

# WAPP Newsletter

News from the World of Positive Psychotherapy

Published by the World Association for Positive and Transcultural Psychotherapy



## In this Issue:

- 1 Editorial
- 2 Report from the WAPP Board meeting
- 3 Future conferences & seminars
- 4 International News
- 5 Legal Notice

## Editorial

Dear Colleagues and Friends,

This is the new issue of our WAPP Newsletter with the latest news and international developments of Positive Psychotherapy and our Association!

The year 2019 is very special for us, as it is a year of many anniversaries of Positive Psychotherapy and our training activities.

Nossrat Peseschkian started to develop our method 50 years ago when he opened his psychotherapeutic practice in Wiesbaden, Germany. 40 years ago, in 1979, he first acquired an official training license to teach psychotherapy and he published his bestseller book "Oriental Stories – The Merchant and the Parrot" in Germany.

Our Association was first established as ICPP 25 years ago. Five years later the WIAP Academy was founded as state-accredited psychotherapy training institute.

The Bulgarian Association also celebrates its 25<sup>th</sup> anniversary this year. We are very thankful and proud of our international colleagues, who engage in Positive Psychotherapy for so many years now. Thank you all!

Celebrate with us and join us at the **7<sup>th</sup> World Congress for Positive and Transcultural Psychotherapy** this October in Turkey. We look forward to meeting you there!

Best wishes,

on behalf of the WAPP Board

Hamid Peseschkian,  
President



## 2019 – The Anniversary Year of Positive Psychotherapy

**2019 is a very special year for Positive Psychotherapy!**

We are celebrating several anniversaries this year. Among others, these are:

- 🕒 50 years Positive Psychotherapy (1969)
- 🕒 50 years opening of psychotherapeutic practice of Nossrat Peseschkian (1969)
- 🕒 40 years licensed training academy (1979)
- 🕒 40 years of the bestseller book "The Merchant and the Parrot - Oriental Stories" (1979)
- 🕒 25 years WAPP resp. ICPP (1994)
- 🕒 20 years WIAP Academy (1999)
- 🕒 20 years Effectiveness Study (1999)
- 🕒 20<sup>th</sup> International Training Seminar – ITS



## Report from the Board Meeting February 2019

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

This time, the Board met on 18 and 19 February 2019 in Wiesbaden, Germany, for its main meeting.

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

### 7th World Congress

#### 7<sup>th</sup> World Congress in Kemer/Antalya, October 2019

One of the **main topics discussed** at the Board meeting was the oncoming 7<sup>th</sup> World Congress for Positive and Transcultural Psychotherapy, 6-12 October 2019, in Turkey.

The Board consulted on the contents and program as well as on organizational aspects. Next to some program parts we already had at former events, like the **international self-discovery groups** of last year's ITS, we will have some new program points, like **"PPT talks"** (15 minutes talks without discussion) and **"express-talks"** (5 minutes talks with 10 minutes discussion) instead of only keynotes. Though we will of course also have **keynotes by special guests** and **workshops, presentations and posters by our participants**.

An interesting social program will add to the event: there will be a **guided city-tour**, a **gala-dinner** and of course all **benefits of the 5 star beach hotel** in Kemer.

Read more about the congress on page 4 in this newsletter.

### Trainings and Trainers

#### WAPP Training Standards

Some aspects have been added to the Training Standards.

These refer mainly to the way our courses are delivered, i.e. the training parts theory, self-discovery and supervision have to be provided face-to-face. **Online trainings will not be certified by WAPP.**

For trainings of a psychotherapeutic method it is essential to have **direct contact with trainers and other course participants**. Only this way, the important dynamics and inter-human actions belonging to the training can be acted out.

Another change in the Standards refers to the trainer education. Candidate Basic and Master Trainers will be asked to **undergo a short test in front of an examination committee before they start their candidate-training**.

In this respect, we would like to remind our trainers and candidate-trainers to hand in **all necessary documents** for the candidate-training **before** accompanying a course.

**Please find the current Training Standards on our website at:**

<http://www.positum.org/53-0-Training-Standards.html>

#### **For trainers in general the Board points out to keep in mind:**

- ⦿ All trainers have to **have continuing and regular working experience as a Positive Psychotherapist**. They cannot be trainers alone.
- ⦿ All trainers have to **participate in WAPP International Training Seminars (ITS) or WAPP congresses at least once in two years**.
- ⦿ All trainers are **obliged to send annual reports of their training activities** once a year.
- ⦿ All trainers have to **sign the WAPP Ethical Guidelines**.
- ⦿ Trainers can only recommend potential candidate-trainers **who have been former students of their own courses**.

