

# 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 events, developments, and innovations of the last months concerning our method and community of Positive Psychotherapy.

The year 2015 still reflected in many respects the experience of our last World Congress in Kemer, Turkey, which took place in November 2014. Shortly after it, WAPP decided to have the 7<sup>th</sup> World Congress in the year 2017. As this will be next year already, we are very excited to start the preparations for it. Please find more information about it in this newsletter, chapter 5 "International News".

In 2015 we also started some new initiatives to connect our members and institutions, such as working groups and committees for special topics as well as a Council for Centers and Associations of Positive Psychotherapy.

Last but not least, we added some changes to our Training Standards, which is of particular interest for our Positive Psychotherapy trainers.

At our last Board meeting in January 2016 we furthermore discussed various interesting topics, about which you may read the details on the next pages of this newsletter.

With best wishes on behalf of the WAPP Board

Hamid Peseschkian,  
President

## 17<sup>th</sup> International Trainer Seminar 16-20 August 2016 in Wiesbaden, Germany

The 17<sup>th</sup> International Trainer Seminar (ITS) 2016 will take place at the WIAP Academy in Wiesbaden, Germany.

Different from former years, it will not only be open for **trainers** and **candidate-trainers**, but also for **Master Course participants** in at least their second year of the training, who would like to get acquainted with the trainer profession. The number of participants will be limited to 100.

The seminar design of interactive workshops with working groups and practical examples will remain. But there will be more plenary time and the groups will be selected with respect to their PPT experience and background.

The ITS will be flanked by other activities, such as a plenary discussion with WAPP Board and administration, excursion, WAPP member assembly, and **election of a new WAPP Board of Directors 2016-2018**. To make all this fit into our time schedule the ITS will take one more day than in the past: **We will have 4 full seminar days!**

**If you wish to participate, please save the date 16-20 August 2016 and register now!**

More information and registration form please find on our website:

<http://positum.org/events/its-2016/>.



## Report from the Annual Board Meeting 18-19 January 2016 in Wiesbaden, Germany

### Organizational topics

#### Coordinating Board members

To involve more WAPP representatives into the work and responsibilities of WAPP, our Board members will be in charge of particular operative processes. From now on we will have responsible Board members for certain fields of interest:

- 🕒 Organization: Hamid Peseschkian
- 🕒 Training: Enver Cesko, Gabi Hum, Pavel Frolov
- 🕒 Communication: Katya Ovcharek
- 🕒 Academic: Maxim Goncharov

For our members the Head Office will remain the address to turn to. But it will forward all issues to the respective Board member, who will discuss them with specialists and committees.

#### Membership fees

The membership fees remain as they are. The Board wishes to remind all WAPP members to renew their membership frequently, otherwise they will lose their membership after 2 years of non-payment.

Trainers are kindly asked to renew their membership even more carefully, because after 1 year of non-payment they will no longer be listed as trainers and they cannot obtain WAPP certificates to hand out to their course participants.

#### Presence on internet and social media

WAPP and Positive Psychotherapy are already present in social media like Facebook. But they could still be better presented there and in the internet in general, e.g. in different national Wikipedias. For this we need the help of our members. Please help us by translating the English Wikipedia article on PPT into your local language and adding it to your country's Wikipedia. Please start groups for PPT on Facebook or send us photos and stories about your work, your seminars, presentations of PPT at conferences. We will be happy to share them with our community.

#### New website

The WAPP website [www.positum.org](http://www.positum.org) will be relaunched soon. It will offer you more information and options for members and trainers to meet, discuss and exchange.

### Training and Trainers

#### Training Standards

Our Training Standards had to be revised to meet the criteria of the European Association for Psychotherapy (EAP). The EAP grants the European Certificate of Psychotherapy (ECP), which you can obtain through us after completion of 1400 hours of PPT training.

The new Standards are published now.

To be certified by WAPP the WAPP Training Standards are obligatory as minimum training. National Associations for Positive Psychotherapy are free to add hours and contents to meet national standards of their countries. These do not need to be approved to by WAPP, as long as the minimum requirements defined in the WAPP Training Standards are fulfilled.

#### Certificate fees

In the past, we have strictly used the World Bank categories of countries to calculate certificate fees. In recent years we have received more and more requests to lower the fees, due to political and economic instabilities of some of our members' countries. Therefore, the Board agreed to lower the category for all Eastern European countries that are listed in category A to category B. Countries listed in category C will remain there. This decision is only valid for the year 2016 and will be discussed again at the beginning of next year. Other reductions are not possible!

