structure of membership fees

WAPP decided to **reorganize membership categories** and the according membership fees. The changes apply from the year 2017 on and for the future. For those members who have already sent their membership fees the new regulation is valid from 2018 on. Please find the new categories and amounts in the table below.

Please notice that we **collect the fees per calendar year** and not for 12 months after date of payment (as we did until 2015). **Please pay your fee at the beginning of each calendar year!** We depend on your frequent payment.

For easier payment, we have opened a **PayPal** account to which you can send your fee. You may either send the fees to [wapp@positum.org](mailto:wapp@positum.org) or use our [payment aid at our website](#).

You may also use **Western Union** or **MoneyGram** to send your membership fee.

**In case of outstanding payments for one or more years you will have to renew your membership. For renewed membership we will charge a double fee from now on, i.e. if you have not paid for the previous year(s) we will ask you for the outstanding amount PLUS one annual fee. Any incoming payments will be used for the first outstanding year.**



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	--

## Report from the Board Meeting February 2017

### Initiation of new training programs

Our trainings in Positive Psychotherapy are mostly offered as Basic and Master Courses according to our International Training Standards. The Board discussed options how to enlarge our program for other attractive training courses and decided to let our trainers **elaborate and offer trainings to develop certain competencies**. What competencies can people acquire based on Positive Psychotherapy? The Board hopes that our trainers are creative and find many interesting competencies, such as "stress management", "healthy lifestyle", "mediation" etc. These can be approved as **WAPP Competence Development Trainings (CDT)**.

The aim of the courses should not be to reach a professional grade, but to train competencies the course participants can use in their professional but also in their private lives.

Our trainers are free to make up their own programs, write curricula and identify their target groups.

### Here is a list of requirements that need to be fulfilled to get the "approved by WAPP" Competence Development Training accreditation:

1. To offer such training you need to be at least Basic Trainer of Positive Psychotherapy and member of WAPP in good standing.
2. Provide WAPP your course curriculum for approval.
3. Send a short CV and list of your recent activities.
4. WAPP will promote your seminar among its members, on its website, and on facebook.
5. WAPP will provide a certificate of attendance to use for the certification of your participants.
6. To get the approved by WAPP certificate we kindly ask for an administration and license fee of 10% of the participation fees you earned with the course.

*We are looking forward to receiving your ideas!*

### Curricula for trainings in special fields

WAPP also wishes to encourage our trainers and National Associations to elaborate training programs in special fields such as "Positive Child and Adolescent Psychotherapy", "Positive Trauma Therapy", "Positive Pedagogy" etc. These will also be supported and approved by WAPP.

*Please send your curricula to the WAPP Head Office ([wapp@positum.org](mailto:wapp@positum.org)).*

### Master Course certificate fee includes WAPP membership

The fee for the Master Course certificate (Certified Positive Psychotherapist) has been increased by 25 EUR and includes 1 year WAPP membership for the calendar year in which the course participant completed the training. Course graduates who have already paid their membership fee for the according year get a 25 EUR discount on the certificate fee.

### The Division of Labour

"I can't take it any more. The tasks are like mountains which I can no longer move. I have to wake up early in the morning, wake you up, straighten the house, clean the carpets, watch the children, go shopping at the bazaar, cook your beloved rice dishes in the evening, and finally pamper you at night." Thus spoke a wife to her husband. Chewing on a drumstick, the latter expressed his simple opinion: "So what? All women do the same as you. You have it good, you know. While I take the responsibility, you sit around the house." "If you could just help me a little bit," asked the woman. In a moment of generosity, the husband finally agreed to the following suggestion: While the wife would take responsibility for everything that happened in the house, he would assume the tasks outside the house. For a long time the couple lived happily with this division of labour. One day, after busily shopping, the husband was sitting in a café and smoking a water pipe with satisfaction. A neighbour suddenly stormed in and shouted excitedly. "Come quickly, your house is on fire." Savouring the water pipe, the man took it out of his mouth and said with remarkable equanimity, "Be so kind as to tell my wife, for after all she is responsible for everything that happens in the house. I am only responsible for external affairs."

