

# 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,

Here is a new issue of our WAPP Newsletter, providing you with the latest news and international developments of Positive Psychotherapy and our Association!

Some important changes have happened since our last newsletter was published earlier this year, such as the election of a new Board of Directors or the amendment to our name.

Positive Psychotherapy has its firm standing among the various psychotherapeutic methods which are currently in use. That is why we did not only specify our Association's name, but why we also started an international trademarking process for our method. This will strengthen our identity as Positive Psychotherapists and aid us to better position us within the spectrum of methods to be fit for the future.

The whole world is presently undergoing a big transformation process, and cultural misunderstandings, religious and nationalistic prejudices, and relationships among human-beings are suffering to a great extent. Is this not the time and place when psychotherapists, training in a positive and transcultural outlook, have to get up and offer their assistance to reduce human suffering? It is not an easy task, but we are well-equipped and have our worldwide community of Positive Psychotherapists where we can get a lot of strength and backup.

We are looking forward to creating this positive future with you.

With best wishes on behalf of the WAPP Board

Hamid Peseschkian,  
President



## Our Association has a New Name! World Association for Positive and Transcultural Psychotherapy

In the recent years, **transcultural capabilities** have become more and more important. Globalization, conflicts and migration force many people to live in foreign countries with different lifestyles and cultures. Individual conflicts and problems need professional help and treatment taking this into account.

The transcultural approach to psychotherapy is a basic component of Positive Psychotherapy. Already in the 1970s Nossrat Peseschkian has recognized the relevance of transcultural aspects in psychotherapy.

And as it has become more and more important in the past years and since other methods also start to use transcultural components, we considered it useful to add the term "transcultural" to our Association's name. This will aid us to point out our expertise in this field and also encourage us to underline and strengthen the transcultural elements of Positive Psychotherapy. It also shows that we are not just "Positivists", but that there is a whole scientific concept behind this method.

The term "transcultural" has already been added to the names of the International Academy and the German Association some years ago. We have now expanded this to our Association's name, too. The change has been confirmed by German registration authorities.

From now on we are officially the **World Association for Positive and Transcultural Psychotherapy**. The name of the method remains Positive Psychotherapy.



## WAPP General Member Assembly 2016 19 August 2016 in Wiesbaden, Germany



Member assembly, 19 August 2016

### General assembly

The general assembly of an association has to take place once a year by German law. To give as many members as possible the chance to participate, we usually schedule the WAPP assembly into the course of another event, such as the International Trainer Seminar or a PPT Congress.

Therefore, this year's general member assembly took place at the end of the ITS in Wiesbaden, Germany. 69 members attended the meeting.

### WAPP Board of Directors

The Board of Directors is elected every two years. The new current Board has been elected for the years 2016 to 2018.

All WAPP members were asked to nominate persons who they would like to nominate for the Board. 31 persons were nominated, of whom 15 accepted to nominate.

Ahead of the personal election at the member assembly, WAPP offered the possibility to vote electronically by email. 50 members used this option. So in the end 138 voters participated in the election.

The voters elected Hamid Peseschkian for WAPP president and Enver Cesko, Roman Ciesielski, Pavel Frolov, Maxim Goncharov, Arno Remmers, Dieter Schön, and Stefanka Tomcheva as Board members\*. Mrs. Manije Peseschkian, as representative of the Peseschkian Foundation, is set as Board member and needs not to be elected.

The Board is especially grateful to Mrs. Gabriela Hum from Romania and Mrs. Kateryna Ovcharek from the Ukraine who served for many years on the Board, in Gabi's situation for more than 15 years, and who both stepped down to allow others to serve in this capacity.

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



New Board of Directors 2016-2018

From left to right:

Pavel Frolov, Dieter Schön, Manije Peseschkian, Roman Ciesielski, Enver Cesko, Stefanka Tomcheva, Arno Remmers, Maxim Goncharov, Hamid Peseschkian



### Change of by-laws regarding election

Also at the assembly the members approved the suggestion of the Board to change the WAPP by-laws. From the next election period on the president will no longer be elected directly by the members. The members vote for a Board of Directors and the **elected Board members appoint or vote for one of them to be the chairperson**. The background is not to over-emphasize the role of the president, because the Board is a collective decision-making body.