#### Courses for non-professionals

Courses for interested persons and specialists of other fields than psychotherapy are offered in quite a few countries already. If you are offering PPT related trainings to non-professionals, please share your success story with us and our community. WAPP supports the idea to offer PPT trainings in as many different settings as possible.



Board Meeting, January 2016

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

### New countries

WAPP plans to be more active in new countries. These could be Greece and the Balkan countries like Serbia, Croatia etc. If you would like to be active in these countries, please contact Kateryna Ovcharek at [k.ovcharek@gmail.com](mailto:k.ovcharek@gmail.com).

### Trainer education

WAPP needs more trainers for national and international trainings. If you would like to become a trainer for Positive Psychotherapy, please contact your trainers or the WAPP Head Office for more information on preconditions and requirements.

### International Trainer Seminar 2016 (ITS)

This year's ITS will take place 16-20 August 2016 in Wiesbaden, Germany, WIAP Academy (please see page 1 of this Newsletter).

### General assembly and election of new WAPP Board

In the course of the ITS, our next general assembly of WAPP members will take place. At this assembly a new WAPP Board will be elected for the years 2016-2018. We will ask our members for their nominations. Postal vote will be allowed again this time. More information on the election will be published soon. Invitations to the general assembly will be sent out in time before the meeting.

### 7th World Congress for Positive Psychotherapy

The next World Congress for Positive Psychotherapy will take place in 23-29 October 2017 in Turkey (please see page 6 of this Newsletter)!

### Scientific articles and publications

Scientific articles and publications on Positive Psychotherapy are very important for WAPP:

- ☉ If you want to contribute: Please try to publish in national and international journals.
- ☉ For contacts to journals, please turn to the Head Office. Hamid Peseschkian will help with contact data.
- ☉ Regarding the contents of articles, please also contact the Head Office. Board members like Arno Remmers will be happy to help.

### Participation in conferences

Please also try to regularly participate actively in national and international conferences of psychiatrists, psychologists, counselling, medical and mental health field. Present your PPT topics there, alone or in groups. We will very soon provide a manual on how to participate in conferences and on presenting talks.

### Master theses and doctoral dissertations

We will soon publish a list of topics for academic theses. You will then be able to choose one for your thesis.

A list of existing theses and academic works will also be published soon.

We would also like to collect our members' Master Course theses for our archive. So please send your thesis to the Head Office. If it is not written in English, please add a short English summary.

### Transcultural Psychotherapy

As another important focus of our Association will be Transcultural Psychotherapy, we would like to encourage our centers and members to do scientific research in this respect. A multi-center-study in as many different countries as possible would be a good opportunity for a transcultural study. You will very soon receive a detailed information letter about this.

Psychotherapeutic and transcultural insights can also be spread into many other branches of society. Please share your success stories of implementing PPT into other fields outside psychotherapeutic settings. You will also receive a letter with more information about this soon.

## Training and Trainers (cont.)

## Events

## Research and Publications

### Important Information for Trainers:

#### Trainer recertification:

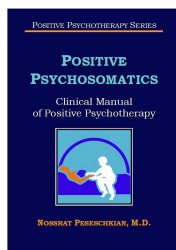
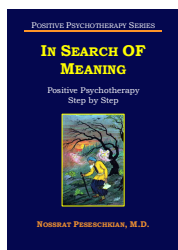
The trainer recertification process has been put on a preliminary hold. If you would still like to send your recertification form, please do. We will collect all forms for our trainer data bank, but will not use it for recertification.

Therefore, **please also do not send any recertification fees!**

We will inform our trainers, when the process will be continued.

Thank you!

## Research and Publications (cont.)



## Treatment

Treatment reports could also be very helpful to spread our method and make it more public. A collection of psychosomatic cases could be compiled as a book. The "letters to organ" of your patients/clients could be part of this collection. Please send your reports for us to collect them. If you would like to compile such a book, please let us know.

## Books

Some of Nossrat Peseschkian's books will be re-published soon. They will be summarized by the heading term "Positive Psychotherapy Series". You may use this heading for your book as well. But please contact us beforehand for approval.

## Membership Issues / WAPP in Numbers

**WAPP is a growing association.** The current **number of members is 634**. 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.