(N. Peseschkian, taken from "If You Want Something You Never Had, Then Do Something You Never Did – Stories And Maxims")

### Competence Training

**Everyone has wisdom; it is just that some people gain it before others.**

—

**A habit is a rope. We add a thread to it every day, until finally we cannot open it at all (let go of it).**

—

**Standard of living:  
You spend what you don't have on things that you don't need to impress people you don't like.**

(All taken from N. Peseschkian "If You Want Something You Never Had, Then Do Something You Never Did – Stories And Maxims")

### Certificate fees

## Report from the Board Meeting February 2017

### Centers and Associations

#### Names of Centers and Associations

In the light of recent events, the Board had to discuss the use of Center names. Of course everyone who wishes to establish a Center is free to choose any name he/she likes for it, except for two terms that are reserved for research and academic level and for state accredited organizations: these are “**institute**” and “**academy**”. Please consider that an academy or institute has to have a **sound academic background and high level academic staff**. WAPP will not cooperate with training centers using these terms in their names while they are not reflecting the according scientific background. We are jeopardizing the reputation of Positive and Transcultural Psychotherapy if we use academic terms like these too easily and inappropriately.

Also the establishment of a national association for Positive Psychotherapy should be **well considered and not be accomplished too fast**. There have to be a certain number of people and training institutions involved. The regulations of a newly founded association should not be too strict to limit the engagement of people. An association should always serve our method and not be used to overregulate our protagonists.

*Thank you for your understanding.*



#### Metaphorization and transcultural approach in counselling and psychotherapy



XXX International Summer University

8 - 10 September 2017  
Riga, Latvia

## Conferences & Seminars

### 30<sup>th</sup> International Summer University, Riga, September 2017

The Center for Positive and Transcultural Psychotherapy in the Baltic States organizes the **Summer University** 2017 in cooperation with the Baltic Association for Psychological Counselling and the International Higher School of Practical Psychology on **8-10 September 2017 in Riga, Latvia**. The topic will be “**Metaphorization and transcultural approach in counselling and psychotherapy**”.

See [Flyer](#) or contact [ihssp@sppa.lv](mailto:ihssp@sppa.lv) for more details and registration.

### World Psychiatric Conference in Berlin, October 2017

The World Psychiatric Association (WPA) organizes its 17<sup>th</sup> World Congress of Psychiatry in Berlin, Germany, 8-12 October 2017. It will cover the **entire spectrum of the field of psychiatry and psychotherapy**.

As for the congress in Paris, we hope to have a **WAPP delegation** at this congress in Berlin. If you are interested, or if you have questions regarding our delegation, please contact Hamid Peseschkian via WAPP Head Office ([wapp@positum.org](mailto:wapp@positum.org)). Deadlines for presentations are over. Thank you!

Official congress website: <http://www.wpaberlin2017.com/>

### Seminar at the Wroclaw Center, June 2018

**On 9-10 June 2018** the Wroclaw Center for Positive and Transcultural Psychotherapy offers a seminar “**Psychosomatic disorders and the way to balance our inner order – how to do psychosomatic psychotherapy?**” by Arno Remmers (in English language translated to Polish).

For more information please contact Dr. Roman Ciesielski at [info@wip.wroclaw.pl](mailto:info@wip.wroclaw.pl).



## WAPP International News

### 12<sup>th</sup> National Bulgarian Conference on Positive Psychotherapy

The Bulgarian Association of Positive and Transcultural Psychotherapy (BAPP) organized its 12<sup>th</sup> national conference on 29-30 April 2017 in Plovdiv. The topic was "**Psychotherapeutic Challenges of the Present**". The guest speakers were Arno Remmers, Eva Dobiala, Olga Lytvynenko and many other colleagues from Bulgaria and Ukraine. During the conference days many issues related to current socio-psychological themes and to the psychodynamic possibilities of psychotherapeutic support through the method of Positive Psychotherapy were discussed.

Over **160 participants** from all over the country took part in this event.

### 9<sup>th</sup> National Ukrainian Conference of Positive and Transcultural Psychotherapy

The Ukrainian Association for Positive Psychotherapy (UAPP) and the Ukrainian Institute for Positive Psychotherapy (UIPP) organized this conference with the motto "**Life, Conflicts and Love in a Transcultural World**" on 2-4 June 2017 in Odessa.

Approx. **350 participants** from all over Ukraine attended. Also international guests like the WAPP president Hamid Peseschkian contributed to the conference. The program consisted of about **50 lectures and presentations** dealing with PPT on a very high scientific level.

