

WAPP Newsletter

News from the World of Positive Psychotherapy

Published by the World Association for Positive Psychotherapy



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Editorial

by Dr. Hamid Peseschkian, President of WAPP



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

a new year has started and with full energy our work continues. The Board had its annual meeting with many interesting decisions and news which you will find below. It is very impressive that all over the world, trainers and psychotherapists are engaged in their work with Positive Psychotherapy. The situation of individuals, families and societies gets more and more difficult, and here the concept and image of man of Positive Psychotherapy can show a way out of an individual or collective crisis. But, in order to be able to help others, we – the helpers – must also look for our own balance. One aspect is meeting with other people (friends and colleagues), exchange experiences and re-charge our emotional batteries. In this year, there will be many opportunities to meet at different seminars and conferences. Please enjoy reading our newsletter. Your feedback is always welcomed.

With best wishes,

Annual Meeting of the Board of Directors 15-16 January 2013 in Wiesbaden, Germany

Wiesbaden, Germany. The Board of Directors of WAPP met in January 2013 in Wiesbaden. The Board members meet twice a year to consult about the recent, present and future work of the World Association. All Board members were present and had two days of intensive discussion. Many topics had to be dealt with. Below please find the main objectives:

1. **Research in Positive Psychotherapy will be one of the most important strategic topics of the next years.**
2. **Revision and improvement of the Training Standards for Positive Psychotherapy according to the experience gathered in 2012, particularly with respect to supervision/intervision, self-discovery and examinations.**
3. **Compilation of an information folder for participants of trainings in Positive Psychotherapy.**
4. **Evaluation of guidelines for trainers with information e.g. on conducting exams, cooperating with local organizers or dealing with difficult situations.**
5. **The perception of the World Association and the Board of Directors by its members and outsiders.**
6. **Membership issues: membership fees, member lists on WAPP website**
7. **Better exchange between WAPP and the National Associations of Positive Psychotherapy.**
8. **Planning of events and international seminars, e.g. ITS 2013, World Conference**

WAPP Board Meeting 2013



From left to right:

- ⊗ Anna Huyse-Gaytandjieva, Netherlands
- ⊗ Gunther Huebner, Germany
- ⊗ Enver Cesko, Kosovo
- ⊗ Pavel Frolov, Russia
- ⊗ Manije Peseschkian, Germany
- ⊗ Maxim Goncharov, Russia
- ⊗ Gabriela Hum, Romania
- ⊗ Arno Remmers, Germany
- ⊗ Hamid Peseschkian, Germany

Report from the Annual Board Meeting 15-16 January 2013 in Wiesbaden, Germany

Research in Positive Psychotherapy

To make Positive Psychotherapy a well-known, well-spread and accepted method it will be essential to do **more research** and **publish the results in high-impact peer-reviewed scientific journals**. As this cannot be accomplished within a few months, the Board has decided to make research the number one strategic topic of the next years.

You can contribute to the scientific work of WAPP in many ways:

To compile an **international archive** and make a **collection of articles** written and published so far, please send your articles, lectures, reports or master thesis to the WAPP Head Office (wapp@positum.org). Please hand in as much material as possible, regardless of the language it is written in.

WAPP has formed a **Research Committee**. If you would like to contribute to the Committee's work, please contact Anna Huysse (anna.huysse@gmail.com).

If you are looking for a subject of your **Master or Doctoral Thesis**, please consider a research topic related to PPT. Contact the Research Committee or the Head Office for ideas and support. A list of possible topics for theses will be prepared and published.

If you are a **Master Course** participant or **Certified Positive Psychotherapist**, please consider publishing your **final thesis** in the **Electronic Journal of PPT**. In order to make it easier, you may publish your work in any language. Just add a short English abstract to it. Please send your thesis to the WAPP Head Office (wapp@positum.org).