We should think well about what we want. We might get it.

–

A clever man doesn't make all his mistakes alone, but also gives others a chance.  
(Winston Churchill)

–

One needs much more strength to accept the truth than to defend a mistake  
(G. C. Lichtenberg).

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

## Report from the Board Meeting February 2019

### WAPP membership

The current **number of WAPP members is 1386**. We are very proud to constantly gain new members worldwide. In September 2018 we passed the 1000-member mark. We celebrated our **1000th member**: Larisa Shumeiko from Ukraine!

Our Association is financed by the certificates we issue and the membership fees we receive from you. **Please encourage your colleagues to join our organization** to keep it growing! Besides, we have many **inactive members** who we would like to encourage to **renew their membership fees and be a part of our international community again**. The more members we gain, the more influence and impact has our work internationally. And our membership fees are comparably low. So please contribute! Thank you!

**Please don't forget to send us your membership fees by bank transfer, or by the other payment options listed on the right!**

You can see the present structure of membership fees in the table below.

Please find the payment information at:

<http://www.positum.org/108-0-Membership-fees-and-payment.html>

### Membership fees



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

Weltverband für Positive Psychotherapie WAPP  
Bank: Naspa Wiesbaden,  
Webergasse 9, 65183 Wiesbaden,  
Germany  
IBAN: DE80 510 500 150 111 200 114  
BIC: NASSDE55XXX

Category	Annual membership fee	Discount for advance payment (3 years)
<b>Supportive membership</b>	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	--

### 🕒 New Trainers of Positive Psychotherapy

WAPP is happy to announce that since March 2018 we have accredited 12 new Basic Trainers:

Venka Petrova, Arber Zeka, Tatiana Kantcheva, Stefan Mennemeier, Larisa Gilova, Anastasiia Tkachova, Galina Skryabina, Ali Eryilmaz, Yuliia Karhina, Mirosława Sauc, Elmedina Cesko

And 6 Basic Trainers became Master Trainers:

Nune Chilingaryan, Olena Myronenko, Iona Maria Bodor, Alla Belska, Roman Ciesielski, Patrycja Badecka

### 40 Years "The Merchant and the Parrot"

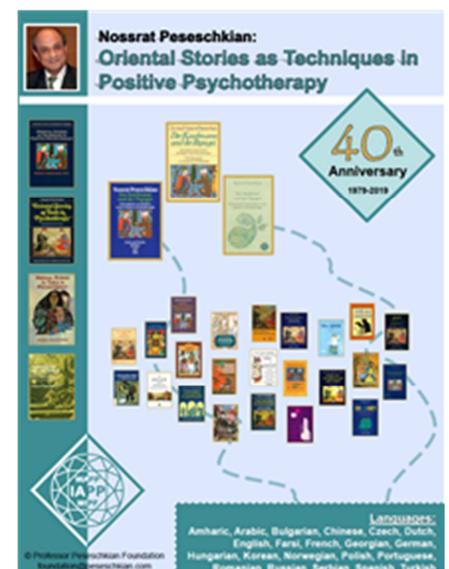
Nossrat Peseschkian's book "Oriental Stories as Techniques of Positive Psychotherapy – The Merchant and the Parrot" celebrates its 40<sup>th</sup> anniversary. In 1979 the first edition was published by Fischer Verlag, Frankfurt, in German language with the title "Der Kaufmann und der Papagei – Orientalische Geschichten in der Positiven Psychotherapie".

At this occasion the Peseschkian Foundation will **present a poster** at the 7<sup>th</sup> World Congress for Positive and Transcultural Psychotherapy. This poster shall include **all editions and translations of the book** since it has first been published.

You can help us make it complete, if you know about **other editions of your country and in your language** that are not displayed in this poster draft to the right.

If you own a version of this book that is not included, please send us a scan of its cover until the **end of June 2019**.

**Thank you!**



## Future Conferences & Seminars



### 7th World Congress for Positive and Transcultural Psychotherapy, October 2019

The main event this year will be our 7th World Congress. The World Congress only takes place every few years, and you do not want to miss this one: **Anniversary Congress & Seminar Congress - 50 Years Positive Psychotherapy, 6-12 October 2019 – Kemer (Antalya), Turkey, with the motto “Health – Culture – Psychotherapy”**

To celebrate 50 years of Positive Psychotherapy and other anniversaries (see page 1), we expect some **400 participants from more than 25 countries**. We already have about 360 registrations now (May 2019) and expect still more to come.