Almost all Ukrainian Centers of Positive Psychotherapy were present and arranged a meeting of their representatives.

### German Summer Academy

The **3<sup>rd</sup> edition of the Summer Academy** organized by the German Association for Positive and Transcultural Psychotherapy (DGPP) was held on 14-17 June 2017 in Attendorn with the topic "**Working with Resources and Emotions in Positive Psychotherapy**".

### Bulgarian Summer School

The first **Summer School of Positive and Transcultural Psychotherapy** organized in cooperation of Ukrainian Positive Psychotherapy trainers and the Bulgarian Association of Positive and Transcultural Psychotherapy took place 3-14 July 2017 in the beautiful sea town Shabla, Bulgaria.

**76 participants** from Ukraine and Bulgaria, 12 of them trainers, attended the event.

### Romanian Summer School

In Romania the **10<sup>th</sup> edition of the Summer School of Positive Psychotherapy** was held in Lunca Visagului on 26 June-1 July 2017. Its main topic was "**Death and Mortals**". The participants gained many new insights and went through emotions and a lot of experiences helpful for them and for the clients they work with.

### 8<sup>th</sup> WCP World Congress for Psychotherapy, Paris, 2017

The 8<sup>th</sup> World Congress for Psychotherapy organized by the World Council for Psychotherapy (WCP) and the Fédération Française de Psychothérapie et Psychoanalyse (FF2P) took place in Paris, France, 24-28 July 2017. Its motto was "**Life and Love in the 21<sup>st</sup> Century**".

A **Positive Psychotherapy delegation** of 15 WAPP members, trainers and Board members attended and presented lectures and workshops. Even a space for a round table discussion was offered for our representatives.

About 100 listeners attended our group's presentations. They were well perceived and the reactions were very positive. The members of our group had numerous friendly and interested encounters and were even invited to present at other congresses and occasions.



12<sup>th</sup> Bulgarian Conference



9<sup>th</sup> Ukrainian Conference



Romanian Summer School



Bulgarian Summer School



M. Gesmann  
WIPPB 2017



Impressions from WCP Congress  
(photos from M. Gesmann, WIPPB)

Photos: Th. Rave

## 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**

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

Or find us on facebook!

[Positive Psychotherapy](#)



## WAPP International News

### 🕒 **New Centers of Positive Psychotherapy**

This year, WAPP has granted the Center status to 2 training centers:

- **Center for Positive and Transcultural Psychotherapy in the Baltic States** in Riga, Latvia, led by Dr. Janis Mihailov
- **Center for Positive Psychotherapy Training and Health Center "Dao"**, Odessa, Ukraine, led by Valentyna Bosko

Congratulations and welcome as new Centers!  
WAPP is looking forward to a fruitful cooperation.

### 🕒 **New Trainers of Positive Psychotherapy**

WAPP is happy to announce that since January 2016 we have accredited **27 new Basic Trainers:**

Maksim Chekmarev, Todor Todorov, Roman Ciesielski, Nadejda Mileva, Diana Zafirova, Oana Raluca Cuesdeanu, Polina Efremova (Meshkova), Ruxandra Marcu, Ekaterina Dokunova, Ewa Dobiala, Irina Kiryakova, Natalia Khanetska, Olena Myronenko, Nune Chilingaryan, Iryna Humenyuk, Anzhela Stepchenko, Patrycja Badecka, Liudmyla Moskalenko, Paul-Claudiu Chetreanu-Don, Ioana Bodor, Agnieszka Wisniewska, Kateryna Fylyppova, Werner Gross, Dorothea Martin, Yildiz Öztan Ulusoy, Svetlana Smirnova and Ekaterina Lovygina.

And **13 Basic Trainers became Master Trainers** in 2016 and 2017:

Konstantin Vodenicharov, Kateryna Dolynska, Svetlana Podlipskaya, Tetiana Zhumatii, Marina Gorchakova, Stefanka Tomcheva, Gulsen Varlikli, Simona Florea, Dorina Login, Valentyna Bosko, Deniz Ergun, Valentyna Zaviriukha and Olga Lytvynenko.

**Congratulations to all of them!**

**We are happy and thankful to have such an engaged trainer staff. We hope to meet you all at the next ITS!**

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

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