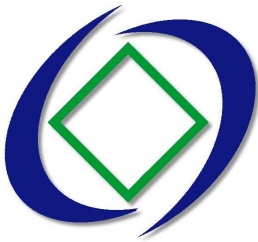


WAPP Newsletter

News from the World of Positive Psychotherapy

Published by the World Association for Positive Psychotherapy



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Editorial

by Dr. Hamid Peseschkian, President of WAPP



Dear Colleagues and Friends,

This newsletter is a very special one – just 9 weeks are left until our 6th World Congress. I am sure you are as excited as the Board about the upcoming congress. It is not just an international gathering of Positive Psychotherapists from all over the world. This congress has the potential to be a milestone in the development of our Association. The work, which Nossrat Peseschkian has started some 40 years ago, is getting to its next stage. We are very honored to have some very special keynote-speakers at our congress, who will share their experience and the latest developments with all of us. In about 100 presentations, colleagues from all over the world will share their work in lectures and workshops.

Positive Psychotherapy has always been concerned with the situation of the society. And this congress will be a platform where we as health professionals will consult about our possible contributions to the current needs of people and societies.

The Turkish hospitality, the wonderful hotel and the cultural program are contributing in particular, so that this congress might become **the** Congress.

You and your colleagues are warmly invited to participate. Don't miss this opportunity, because it will not come again – at least, not for several years.

With best wishes,

WAPP Board Meeting 2014



From left to right:

- ☉ Kateryna Ovcharek, Ukraine
- ☉ Stefanie Heinen, WAPP Headoffice
- ☉ Arno Remmers, Germany
- ☉ Manije Peseschkian, Germany
- ☉ Pavel Frolov, Russia
- ☉ Enver Cesko, Kosovo
- ☉ Maxim Goncharov, Russia
- ☉ Cathérine Peseschkian, WIAP
- ☉ Gabriela Hum, Romania
- ☉ Hamid Peseschkian, Germany

Annual Meeting of the Board of Directors 14-15 January 2014 in Wiesbaden, Germany

Wiesbaden, Germany. The Board of Directors of WAPP met to its main meeting in January 2014 in Wiesbaden. The Board members meet twice a year to consult about the recent, present and future work of the World Association. All Board members were present and had two days of intensive discussion. Many topics had to be dealt with. Below please find the main objectives:

1. **Concentration on the 4 pillars of WAPP:**
 - *trainings in Positive Psychotherapy,*
 - *Centers and Associations of Positive Psychotherapy,*
 - *research and publications,*
 - *non-psychotherapeutic field (counseling, trainings for non-professionals)*
2. **Organization of 6th World Congress for Positive Psychotherapy**
3. **Offering more international gatherings for different target groups: all members, trainers, Center managers and organizers of trainings, regional conferences**
4. **Consolidation of finances**
5. **Compilation of materials on Positive Psychotherapy and training materials (also online)**
6. **Definition of membership benefits**
7. **Membership issues**

Report from the Annual Board Meeting 14-15 January 2014 in Wiesbaden, Germany

Four Pillars of WAPP

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

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

"Small actions change the world.

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. "

(quoted by: Nossrat Peseschkian, "If you want something you never had, then do something you never did", New Dawn Press Inc., New Delhi, India 2005)

1. Trainings in Positive Psychotherapy:

To **unify and harmonize the worldwide trainings** the Board decided to collect as much training materials as possible and offer them in a password protected area on the WAPP website. These materials will be available to all trainers to use for their training seminars.

Therefore, we kindly ask our trainers to provide training materials for all Basic and Master Course modules and send it to the Head Office for compilation and later provision on the special website platform.

Training for trainers is a very important issue as well. The more Positive Psychotherapy trainers we have worldwide the more trainings we can offer.

The Board kindly asks our Basic and Master trainers to invite interested persons to accompany them at their training modules, acquaint them with this task and encourage them to become trainers themselves. Please also invite them to national trainings, e.g. summer schools or ITS.

Special trainings (e.g. focusing on anxiety disorders) could be offered approved and/or certified by WAPP.

If you as a trainer want to offer such a course, you may write a curriculum and send it to WAPP. The Board will check it, and if it is approved your seminar can be offered with the addition "approved by WAPP".

2. Centers and Associations of Positive Psychotherapy:

To establish a **better networking and exchange of experience between the Centers and Associations** WAPP plans to organize meetings of their representatives.

3. Research and Publications:

WAPP intends to publish more **articles on Positive Psychotherapy and research in Positive Psychotherapy** in high impact peer-reviewed, English language, scientific journals. With the help of our members, especially those of you who are working at universities or other training institutions, we can increase the number of researches and publications. Recently, there have already been some interesting new articles, e.g. one by Theo Cope in the latest issue of the EAP's International Journal of Psychotherapy (IJP).

If you intend to make a research study or need scientific advice, please contact the Head Office. We will make contact to the WAPP Scientific Committee, who will be happy to give support and advice.

Please help us to be more present in scientific journals and submit your articles. Let your articles be translated into English and publish them internationally.