445 certificates were issued for the year 2015:

- ② 2 Master Trainers
- ② 8 Basic Trainers
- ② 364 Basic Consultants
- ② 71 Certified Positive Psychotherapists

## WAPP Head Office



Nadja Klug,  
new WAPP assistant

## Enlarged office team

The WAPP Head Office in Wiesbaden has been enlarged to better meet the tasks of a growing association. Since November 2015, Stefanie Heinen is assisted by Nadja Klug, who supports the office 10 hours per week on Tuesday and Wednesday mornings.

## WAPP International Training Standards

### New structure of training seminars

As already announced in our last Newsletter, WAPP had to amend and revise its international Training Standards to meet the standards of the European Association for Psychotherapy (EAP). This was necessary to still be able to grant our graduates the **European Certificate of Psychotherapy (ECP)**.

To achieve the ECP our training candidates will have to complete a PPT training of 1400 hours in total (European Certified Positive Psychotherapist). Our usual Basic and Master Courses will still be offered, but with an altered number of training hours.

Please check our new Training Standards at:

[http://positum.org/fileadmin/user/pdf/Training\\_Standards\\_and\\_Certificates/TRAINING\\_STANDARDS\\_EAP\\_Standard\\_01\\_16.pdf](http://positum.org/fileadmin/user/pdf/Training_Standards_and_Certificates/TRAINING_STANDARDS_EAP_Standard_01_16.pdf). They mainly include more supervision and

self-discovery hours as well as a higher number of practical hours with patients/clients.

**If you are a trainer, please consider these changes for your future trainings.**

**Thank you!**

Another important change already announced in our last Newsletter is the **opening of 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".

### Training Standards

For Trainings in

### Positive Psychotherapy

- European Certified Positive Psychotherapy Training
- Basic Training in Positive Psychotherapy
- Master Training in Positive Psychotherapy
- Basic Trainer of Positive Psychotherapy
- Master Trainer of Positive Psychotherapy

Also including the requirements for:

- European Certificate for Psychotherapy (ECP)
- World Certificate for Psychotherapy (WCPC)
- Membership in the World Association for Positive Psychotherapy (WAPP)

## Report from the 16<sup>th</sup> International Trainer Seminar (ITS), 19-22 August 2015, Wiesbaden/Germany.



Seminar atmosphere



Plenary meeting

The International Trainer Seminar was again designed as group workshop with 60 trainers and candidate-trainers from 10 different countries. Three working groups dealt with theory, supervision and self-discovery topics at each of the seminar days.

For the first time the ITS took place in the rooms of the WIAP Academy, but the participants still had the chance to visit the Peseschkian Foundation, in which it was conducted in the past years.

A field trip to Ruedesheim at the Rhine river and a visit to Nossrat Peseschkian's grave at the Sonnenberg cemetery flanked the seminar program. In the evenings and at the end of the trainer seminar plenary meetings took place to discuss mutual and current topics.

A major topic discussed was the establishment of committees concerning the different fields of WAPP's tasks and worldwide activities. Four committees were formed:

- 🕒 Organizational Committee
- 🕒 Training Committee
- 🕒 Scientific Committee
- 🕒 Communication Committee

They will from now on discuss and evaluate topics and issues in close cooperation with a responsible Board member.

The ITS participants also discussed the necessity to do more research on PPT, to publish articles and books, and to create a better networking between Positive Psychotherapists worldwide.

As usual, the atmosphere of the seminar was very friendly and fruitful. Personal contacts among the trainers were strengthened, professional interactions intensified.

**We are very much looking forward to welcoming everyone again at our next ITS, 16-20 August 2016!**

### Advisory Council of Associations and Centers (ACAC)

In the course of the ITS a first meeting of the newly established Council of Associations and Centers took place.

This Council consists of representatives of Centers and Associations for Positive Psychotherapy worldwide. It serves the exchange of knowledge and experience in these institutions for the benefit of all of us. At the same time, more and more members can actively be involved in the work of our Association.

Topics of the first meeting were the exchange of training materials, the establishment of a special facebook-group, and possibilities to start PhD and Master of Science programs at universities.

Meeting of Centers and Associations:



## WAPP International News

### 7<sup>th</sup> World Congress for Positive Psychotherapy

The WAPP Board of Directors is happy to announce that the 7<sup>th</sup> World Congress for Positive Psychotherapy will take place

**23-28 October 2017 in Turkey.**

The main theme will be:

**"Transcultural Psychotherapy and Counselling:  
Principles, Concepts, Applications"**

More information will be available soon. We will keep you informed.

We are expecting some 300 persons from different countries to this unique event.