### Emphasizing the transcultural elements of PPT

As already described on page 1, our Association has amended its name and is now officially registered as **World Association for Positive and Transcultural Psychotherapy**. According to our by-laws this change had to be approved by the member assembly, which was accepted unanimously. The abbreviation "WAPP" remains the same.

## The Crow and the Peacock

In the palace park, a black crow perched on the branches of an orange tree. Down on the well-tended lawn, a peacock marched about proudly. The crow screeched, "How can one even permit such a strange bird to enter this park? He walks around as arrogantly as if he were the sultan himself. And with those downright ugly feet! And his feathers such a horrible shade of blue! I would never wear a colour like that. He drags his tail around like a fox." The crow stopped and waited silently for a reply. The peacock did not say anything for a while, but then he began to speak with a melancholy smile. "I don't think your assertions correspond to reality. The bad things you say about me rest on misunderstanding. You say I am arrogant because I hold my head up so that my shoulder feathers stick out and a double chin disfigures my neck. In reality, I am anything but arrogant. I know my ugly features, and I know my feet are wrinkled and leathery. This actually bothers me so much that I hold my head erect in order not to see my ugly feet. You see only my ugly parts. You close your eyes to my fine points and to my beauty. Haven't you noticed that? What you call ugly is exactly what people admire in me."

(P. Ehtesami, Persian poetess, translated + narrated by N. Peseschkian, taken from "If You Want Something You Never Had, Then Do Something You Never Did – Stories And Maxims")

## Report from the Board Meetings Outgoing and Incoming Board – August 2016

The WAPP Board meets twice a year: for a main meeting in January, 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, we had two Board meetings at the ITS. The outgoing Board met for a one-day meeting before the election. After the election the incoming Board met for a small round table meeting to introduce the newly elected members and to get acquainted with each other.

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

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

Due to the unstable political situation in Europe and neighboring countries, the next World Congress for Positive Psychotherapy has been **postponed**. It will not take place in 2017.

### International Trainer Seminar 2017

Instead of the Congress we will have an International Trainer Seminar (ITS) 2017 in Wiesbaden, Germany, which will be **open for everyone** – not only trainers and candidate-trainers. We will have to limit the number of participants to 100-120 though, as the room capacity of the WIAP only offers space for a certain number of people. The **ITS 2017 will take place 28 Nov. – 2 Dec. 2017**. We will inform you about the details in due time.

### Trademarking process

For a few years now, Positive Psychotherapy is being mixed up with "Positive Psychology" or "Positive Psychology Interventions". We had clarifying and friendly discussions with protagonists from Positive Psychology. Still, we decided to trademark our method to point out that we are using this name originally and to guarantee that we can keep it in the future.

According to international trademarking regulations, trademarking the name "Positive Psychotherapy" alone was not possible. So WAPP decided to trademark the whole expression "Positive Psychotherapy (PPT after Peseschkian, since 1977)". 1977 was chosen, because this was the year in which Nossrat Peseschkian first used this term in his book "Positive Psychotherapie" in German language.

This expression has been registered as trademark in German and English language for the European Union and Switzerland. It has been applied for in Canada and the USA, where the processes are still pending.

Furthermore, Positive Psychotherapy is officially acknowledged by the European Association for Psychotherapy (EAP) and the World Council for Psychotherapy (WCP). Therefore, we are using the following paragraph in our correspondence as an email-signature and in publications, which we kindly recommend you to also use for your purposes:

The World Association for Positive and Transcultural Psychotherapy is the international umbrella organization of Positive Psychotherapy (PPT after Peseschkian, since 1977)<sup>TM</sup> and registered as a non-profit-organization by German law (Amtsgericht Wiesbaden/Registergericht: VR 3210). Positive Psychotherapy is an officially accepted modality of the European Association for Psychotherapy ([EAP](#)). The European Federation of Centers for Positive Psychotherapy (EFCPP) is a European Wide Organization ([EWO](#)), a European Wide Accrediting Organization ([EWAO](#)) and through the IAPP-Academy a European Accredited Psychotherapy Training Institute ([EAPTI](#)) of EAP. Positive Psychotherapy (PPT after Peseschkian, since 1977) is a registered trademark in the European Union (registration no. 014512578 and 014512537).