4. Non-psychotherapeutic field:

Trainings for counselors and other persons from the non-psychotherapeutic field already have a long tradition in Positive Psychotherapy. WAPP will not only focus more on this area, but also supports the idea to **establish courses for everyone**. There is a big need for counseling and self-improvement. People seek for guidance in various life stages, e.g. regarding partnership, child-rearing, disease, work-overload, loss of a family member, etc.

If you would like to offer seminars for everyone, please feel free to make a curriculum, try it and report about it. WAPP will be happy to guide you and accredit your seminars.

Next to organizing the 6th World Congress for Positive Psychotherapy in Antalya, Turkey, this year (read more on page 4), the Board members decided to initiate more **national gatherings** with and for an international audience.

The last two **regional international conferences** in Pristine, Kosovo, and Struga, Macedonia, showed that there is a high acceptance for these gatherings as well. So next to ITS and World Congress, which are organized by WAPP, we will have more regional events organized by regional representatives in cooperation with WAPP.

Regional training seminars like the Romanian Summer School, which has already taken place for the 7th time (!) this year, or regional and **national conferences** like the Ukrainian and Bulgarian conference should be offered more often and in other countries as well.

Therefore, we would like to encourage our members everywhere to initiate such gatherings and seminars. Contact us for advice and moral support as well as for announcing and publishing your event to all WAPP members.

The fees for certificates and the membership fees for full and supportive members will remain stable. Certificate fees are subject to a country's World Bank classification. The World Bank categories change regularly and we adapt to them every year in January (please see our Training Standards on the WAPP website).

The Board has decided to **raise the trainer membership fees and alter the membership fees for Centers and Associations slightly**. Below please find the current structure of membership fees, which will be valid from **2015** on:

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

WAPP members can already take advantage of membership benefits, e.g. **reduced participation fee for WAPP events, access to international certification by EAP and WCP, WAPP newsletter and frequent information from the Head Office, listing on WAPP website and membership certificate, etc.**

The Board wants to provide more benefits and discussed options like access to PPT materials on the website and membership pins, as well as financial support for attendance of important international psychotherapy congresses. These options still need some further discussion. We will keep you informed.

WAPP is a growing association. The current **number of members is 502**. 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.

439 certificates were issued for the year 2013:

- ☉ 1 Master Trainer
- ☉ 7 Basic Trainers
- ☉ 337 Basic Consultants
- ☉ 94 Certified Positive Psychotherapists

International Gatherings

Consolidation of Finances / Membership Fees

Membership Benefits

Membership Issues / WAPP in numbers

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

Package Price

Including registration fee, hotel for 5 nights, all-inclusive, conference package, airport-hotel transfer etc.

Registration:

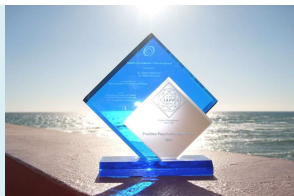
- WAPP members: 150 €
- Non-members: 250 €
(WAPP membership = 25 € per year)
- University students: 100 €
- Accompanying spouse/partner: 75 €
(does not participate in workshops, only in keynotes and evening program. No certificate will be issued. If accompanying person wants to participate in full program and to receive a certificate he/she must pay full registration fee).
- Children under 17: Free registration
(but they must pay for the hotel room if they are over 12 years of age)

Hotel accommodation:

- Double rooms = 345 € p.p.
- Single rooms = 415 € p.p.
- 1st child under 12 years are free
- 2nd child under 12 years have 50% reduction

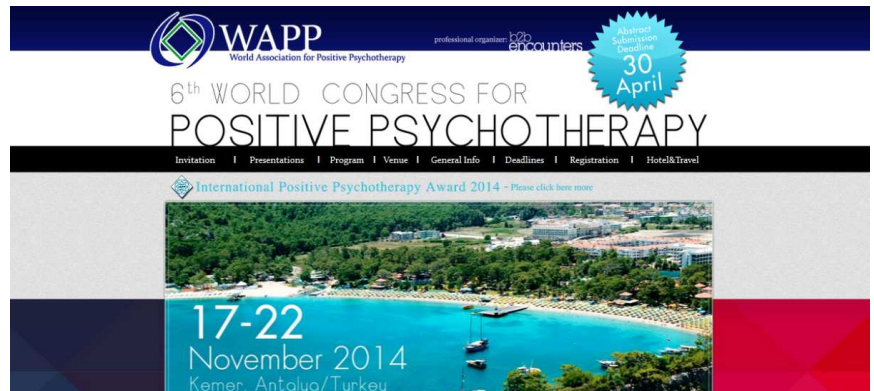
Please register only on the Congress website
www.positum2014.org!

Thank you!



Positive Psychotherapy Award 2014

Details and nomination process on
www.positum2014.org/award/



Invitation

We are happy to invite you for the 6th World Congress for Positive Psychotherapy to be held from 17th to 22th November 2014 in Kemer (southwest of Antalya) at the Turkish Riviera. After our last major gathering in 2010, you do not want to miss this World Congress! The leading topic will be "**Positive Psychotherapy: Practice, Values, Identity**" – covering practical, theoretical and future-oriented areas of Positive Psychotherapy and related fields.