We would be happy, if you would like to present your topic or prepare a study or special research referring to the transcultural aspects of Positive Psychotherapy and Transcultural Psychotherapy in general. All other Positive Psychotherapy topics are, of course, welcome.

We are very much looking forward to this very special event and to welcoming all of you there!

### 1<sup>st</sup> National Regional Conference on Positive Psychotherapy in Turkey

With the motto "Different Lives, Common Benefits" the conference took place at the psychology department of Atilim University, 27-29 November 2015 in Ankara.

It was organized by Positive Psychotherapists and the Ankara Center for Positive Psychotherapy to bring PPT to an academic environment and to encourage academic staff of universities to promote and teach PPT at their institutes.

The conference was attended by 170 participants from all parts of Turkey and from abroad. Over 25 presentations, lectures and workshops were offered. The conference was very successful with a warm atmosphere and enriching contacts with new young people and professors from Atilim University.



### First Meeting of Major Positive Psychotherapy Institutions

For the first time in Positive Psychotherapy's history the big institutions WAPP (World Association for Positive Psychotherapy), IAPP (International Academy for Positive and Transcultural Psychotherapy), DGPP (German Association for Positive and Transcultural Psychotherapy) and WIAP (Wiesbaden Academy for Psychotherapy) met in a plenary meeting together with Peseschkian family members and long-term friends. This meeting took place on 20 January 2016 to discuss present and future of Positive Psychotherapy as well as plans and new developments of it and its affiliated institutions.

It was a unique encounter, at which different insights and ideas were mutually and fruitfully discussed. Some very useful ideas will be implemented in the next months and years. We will keep you informed.

### Love thy neighbor as thyself

A host treated his visitor to many delicacies of Near Eastern cuisine. As his guest was about to leave, his host asked, "Who are you, after all? What's your name?" Astonished the guest asked, "Don't you recognize me? What have I done to deserve such a royal welcome?" The host replied as follows: "You have a caftan just like mine, and I was almost sure you were wearing my turban. When I saw you, I could have sworn you were me. With myself, I'm generous."

(Taken from N. Peseschkian "Life is a Paradise")



1<sup>st</sup> National Regional Conference, Ankara, Turkey, November 2015



Meeting of Institutions, Wiesbaden, Germany, January 2016



## WAPP International News

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

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



Birgit Werner and Werner Gross in Ethiopia

### 9<sup>th</sup> Romanian Summer School

The 9<sup>th</sup> edition of the Positive Psychotherapy Summer School in Romania will take place in Pianu de Jos, Alba, Romania with the motto "Eros and magic in sexuality" 27 June - 2 July 2016. For more information please contact Gabriela Hum ([gabriela.hum@positum.ro](mailto:gabriela.hum@positum.ro)).

### Personal Report About a Travel to Seminars in Ethiopia

WAPP candidate-trainer **Werner Gross** from Offenbach, Germany, has sent us a very interesting report about his travel to Ethiopia. He accompanied Master Trainer Birgit Werner to two Master Course modules in Jimma and Addis Ababa. His report is written in German language. If you would like to read it, please find it at: [http://positum.org/fileadmin/user/pdf/Training\\_Reports/WAPP\\_MC\\_Ethiopia\\_report.pdf](http://positum.org/fileadmin/user/pdf/Training_Reports/WAPP_MC_Ethiopia_report.pdf)

Here is a shortened version of his report in English (renarrated and translated by Stefanie Heinen):

After a 6-hour-flight, Werner Gross and Birgit Werner arrived in Addis Ababa, where Helga Mengistu-Faust, training organizer in Ethiopia, picked them up at the airport for a short stop in Addis Ababa. The same day, they headed to Jimma, a small university town south-west of Addis, in a small propeller-driven airplane. More than one fourth of Jimma's inhabitants are university students.

Passing the typical African small-town scenes of colorful wooden and metal huts, vegetable and food sidewalk sales, thousands of pedestrians and tuk-tuks on the streets, they arrived at Jimma University. The seminar room was well equipped, though a little shabby on second sight. But the latter didn't matter; it seemed to be just right.

The seminar participants were highly competent and motivated psychiatrists, psychotherapists, psychologists, social pedagogues, psychological counselors, and nurses.