Training Standards

The **Training Standards** need constant additions, as in the routine of trainings all over the world new questions arise frequently. The Standards become **clearer without ambiguity** regarding all training parts (theory, self-discovery and supervision). One new aspect is that to guarantee enough self-discovery hours within the Master Course training, the self-discovery hours will be added as separate modules. Trainers and seminar organizers will soon be informed about all amendments and will receive the newly revised WAPP Training Standards.

Information Folder for Seminar Participants

WAPP will compile an **Information Folder** for all seminar participants world-wide. The folder will include information on WAPP, on Positive Psychotherapy and on the trainings, as well as on exams and on the criteria for being a counselor or psychotherapist. Seminar organizers will get the materials for the folder as PDF files to print out for their participants.

Guidelines for Trainers

To improve the work of trainers with regard to their own concept and to their cooperation with WAPP and the seminar organizers **Guidelines for Trainers** will be evaluated, offering definitions, advice and suggestions.

Membership

The fee for **individual membership** will from now on be **25.- Euros per year**. If you decide to pay for 3 years in advance, it will only be 60.- Euros, instead of 75.- Euros for paying year by year. The **membership certificate** will of course be issued for the membership period of 3 years in case of the advance payment.

The Board has decided to **publish the names of all members on the WAPP website** along with the members' countries and towns, and a photo, if they like. This applies for members outside Germany first. The German members will – due to the strict data regulations in Germany – be asked to send their approval first. If you do not want to be on this list, please inform the Head Office.

WAPP and Board of Directors

To our new members and non-members we would like to **introduce the work and structure of WAPP.**

The World Association for Positive Psychotherapy, WAPP, is officially registered in Germany as a **non-profit organization for the support of public health and health care.** The objective of WAPP and its connected institutions is to promote the physical, mental, social and spiritual health of individuals, families and groups and the mutual understanding and tolerance between different cultures.

WAPP consists of **individual and institutional members.** Individual members can be full or supportive members. The trainers are members as well. National Centers and Associations are institutional members.

The Board of Directors is **elected every two years** at the membership assembly. It usually consists of **9 members.** The work of the Board members and the president is **voluntary**, i.e. they do not get any salary from WAPP. The members of the Board only receive, if necessary, a reimbursement for their travels to the Board meetings in Germany. The Board is a **collective decision-making body**, e.g. decisions are made only during the annual meetings, and the Head Office and the president execute the decisions of the Board.

WAPP is **financed by membership fees** and the **administration fees for the issuing of training certificates.**

The **Head Office** is situated in the premises of the Wiesbaden Academy for Psychotherapy, which is an autonomous institution that is not connected with WAPP neither financially nor in terms of organization. The Wiesbaden Academy offers the room and material for the Head Office free of charge. This has helped WAPP to reduce costs. The secretary at the Head Office works **20 hours per week and gets a salary by WAPP.** She is the only employee of this organization.

Trainers and seminar organizers should **work in accordance with the Training Standards and Ethical Guidelines of Positive Psychotherapy**, but they are free to organize and conduct trainings in their own fashion and at their own financial estimation. Information and reports about trainings to the Head Office are recommended and helpful in the sense of transparency and cooperation.

This description can soon also be found on the WAPP homepage and in the updated WAPP brochure, which is in preparation.

If you have any questions, feel free to contact the Head Office any time.

WAPP and National Associations

The **cooperation of WAPP and the National Associations** for Positive Psychotherapy should be intensified in the future for the benefit of all members. The exchange between the central and the national organizations will **enrich the work and development of PPT worldwide.**

International Trainer Seminar, ITS 2013

The **ITS 2013** will take place in Wiesbaden, Germany, again and will remain in the same **design as in 2012.** The participating trainers are split up in groups and will be dealing with topics connected to the 3 pillars theory, self-discovery and supervision. If you are a trainer and you have important issues regarding your work that you would like to discuss at the ITS, please let us know. Your ideas are welcome! **The date of the ITS is 21-24 August 2013.** Announcements will be sent to all trainers and trainer candidates very soon.