### World Congress and International Trainer Seminar

### Trademarking of Positive Psychotherapy

**If you are not patient with small things, you cannot do big things.**

–

**A small fire which gives you warmth is better than a big fire which burns you.**

–

**Never believe anything that goes against reason, without putting it to test.**

–

**Miracles only happen to those, who believe in them.**

(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 Meetings Outgoing and Incoming Board – August 2016

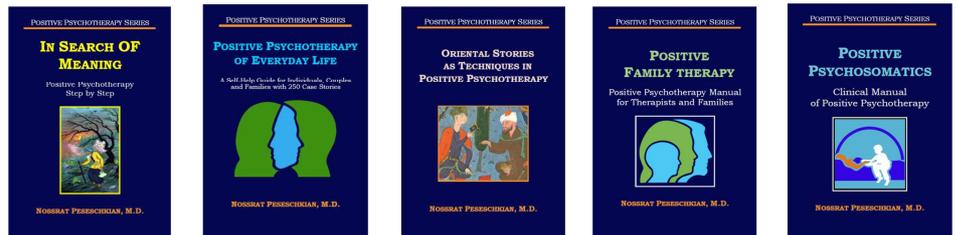
### Publications

#### Books

Five of Nossrat Peseschkian's books have been re-published by an American publisher to make the books internationally available. These are

- 🌀 In Search of Meaning
- 🌀 Positive Psychotherapy of Everyday Life
- 🌀 Positive Family Therapy
- 🌀 Oriental Stories as Techniques in Positive Psychotherapy
- 🌀 Positive Psychosomatics

They are available as hardcover, softcover and e-book at [amazon.com](http://amazon.com). It was always difficult to get the English books, now this has been solved. Mrs. Manije Peseschkian worked for more than 1,5 years daily on this project which is a gift to all of you.



They are summarized by the heading term “**Positive Psychotherapy Series**”. You may publish your book under this heading as well. But please contact us beforehand for approval.

### Certificate fees

#### Certified Positive Psychotherapist will include WAPP membership

The certificate fees remain basically stable. Just one little change has been decided by the Board:

The fee for the certificate “Certified Positive Psychotherapy” will be **raised by 25 EUR from January 2017 on and will from then on automatically include one year membership in WAPP**. Persons who are already WAPP members and who have paid their membership fee for the respective year get a 25 EUR discount on their certificate.

### Membership issues / membership fees



#### WAPP membership

The current **number of WAPP members is 656**. 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.

Please notice that from now on we will **collect the fees per calendar year** and no longer for 12 months after date of payment. **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.

**Thank you!**

#### New colleague

Our new assistant at the Head Office is **Sabine Schneider**, who joined Stefanie Heinen at the office team. She is available 8 hours per week.

You may reach her at [wapp-assistant@positum.org](mailto:wapp-assistant@positum.org).

### WAPP Head Office

## Report from the 17<sup>th</sup> International Trainer Seminar (ITS), 16-20 August 2016, Wiesbaden/Germany.



The International Trainer Seminar 2016 was a big success! We were happy to host 67 trainers, candidate-trainers and Master Course participants from 12 different countries. Four working groups, divided by trainer status, dealt with the main topics of psychotherapy training (theory, self-discovery, supervision) from the trainer perspective.

Different from last ITS's, we invited guest speakers who started each seminar day with an inspiring lecture. Their topics were discussed in the groups afterwards. These guest speakers were psychodynamic psychotherapy trainers of the WIAP Academy and renowned specialists of their fields. These were:

- ④ Prof. Dr. Falk Leichsenring (University of Giessen): "The efficacy of psychodynamic psychotherapy"
- ④ Ms. Sara Schneider (one of the main trainers of WIAP): "Mindfulness in the psychotherapeutic practice, especially for depression and personality disorders"
- ④ Dr. Susanne Schlüter-Müller (Frankfurt): "Personality pathology in adolescence and ways of treatment"
- ④ Prof. Dr. Karen Joisten (University of Kassel): "Narrative Ethics: A philosopher meets Positive Psychotherapy"

WAPP members can find their presentation slides or handouts in the download area of our [website's member section](#).

This year's field trip was a wonderful boat trip on the Rhine river. We had a small party boat only for our group with dinner, music and dance.

As always, the atmosphere of the seminar was very friendly, familiar 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, 28 November to 2 December 2017!**

**Please notice that the next ITS will be open for everyone – not only for trainers, as the next World Congress has been postponed.**

**We will keep you informed.**



Presentation by Ms. Sara Schneider (MSc):  
"Mindfulness in the psychotherapeutic practice"



Working group

### Positive Psychotherapy Award

The Peseschkian Foundation - International Academy of Positive and Transcultural Psychotherapy - donates an international award in the name of Positive Psychotherapy, founded by Prof. Nossrat Peseschkian.