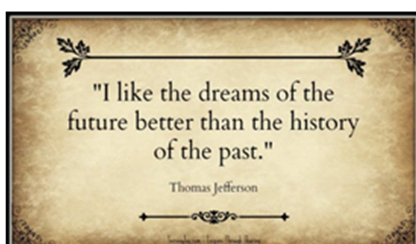
The subject of the seminar was "trauma". While it was the first time in Ethiopia for Werner Gross, Birgit Werner has already been there several times before. The working atmosphere was a very open and intimate one. The three day seminar remained on a constant high educational level. Most interesting were the different intercultural views of Ethiopians and Central Europeans regarding injuries, pain and trauma. Europeans rather search for professional help, while rural Ethiopians first consult their families or community members.

After their seminar in Jimma, Birgit and Werner returned to Addis Ababa for another Master Course seminar with the subject "Positive family therapy". The very interested seminar participants individually analysed their own family trees. During the subsequent discussions, the different family structures of more than 80 Ethiopian ethnic groups were revealed. There are group identities, in which the individual hardly matters. Also the traditional extended family structures can be found. All structures lead to questions like: What is the role of the family leader? How is the relationship between mother and father? How are siblings related to each other? Are boys and girls socialized differently? How are they culturally shaped for their future roles as men and women? What is allowed, tolerated, forbidden? Repeatedly discussed in the seminar is the differentiation between "sex" (biological gender) and "gender" (social gender). In general, the questions arised: How much individuality is allowed in the different ethnic groups? Which un-lived parents' dreams shall/must (explicitly or implicitly) be realized by their children? In short: How much "me" is tolerated in a group, in which the "we" is so dominant?

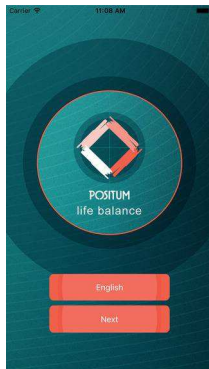
In the meetings after the seminars, many participants started to ask and discuss their personal issues, which revealed the extraordinary atmosphere of trust and intimacy achieved during the seminar days.

The parting from both groups, Jimma and Addis, was very emotional with laughing, relaxation and tears. The feedback was a very positive one.

Conclusion: Werner Gross describes his experience as most interesting and enriching: "The different African and European views taught me to relativize my own position. It is just one perspective from which we view the world. It might look totally different from another angle. After all: The world is big enough to give everyone room to be right (or wrong)."



## WAPP International News



Positum Mobile App

### First Mobile Application Based on Positive Psychotherapy

Dr. Maxim Goncharov from Khabarovsk, Russia, has created and published a mobile application on Apple Store called "POSITUM - life balance". It is designed to measure people's life balance and to receive explanations and recommendations. The users are also invited to take part in a global scientific research just by one click. The App is available for iPhone and Android.

Please contact Dr. Goncharov directly ([goncharov@cprussia.ru](mailto:goncharov@cprussia.ru)) for more information. It is available in English and Russian language. If you would like to help translate it to other languages, please also contact Maxim Goncharov.

### Prof. Peseschkian Foundation:

As it was Nossrat Peseschkian's intention that every interested reader should have the chance to derive benefit from reading books about Positive Psychotherapy, the Peseschkian Foundation is happy to inform you that a number of these books are now available for WAPP members at a very favourable price.

## WAPP NEWSLETTER

### Legal notice

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**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**

**Books by Nossrat Peseschkian**

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

**Masterpieces of Positive Psychotherapy**

The first book about Positive Psychotherapy by Nossrat Peseschkian that appeared in English language was released in 1986. In the meantime many of his 31 books have been translated into more than 27 languages.

**A number of books about Positive Psychotherapy in several languages are for sale at the Peseschkian Foundation:**

- ❖ **Positive Psychotherapy in Psychosomatic Medicine. A Transcultural and Interdisciplinary Approach Examining 40 Disorders 8.00 C\***
- ❖ **Positive Psychotherapy. Theory and Practice of a New Method 8.00 C\***
- ❖ **Psychotherapy of Everyday Life. Training in Partnership and Self-Help with 250 Case Histories 8.00 C\***
- ❖ **In Search of Meaning. A Psychotherapy of Small Steps 8.00 C\***
- ❖ **Oriental Stories as Tools in Psychotherapy. The Merchant and the Parrot 7.00 C\***
- ❖ **Positive Family Therapy. The Family as Therapist 7.00 C\***

(\* = plus shipping costs)

Some books are also available in Chinese, Czech, Dutch, Farsi, French, Georgian, Norwegian, Portuguese, Romanian, Spanish, Turkish, ...

**The proceeds from the sale will be used for the Foundation's projects.**

**stiftung@peseschkian.com**

Positive Psychotherapy since 1977

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