

WAPP Newsletter

News from the World of Positive Psychotherapy

Published by the World Association for Positive Psychotherapy



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Editorial



Dear Colleagues and Friends,

We are happy to provide you a new issue of our WAPP newsletter, summing up the latest events, developments, and innovations of the world of Positive Psychotherapy.

The year 2014 was a very exciting, special and important year for our Association: The highlight was surely the 6th World Congress, which took place in Kemer, Turkey. All participants felt the unique spirit of our movement and the importance of our task in today's world. Another highlight was the election of the new Board of Directors, and for the first time in WAPP's history more than 170 persons participated in the voting. During the past years, we increased the number of members of our Association by 150% to over 600 now, and we are still constantly growing. Finally, in January, the Board meeting in Wiesbaden took place and we hope that the decisions will give a new quality to our community in the year 2015.

Please read the details on the next pages of this newsletter.

With best wishes on behalf of the WAPP Board

Hamid Peseschkian,
Chairman

16th International Trainer Seminar 19-22 August 2015 in Wiesbaden, Germany

As in the previous years, the International Trainer Seminar (ITS) 2015 will take place in Wiesbaden, Germany.

It is addressed to trainers of 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 ITS is an important event for trainers to refresh their knowledge and trainer skills. The contact with other and new trainers from all over the world is a cross- and transcultural experience that is very enriching for their work and their identity as Positive Psychotherapy trainers.

The seminar design of interactive workshops with working groups and practical examples will remain. The ITS will be flanked by other (new) activities, such as the first meeting of our future "Adisory Council of Associations and Centers" (ACAC) and the re-certification process of trainers. Please read more about these important innovations in this Newsletter under point "Annual Board Meeting", page 4.

If you are a trainer or a candidate-trainer and wish to participate, please save the date 19-22 August 2015!

More information and details will be sent out and published soon.



Report from the 6th World Congress for Positive Psychotherapy, 17-22 November 2014, Kemer/Antalya, Turkey



Represented countries



Plenary hall

The 6th World Congress for Positive Psychotherapy in Kemer/Antalya, Turkey, was a big success!

The Congress with the topic "**Positive Psychotherapy: Practice, Values, Identity**" took place at the Limak-Limra hotel in Kemer and has been attended by some 230 participants from 26 countries.

More than 100 presentations added up to a most interesting and exciting scientific program. Next to seven inspiring keynote lecture we had two plenary discussions on Positive Psychotherapy vs. Positive Psychology (see right) and on the Russian-Ukrainian conflict from the psychotherapeutic view.

We were happy to welcome such special guest as Prof. Shridhar Sharma from India, who has served as WAPP Board member several years ago, and Dr. Dieter Schön, the first co-worker of Prof. Nossrat Peseschkian in the early 1970s.

In one of our evening gatherings, the Centers and Associations for Positive Psychotherapy presented their work and successes of the past few years.

The hotel in Kemer offered the ideal surroundings for our Congress with a large and modern convention center, beach, pools, nice hotel rooms, fabulous food, and a special holiday atmosphere for our participants and their accompanying family members.

An excursion to the ancient ruins of Phaselis and to Antalya was part of the cultural program. The convention ended with a gala-dinner and dancing.

Our Congress participants' feedback was very positive and reassured the WAPP Board to organize World Congresses of this kind, at least, every three years in the future.

In spite of the difficult economic situations in some countries, we had many participants from e.g. Ukraine, Russia, Bulgaria, and even two colleagues from Ethiopia made it to Turkey. Our thanks go to them and all our guests who made this encounter a very special one!

First official encounter of Positive Psychotherapy and Positive Psychology

The World Congress was also attended by some protagonists of Positive Psychology. The most renowned one was Dr. Tayyab Rashid from Toronto, Canada, colleague of Martin Seligman, and his wife Dr. Afroze Anjum. Both did not only contribute to our Congress with individual lectures, but also as members of our international panel discussion on similarities and differences of Positive Psychotherapy and Positive Psychology.

The discussion showed that although there are major differences in method and goals, there are still similarities and – last but not least – much respect and understanding between the two approaches' representatives.

Future encounters and mutual projects are planned.