The award **aims to recognize initiatives and achievements in Positive Psychotherapy**, e. g. humanitarian projects, research, or new developments.

If you know someone who you would like to nominate for his/her special achievements, please let us know.

Thank you!



## WAPP International News

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

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

### European Accredited Psychotherapy Training Institute (EAPTI)

The Wiesbaden Academy for Psychotherapy (WIAP) and the International Academy for Positive and Transcultural Psychotherapy (IAPP) are EAP accredited training institutes (EAPTI). This means that they can recommend WIAP graduates and "Certified Positive Psychotherapists" for the European Certificate of Psychotherapy (ECP). This accreditation has first been granted in 2009 and has now been **renewed for another 7 years until 2023**.

If you would like to apply for the ECP, please contact the WAPP Head Office ([wapp@positum.org](mailto:wapp@positum.org)) for details and procedure.

### New Centers for Positive Psychotherapy

This year, WAPP has granted the Center status to 3 training centers:  
- Armenian Association for Positive Psychotherapy, Yerevan, Armenia  
- Centre of Positive Psychotherapy "Odessa Positum", Odessa, Ukraine  
- Training Center "New People", Kiev, Ukraine

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

### 8th WCP World Congress for Psychotherapy, Paris, 2017

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

We intend to participate with a **Positive Psychotherapy delegation** to present lectures and workshops. The more Positive Psychotherapy contributions and contributors are present the better for our method. Therefore, we would be very happy, if many of you would also like to join our delegation.

If you want to participate and join our PPT delegation, please send your topic, kind of contribution, and abstract to Enver Cesko ([envercesko@hotmail.com](mailto:envercesko@hotmail.com)) **as soon as possible!** The official deadline for abstract submission is 1st December 2016.

Enver Cesko, Roman Ciesielski and Arno Remmers will be the coordinators and contact persons for PPT contributions to this congress.

Official congress website: <http://www.wcp2017.org/>



Congress website

## WAPP website relaunch!

[www.positum.org](http://www.positum.org)

### Visit our new website!

It has been relaunched this year to make it more contemporary and to offer our members and visitors better navigation and better networking options. We have two login-areas with specific information for

- 🔗 WAPP members
- 🔗 WAPP trainers

Furthermore, the website now offers a **forum** for WAPP members to **exchange, discuss and work together!** Don't miss to register to this forum! It is located in the login-area for members. Discuss in English or in your own country's language. Don't be afraid of language barriers!

The login-data have been sent out to our members and trainers. If you did not receive them, please contact the WAPP Head Office at [wapp@positum.org](mailto:wapp@positum.org). **If you have any problems with navigation, registration or finding certain contents, please don't hesitate to ask us anytime!**



## WAPP International News

### 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 will also 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 early January 2017. Thank you!

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



### Ukrainian International Online Conference

The Ukrainian Association for Positive Psychotherapy (UAPP) and the Ukrainian Institute for Positive Psychotherapy (UIPP) organized their **1<sup>st</sup> Online Conference for Positive Psychotherapy** on 12-18 October 2016.

The motto was "**Contact. Experience. Inspiration**".

Approx. 100 participants from 13 countries attended 14 webinars that took place every evening from 7:00 to 10:00 pm. Many international speakers contributed to the success of the conference.

The feedback to this new format of conference was very positive.

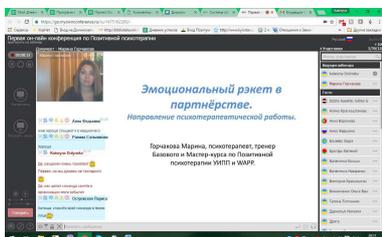
**More events of this kind will take place in the future, and we encourage you to check the possibilities for webinars in your country.**

**Many thanks to organizers and participants!**

#### Первая он-лайн конференция по Позитивной психотерапии

Спикеры из Германии, Болгарии, России и Украины | 12-18 октября 2016 года

ГЛАВНАЯ НОВОСТИ(БЛОГ) ПРОГРАММА РЕГИСТРАЦИЯ ОПЛАТА ОРГАНИЗАТОРЫ КОНТАКТЫ



## 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 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](https://www.facebook.com/PositivePsychotherapy)