Next World Conference

The next **World Conference for Positive Psychotherapy will take place in summer or autumn 2014.** The location is still in discussion. The past World Conferences were held in countries with active and strong National Centers or Associations for PPT. Due to this they have been very successful and inspiring events. WAPP decided to stick to this pattern of success and will **choose a country with an active and hospitable PPT community.**

We will keep you informed.

International Positive Psychotherapy News

⦿ The Bulgarian Association of Positive Psychotherapy (BAPP) celebrates its 20th anniversary in the year 2013!

In the course of the anniversary year the Association organizes a conference with the title: **"Twenty years Bulgarian Association of Positive Psychotherapy - traditions and presence"**. It will take place in **Varna** at the Grand Hotel "Dimyat" from **7 to 9 June 2013**. Everyone is invited to meet, exchange and celebrate together. Please find the official invitation by the Association's Chairman Prof. Dr. Ivanka Boncheva on our website:

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

⦿ The 6th Romanian Summer School in Cluj County, at Conacul Secuiesc, Romania.

It will take place on **17 - 22 June 2013** and its topic is: **"Psychotherapy: a balance between content and process"**. International trainers attending will be Sheyda Rafat, Birgit Werner and Arno Remmers. The seminar will be held in English language; it is open for participants from all countries. For more information please contact [Gabriela Hum \(gabriela.hum@positum.ro\)](mailto:gabriela.hum@positum.ro).

⦿ The 2nd Regional International Conference on Positive Psychotherapy will take place in Macedonia:

It will be held in **Struga, Macedonia**, in cooperation with the State University of Tetovo and with the motto **"Emotions in Positive Psychotherapy – Dealing with feelings"**. It will take place on **5 - 8 September 2013**. Everyone is invited to join. Please contact the local organizer Migjen Amzai. For more information please visit the official website of the Conference: www.positive-mk.org.

⦿ WAPP congratulates Prof. Dr. Ivanka Boncheva, who since 20 years is the active president of the Bulgarian Association of Positive Psychotherapy, to a special honour: On January 10th 2013 she has been invited by the Scientific Committee of the University of Varna to be a full Professor for Clinical Psychology!

⦿ Congratulations also to our new WAPP Basic Trainers of Positive Psychotherapy since 2012: Valery Kolinko, Russia; Selma Henrichs, Germany; Valentina Bosko, Ukraine; Svetlana Borisyuk, Ukraine; Thomas Rave, Germany; Victor Dyman, Ukraine; Stefanka Tomcheva, Bulgaria; Ekaterina Kadetova, Latvia/Russia.

Congratulations to our new **WAPP Master Trainers** since 2012: Adriana Ciurdar, Romania; Ebru Cakici, Cyprus; Tugba Sari, Turkey; Richard Werringloer, Germany.

⦿ After long preparations, the English version of the book **"Psychosomatic and Positive Psychotherapy"** by Nossrat Peseschkian will be available in summer 2013. It is the last of the fundamental books of Nossrat Peseschkian. We are specially grateful to Mr. Hans Brauer for proof-reading and editing the English translation.

The Astrologer

An astrologer came home and saw a strange man sitting on the divan next to his wife. He got upset, cursed, and made a scene. A wise man who was familiar with the case remarked: "What do you know about the fate that looms in the heavens above, when you don't even know what is happening in your own house?"

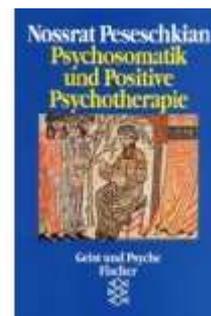
(quoted by: Nossrat Peseschkian, "Positive Psychotherapy", Springer-Verlag, Berlin Heidelberg 1987)



Macedonian Conference



Prof. Dr. Ivanka Boncheva



WAPP Membership

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: Naspa Wiesbaden, Webergasse 9, 65183 Wiesbaden, Germany

Individual membership

- Full membership:** 25 Euros per year, 60 Euros for three years
- ☉ 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

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!

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Or find us on facebook!
World of Positive Psychotherapy



International Trainer Seminar, August 2012, Wiesbaden, Germany