Members of the panel discussion from left to right: Dr. Vladimir Karikash, Arno Remmers, Gabriela Hum, Dr. Afroze Anjum, Dr. Tayyab Rashid, Dr. Maxim Goncharov:



Report from the 6th World Congress for Positive Psychotherapy, 17-22 November 2014, Kemer/Antalya, Turkey

Congress Impressions



Participants from Russia

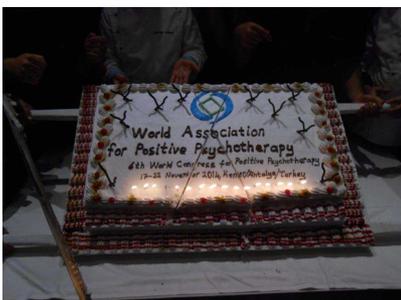


Participants from Ethiopia

More impressions on facebook
["World of Positive Psychotherapy"](#)



The cats were everywhere



WAPP cake



Keynote lecture: Prof. Shridhar Sharma

General Assembly of WAPP and Election of the New Board of Directors

The members of the World Associations for Positive Psychotherapy meet once a year for their general assembly to discuss its work and tasks.

The assembly for the year 2014 took place in the course of the congress on 20th November 2014 in the main convention hall of the congress hotel. Hamid Peseschkian as president of WAPP presented the work and finances of WAPP to 129 WAPP members – the largest assembly of WAPP since its establishment!

The gathered members enriched the assembly with a great number of suggestions and ideas how to improve the work of WAPP in the near future. These suggestions were collected to be discussed by the Board members in their next meetings. One of the major topics in this context were the networking opportunities for WAPP members and the establishment of scientific working groups.

The Board of Directors is elected every two years. The election due in the year 2014 took place at the general assembly during the World Congress.

Before the personal election at the general assembly a postal voting was possible for the first time. This enabled those WAPP members, who could not attend the assembly, to vote also for their candidates. 66 voters used this opportunity.

The candidates have been nominated some weeks before and declared their candidature to be elected during an election period of two weeks before the assembly. On the WAPP website they were introduced and had the chance to describe their ideas as possible future Board members.

The election process – both personal and postal – went very smoothly. An election committee counted and evaluated the votes after the general assembly and announced the results on the next day.

195 voters elected Hamid Peseschkian for WAPP president and Gabriela Hum, Arno Remmers, Gunther Hübner, Enver Cesko, Maxim Goncharov, Kateryna Ovcharek, and Pavel Frolov as Board members*. Mrs. Manije Peseschkian, as representative of the Peseschkian Foundation, is set as Board member and needs not to be elected. Therefore, all former Board members have been re-elected and confirmed to serve as new Board members.

(* WAPP members may ask for the detailed distribution of votes and the protocol of the assembly –in German language– at the WAPP Head Office.)



WAPP Board of Directors 2014-2016

From left to right:
 Gabriela Hum, Enver Cesko, Manije Peseschkian, Gunther Hübner, Arno Remmers, Maxim Goncharov, Pavel Frolov, Kateryna Ovcharek, and Hamid Peseschkian

Report from the Annual Board Meeting 20-21 January 2015 in Wiesbaden, Germany

Establishment of a WAPP Ethics Committee

Many international psychotherapy associations have Ethics Committees to deal with all sorts of questions and topics related to **ethics and ethical standards in the psychotherapy profession**. The WAPP Board therefore decided to also appoint a **WAPP Ethics Committee**. It will consist of three persons: Sheyda Rafat, Pavel Frolov and Christian Henrichs will firstly serve in this important organ.

They will take care of complaints concerning trainings and therapists and consult about problems or issues related to the ethics of our work.

Please send your possible remarks to the Head Office at wapp@positum.org. Thank you.

Re-certification of Trainers

Our **Positive Psychotherapy trainers** are very important for the success of our work and for the image of Positive Psychotherapy in the world. In this respect, a measurement for quality insurance was discussed at the Board meeting.

To guarantee the high quality of our trainings, the **re-certification of Positive Psychotherapy trainers** has been decided.

Basic and Master Trainer Diplomas were issued for a limited validity of 5 years in the past. However, this has not been strictly controlled so far and is also not mentioned on the Diplomas. Therefore – and to have an impression of the work of our trainers –, the Board decided to renew all trainer licenses that are older than 2 years. This will basically serve to improve the quality of our trainings and help to standardize the training conditions for everyone, trainers and students.