Support this event actively and **participate in the scientific program!** Please use our official congress website for registration and submission of abstracts:

**Registration:** <http://positum2019.org/registration-form/>

**Abstract submission:** <http://positum2019.org/abstract-submission-form/>

### Amur School of Positive and Transcultural Psychotherapy, May 2019

"Interdisciplinary relations of psychotherapy: philosophy, medicine, pedagogy, business, culture", **25-26 May 2019, Blagoveshchensk, Russia**  
Contact: Maksim Chekmarev ([pontific3@vandex.ru](mailto:pontific3@vandex.ru))

### 6th German Summer Academy, June 2019

The German Association for Positive and Transcultural Psychotherapy (DGPP) invites to its 6th Summer Academy in **Attendorf, Germany, 19-22 June 2019** (seminar in German language):

**“50 Jahre Positive Psychotherapie – über 40 Jahre DGPP”**

Please find the program here:

[http://www.positum.org/files/programm\\_-\\_dgpp\\_sommerakademie\\_2019.pdf](http://www.positum.org/files/programm_-_dgpp_sommerakademie_2019.pdf)

### 12th Romanian Positive Psychotherapy Summer School, June 2019

The Romanian Positive Psychotherapy Association (RPPA) organizes its 12th edition of the Positive Psychotherapy Summer School with the title **"Trauma and Self Restoration"**.

It is taking place **24-29 June 2019 in Cavnic, Maramureş, Romania**.

Flyer and registration form are both linked on the WAPP website:

<https://positum.ro/2019/03/scoala-de-vara-de-psihoterapie-positiva-editia-12/>

### International Summer Camp, Bulgaria, July 2019

On **5-18 July 2019** the Bulgarian Association in cooperation with their Ukrainian colleagues will offer the **Shabla PPT Summer Camp in Shabla, Bulgaria**.

For more information please contact :

Olga Lytvynenko ([dr.olgalytvynenko@gmail.com](mailto:dr.olgalytvynenko@gmail.com)) or  
Stefanka Tomcheva ([stefani\\_petkova@yahoo.com](mailto:stefani_petkova@yahoo.com))

### Summer School on Positive Transcultural Psychotherapy, Far East Russia, August 2019

**24-28 August 2019** the Center for Positive Psychotherapy, **Khabarovsk, Russia**, organizes its Summer School.

For participation please contact Ekaterina Dokunova: [info@cprussia.ru](mailto:info@cprussia.ru), +79147726010, +74212237007, [www.cprussia.ru](http://www.cprussia.ru).

### Trauma and attachment seminar, Poland, September 2019

On **28-29 September 2019** the Wrocław Center offers a seminar with the title **“Trauma and attachment. Prevention and psychotherapy of reactive attachment disorders”** with Arno Remmers.

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

6. Sommerakademie der Deutschen Gesellschaft für Positive und transkulturelle Psychotherapie (19.-22. Juni 2019)  
„50 Jahre Positive Psychotherapie - über 40 Jahre DGPP“



Die Veranstaltung ist im Rahmen der Zertifizierung der ärztlichen Fortbildung der Ärztekammer Westfalen-Lippe mit 32 Fortbildungspunkten (Kategorie: C) anrechenbar.

Tag/Datum	Zeit	Thema	Referent/in
Mittwoch, 19.06.2019	18.00 Uhr	nach individueller Anreise gemeinsames Abendessen	
	Abend	Der Einsatz von Geschichten bei Jugendlichen	Mickey Wiese
Donnerstag, 20.06.2019	Vormittag	PPT als zeitgemäße Methode der psychodynamischen Therapie	Christian Henrichs
	Nachmittag	PPT in der Augenheilkunde – damals und heute	Dr. Gabriele Emmerich
		Intervention in Kleingruppen	Vorstand/Berat DGPP
		Mitgliederversammlung	
	Abend	Grüßabend	
Freitag, 21.06.2019	Vormittag	Geschichten und Mythen	Dr. Gunther Hubner

Școala de Vară de Psihoterapie Pozitivă –  
Ediția a XII-a



## WAPP International News

### 19<sup>th</sup> International Training Seminar (ITS) of Positive and Transcultural Psychotherapy 2018

The 19<sup>th</sup> ITS took place in Wiesbaden, Germany, 31 Oct. – 3 Nov. 2018. **110 participants from 17 countries** participated in the international seminar and conference.