The period for re-certification starts now and will end 31 December 2016.

All trainers will be asked to send information on their work and seminars in the next weeks; feedback will also be collected from students and organizers of trainings. The material will be evaluated by a Recertification Committee.

The renewed licenses are valid for another 5 years. New Basic Trainer licenses will be issued for 2 years, after renewal they will be valid for 5 years. New Master Trainer licenses are valid for 5 years. Expiration will be indicated on the new issued diplomas.

Advisory Council of Associations and Centers for Positive Psychotherapy (ACAC)

In this and last meetings, the WAPP Board saw the need for **more contact to and among the Centers and National Associations for Positive Psychotherapy**. There is a large treasure of knowledge and experience in these institutions, which could be shared and multiplied for the profit of all of us. At the same time, the Board would like to involve more members actively in the work of our Association.

Therefore, the Board decided to establish an **“Advisory Council of Associations and Centers” (ACAC)**. This Council will consist of representatives of each Center and Association for Positive Psychotherapy worldwide. Board members will not be members of this Council.

Every Association will have 2 representatives to serve in the Council. Every Center can send 1 representative.

It is planned that the Council meets once a year directly before or after the International Trainer Seminar. The Council will have an **advisory function** to the Board of Directors. This means, the Council's members will meet and discuss current issues defined by themselves or by the WAPP Board and will report about these to the Board. The Council will give its advice and suggestions to the WAPP Board.

The Council will also have a **networking function** for its members. Issues concerning the work of Centers and Associations can be discussed among them directly. There will be an exchange of ideas and experience.

A first meeting of the new Council is supposed take place in the course of this year's ITS in Wiesbaden.



Board Meeting, January 2015, with guest Mert Akkök for the discussion of future conference organization

From left to right:

Maxim Goncharov, Arno Remmers, Mert Akkök, Hamid Peseschkian, Manije Peseschkian, Enver Cesko, Gabriela Hum, Pavel Frolov, Kateryna Ovcharek, Gunther Hübner, Stefanie Heinen



At the 6th World Congress suggestions were made concerning the establishment of **sections** within WAPP and Positive Psychotherapy. These sections could deal with fields of special interest, such as pedagogy, coaching, trauma therapy, Positive Psychology and so forth.

The WAPP Board has now decided to start this project with **Special Interest Groups (SIG)** first. These SIGs can work freely and report about their work to the Board. They can also make suggestions to the Board. Successful and growing SIGs can later be turned into official sections of WAPP.

So if you are interested in establishing a SIG and in working with others to develop your special field of interest, please contact the Head Office at wapp@positum.org. We will try to connect people.

Later we will have the opportunity of a WAPP intranet to connect members to engage in SIGs and to enhance networking in general (see next point).

Other suggestions made at the World Congress referred to more networking opportunities within the WAPP community.

As already mentioned above, WAPP would like to connect its members in Special Interest Groups. But furthermore, WAPP intends to establish an **online networking** option realized as a **WAPP intranet platform**. This intranet will allow all WAPP members to log into a special member area of the WAPP website to connect, to chat and exchange, and to upload all sorts of PPT material.

There you will have the chance to connect with people sharing your field of interest, find people who would like to do research with you and organize scientific working groups.

In the course of this year, the **WAPP website www.positum.org will be relaunched** and will get a more contemporary and clearly-arranged design.

Please understand that this process might take a little time. Therefore, if you would like to connect already, please send a message to the Head Office indicating your area of interest and whom you would like to connect with. We will try to fit people together to **start networking now**.

Publications, articles, and videos are most important for Positive Psychotherapy and its publicity worldwide. We would like to encourage you to write and publish your own material. If you already have articles in your local language, please translate them into English and publish them. You can also send them to us to publish in our "International Journal of Positive Psychotherapy and Research".

Furthermore, we would like to encourage you to **produce video tapes about PPT**, on trainings, lectures, or role plays, publish them on YouTube, and help us to spread PPT to everyone online.

WAPP is a growing association. The current **number of members is 615**. We have members in 23 countries of the world. Our largest group of members comes from Ukraine, followed by Russia, Bulgaria, Romania, Germany and Turkey.