Different and new for the first time, we had a focus on **self-discovery** and actually conducted self-discovery in six groups. The groups were divided by language (English and Russian) and the group members experienced self-discovery with each two experienced trainers. This format was very well perceived. And we did not only have self-discovery groups, but also we had very interesting **keynote lectures** about the theory of self-discovery, about trauma, body-language in psychotherapy and men in psychotherapeutic treatment. About **30 individual lectures** and presentations completed our program in the afternoons.

**The next International Training Seminar ITS 2019 will be included in the 7<sup>th</sup> World Congress in Turkey.**

### New WAPP Board of Directors (2018-2020)

At this year's annual general member assembly – which took place in the course of the ITS – **a new WAPP Board of Directors was elected for 2018-2020**. Four former Board members decided to not candidate again: Arno Remmers, Pavel Frolov, Enver Cesko and Dieter Schoen, in order to give new and younger colleagues the opportunity to serve on the Board.

**The new Board is now represented by:**

Hamid Peseschkian, president (Germany), Roman Ciesielski (Poland), Ewa Dobiata (Poland), Maksim Goncharov (Russia), Gabriela Hum (Romania), Ivan Kirillov (Turkey/Russia), Manije Peseschkian, representative of the Peseschkian-Foundation (Germany), Stefanka Tomcheva (Bulgaria)

### New Centers of Positive Psychotherapy

Since our last newsletter, WAPP has granted the Center status to **4 training centers**, **2 cooperations** with universities were established and **2 training centers** were opened which will get the Center status very soon:

- Center for Positive Psychotherapy "**Positum23**", Krasnodar, Russia, led by Evgeniya Mironenko.
- Center for Positive Psychotherapy "**Ivano-Frankivsk POSITUM**", Ivano-Frankivsk, Ukraine, led by Halyna Dychkovska.
- Center for Positive and Transcultural Psychotherapy "**New Kiev**", Kiev, Ukraine, led by Victoria Solovey.
- Center for Positive and Transcultural Psychotherapy "**Terra Balance**", Kyiv, Ukraine, led by Olena Myronenko.
- Cooperation with the **Northern State Medical University**, Arkhangelsk, Russia.
- Cooperation with the **I. I. Mechnikov National University**, Odessa, Ukraine.
- New training center **Macedonian Center for Positive Psychotherapy POSITUM**, Gostivar, Macedonia, led by Zumera Alili.
- New training center **London Centre for Positive Psychotherapy**, London, UK, led by Adela Moldovan and Raluca Ursica.

**Congratulations and welcome as new Centers and cooperation partners! WAPP is looking forward to working together with you.**



International Training Seminar (ITS) 2018



New WAPP Board of Directors



New honorary member Arno Remmers



Mrs Manije Peseschkian with guests from China and Ethiopia

*The best thing about the future  
is that it comes one day at a time.*

*(Abraham Lincoln)*

## WAPP International News

### 25 years Society for Positive Psychotherapy in Bulgaria – Mainstay and Development in Positive and Transcultural Psychotherapy

We are happy to share these news from the Bulgarian Association for Positive Psychotherapy:

From **17 to 19 May 2019** the **Jubilee Conference - "25 years Society for Positive Psychotherapy in Bulgaria – Mainstay and Development in Positive and Transcultural Psychotherapy"**, was held in Varna.

**117 members of the Society took part** - psychotherapists and trainees. We would like to thank everyone who has shared with us this exciting moment in our society's history! Special thanks to all presenters and leaders of the workshops!

The company also thanks to the **foreign guests** - Olga Lytvynenko, Oksana Kovanda from Ukraine, Ewa Dobiata, Roman Ciesielski from Poland, and Engin Sylejmani from Kosovo - for the shared experience! Special thanks also to Dr. Arno Remmers that he is always with us!

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



Or find us on facebook!  
[Positive Psychotherapy](https://www.facebook.com/PositivePsychotherapy)

## WAPP NEWSLETTER

### Legal notice

#### Published by:

World Association for Positive and Transcultural Psychotherapy (WAPP)

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

#### Contributors of this issue:

Stefanie Heinen,  
Hamid Peseschkian

**Edited** by Stefanie Heinen

#### Contact:

World Association for Positive and Transcultural Psychotherapy (WAPP), Inc.

- Head Office -

Luisenstrasse 28

D-65185 Wiesbaden

Phone: +49 611 450 34 40

Fax: +49 611 450 34 24

Email: [wapp@positum.org](mailto:wapp@positum.org)

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**