352 certificates were issued for the year 2014:

- ① 1 Master Trainer
- ① 7 Basic Trainers
- ① 264 Basic Consultants
- ① 80 Certified Positive Psychotherapists

Please note that only the **trainer membership fees** have been adjusted, and the **membership fees for Centers and Associations** have altered slightly. Below please find the current structure of membership fees, which are valid from 2015 on:

- ① Full members: 25 EUR per year or 60 EUR for 3 years in advance
- ① Supportive members: 10 EUR per year
- ① International Master Course Trainer: 150 EUR per year
- ① International Basic Course Trainer: 100 EUR per year
- ① National Master Course Trainer: 75 EUR per year
- ① National Basic Course Trainer: 50 EUR per year
- ① Centers: First 3 years: 50 EUR/year, after 3rd year: 100 EUR/year
- ① Associations: 100 EUR/year, after 3rd year: 150 EUR/year

Special Interest Groups (SIG)

Networking and WAPP Intranet

*Yesterday I was clever,
so I wanted to change
the world.*

*Today I am wise, so I am
changing myself.*

(Rumi)

Publications, articles, videos

Membership Issues / WAPP in numbers

Membership fees 2015

WAPP International News

🌀 New Publication

Dr. Maxim Goncharov's book "Conflict Operationalization in Positive Psychotherapy" has been published and is available now in Russian and English language. ISBN 978-5-9905455-1-9. For more information please contact him directly or the WAPP Head Office (wapp@positum.org).

🌀 International Conference on Transcultural Psychiatry

The DTPPP organizes the First International Conference on Transcultural Psychiatry in Central European Countries on 24.4.-26.4.2015 in Gdynia/Poland. Hamid Peseschkian and Arno Remmers are members of the conference organizing committee. WAPP is furthermore represented at the conference by several lecturers presenting Positive and Transcultural Psychotherapy topics.

For more information please see the congress website:

<http://www.wpa-gdynia-2014.org/>

There will be a preconference seminar "Family values and norms and psychosomatic symptoms in the concept of Positive Psychotherapy" on 23 April 2015 at the University of Social Sciences and Humanities, Sopot, Polna 16/20, offered by Ewa Dobiola and Stefan Mennemeier. This preconference seminar is organized by Dr. Roman Ciesielski, director of the Wroclaw Center for Positive Psychotherapy.

🌀 20th Congress of the EAP in Athens, Greece

The European Association for Psychotherapy (EAP) announces its 20th Congress:

20th Congress of the EAP in Athens, Greece from 19 - 21 June 2015

The main topic of the Congress will be "Gender and Psychotherapy". Please find more information about the congress on its official website:

<http://wcp2014.com/>

🌀 The Prof. Peseschkian Foundation kindly asks for your support:

Dear friends and colleagues, organizers, trainers, head of the centres, translators and publishers of the books of Positive Psychotherapy,

One of the major duties of the Prof. Peseschkian Foundation is the maintenance of an international library and of the archives of Positive Psychotherapy.

We have a very large collection of books and articles about Positive Psychotherapy in various languages, but unfortunately we do not have a list of all publications and publishers worldwide. Therefore, we kindly ask you to support our project to update all relevant information with regard to the books of Positive Psychotherapy by Nossrat Peseschkian and others.

We would like to ask you to give us any information you have on books of Positive Psychotherapy published in your country. If possible, please send us (coloured) copies of the covers of the books available in your languages.

Of course, we are interested in books on Positive Psychotherapy from any other authors, too. We would be very thankful to you for providing us with all the information you have with regard to these books and publications.

We appreciate very much your contribution to the fulfillment of an important goal of the Peseschkian Foundation. We would be very grateful for receiving your valuable information by 15 March 2015, or whenever convenient to you.

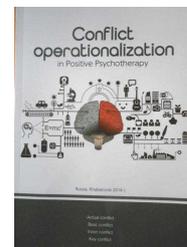
Kind regards,

Head Office of the Peseschkian Foundation
Contact: stiftung@peseschkian.com



The Sun Caller

In the poultry yard, the rooster fell so sick that it was feared he would not crow the next morning. The hens were very concerned about this, and feared that the sun would not rise if the crowing of their lord and master did not call it. That was because the hens thought the sun rose because the rooster crowed. The next day they were cured of their superstition. To be sure, the rooster was still sick, too hoarse to crow, but the sun shone nevertheless; nothing had influenced its course.
(Persian story)



Conflict Operationalization



EAP Congress, Athens

For membership fees, please use the bank account of the World Association for Positive Psychotherapy:

Weltverband fuer Positive Psychotherapie WAPP
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Webergasse 9, 65183 Wiesbaden, Germany
IBAN: DE80510500150111200114
BIC: NASSDE55XXX

WAPP NEWSLETTER

Legal notice

Published by:

World Association for Positive Psychotherapy (WAPP)

Responsible according to the press law (V.i.S.d.P.): Hamid Peseschkian

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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 Head Office so that we can take it into the next edition of the WAPP newsletter!

WAPP International Training Standards

New structure of training seminars

WAPP constantly amends and revises its Training Standards to better meet international standards and our training candidates' needs.

At the last Board Meeting it was decided to **open the Basic Courses also for interested persons of the non-psychotherapeutic field**. This means, from now on everybody, independent of his/her first education, can attend the 200 hour training. Non-professionals will not undergo exams at the end of the training and will not get the certificate "Basic Consultant of Positive Psychotherapy". This title will be reserved for professionals only, who will have to pass an exam at the end of the Basic Training. Participants with other backgrounds will get an "International Certificate of Attendance of a Basic Course in Positive Psychotherapy".

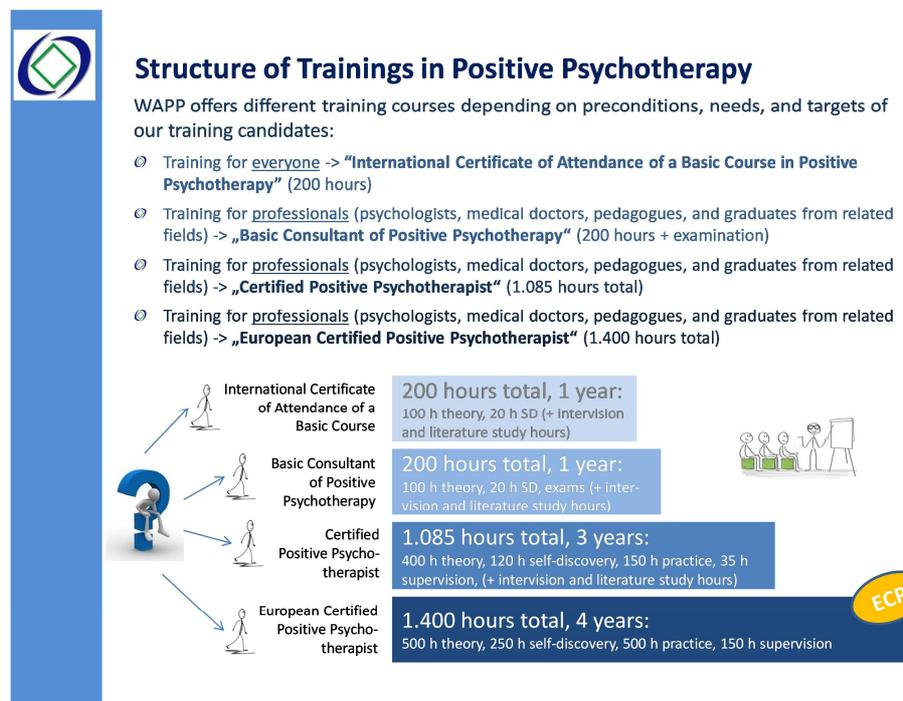
Trainers and organizers may choose, if they want to offer mixed groups, or groups for professionals and non-professionals separately.

After completion of the Basic Course **only professionals from the health and education field can continue the Master Course training** to become "Certified Positive Psychotherapists".

Other specialized courses in management, counselling, education, etc. may be offered by our trainers subsequent to the Basic Course. These should also be open for everyone. Our trainers may feel free to organize such courses. Please create your own curricula and send them to WAPP, if you like. WAPP will not issue certificates for these courses, but may approve to them. So you can attribute your courses as "approved by WAPP". Please contact the Head Office for more information.

To achieve the **European Certificate of Psychotherapy (ECP)** our training candidates will have to choose the complete training of 1.400 hours in total.

Please see the following chart for our new training program design (please contact us, if you have any questions):



Visit our website: www.positum.org

Or find us on facebook!
World of Positive Psychotherapy