We expect some 300-400 participants from more than 25 countries. Participants of many different cultural backgrounds and different psychotherapeutic schools will meet, share experiences and discuss new scientific developments. We will have some very special keynote speakers this year to enrich our congress.

Support this event actively and participate in the scientific program!

Your family members are also welcome! This conference is a unique opportunity not only for Positive Psychotherapists, but for experts in the field of transcultural psychotherapy, psychosomatics and counseling to get together, exchange experience and meet new colleagues and friends.

An interesting cultural program, a great hotel with an all-inclusive-arrangement, a spa-area and the Mediterranean Sea are awaiting you.

Scientific Program

You will be able to choose from more than 90 contributions: keynotes, lectures, workshops, poster-presentations, and symposia.

Please find a selection of titles and the preliminary time schedule on our WAPP website:

<http://positum.org/events/6th-world-congress-of-positive-psychotherapy/>

Confirmed Keynote Speakers



Prof. Dr.
Shridhar
Sharma



Dr. Tayyab
Rashid



Dr. Ebru
Cakici



Prof. Dr.
Claudia Christ



Gabriela
Hum



Prof. Dr.
Karen Joisten



Mag.
Ferdinand
Mitterlehner



Dr. Hamid
Peseschkian



Dr. Arno
Remmers

WAPP International News

🕒 Election of new Board 2014-2016

This year, the election of the WAPP Board of Directors is due. The election will take place **at the General Assembly** in the course of the 6th World Congress in Antalya. But different from the years before, we will have a **call for nominations for president and members of the Board** before the election. This call for nomination was sent out to all WAPP members a few days ago. After nomination the nominated candidates will be asked to send some personal information to the Head Office, which will be published to all WAPP members to get acquainted with them. To allow a most democratic participation in the election, **we will allow postal voting by email**. Our members, who will not be able to attend the General Assembly, may vote before the congress. Their votes will be fully counted beforehand and be added to the votes of the Assembly. There won't be new nominations at the Assembly. Your email votes are directly sent to Stefanie Heinen at the Head Office, who is not a WAPP member and who will -of course- treat your votes with the utmost discretion.

We will keep you informed on the election process within short time.

🕒 7th Romanian Summer School 2014

The 7th Romanian Summer School took place on **16-21 June 2014**

Gabriela Hum has organized this special event. Our international trainers Arno Remmers, Richard Werringloer, Ekaterina Ovcharek, and Liana Don participated as guest trainers.

For more information please contact [Gabriela Hum \(gabriela.hum@positum.ro\)](mailto:gabriela.hum@positum.ro).

🕒 Glossary of Positive Psychotherapy

A gap has been filled: finally, there is a glossary of Positive Psychotherapy

The Peseschkian Foundation is happy to announce that the Glossary of Positive Psychotherapy has now been translated to several languages. It is available in Bulgarian, Czeck, Dutch, Farsi, Georgian, German, Latvian, Spanish, and Turkish:

<http://www.peseschkian-foundation.org/news/glossary.html>

If you are interested in translating the Glossary into your mother tongue, please contact the Peseschkian Foundation

peseschkian.foundation@positivepsychotherapy.org

🕒 International Regional Symposium on Positive Psychotherapy, Istanbul, Turkey

The International Regional Symposium "Inner and outer conflicts of ours: Resolution with Positive Psychotherapy", organized by Dr. Rukiye Hayran, successfully took place at the Isik University in Istanbul on **20-22 June 2014**.

Many thanks to the organizing team, the lecturers, participants and guests for making this a special and very informative encounter! Thank you for your contributions and for constantly spreading and improving our method!

🕒 News from China

Our Master trainers Gabriela Hum and Pavel Frolov travelled to China in **August 2014** to complete the latest Master Course seminar and refresh old and make new contacts in Beijing. It was a very fruitful and positive encounter. **All Master Course examinees passed the exams!**

The trainers also met with professionals of the psychotherapy field and possible future organizers of trainings in Positive Psychotherapy aiming at different target groups. We are very thankful for this opportunity and the chance to keep up our work in this important country.

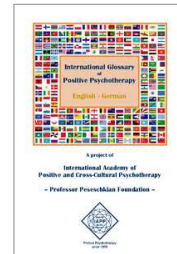
The 4th Thesis of Positive Psychotherapy:

Uniqueness of the Person: The therapy must consider the needs of the patient and be adapted to each patient's uniqueness.

Universal Character: Positive Psychotherapy views illness as being more than a mere feature of the individual person. Illness also reflects the quality of relationships within the family and society.



7th Romanian Summer School



Glossary of Positive Psychotherapy



Regional Symposium at the Isik University, Sile/Istanbul



Master Course compact seminar, Beijing, August 2014

WAPP International News

International Psychotherapy Conference in Ukraine

In the course of the conflict in Ukraine the Ukrainian and European Association for Psychotherapy organized a conference in **Kiev** in June with the topic "The Ukrainian Conflict through the psychotherapist's eyes", in which some of our Ukrainian members participated. Vladimir Kariskash led a round table discussion "Psychotherapeutic ways to overcome the socio-political crisis in Ukraine".

21st IFP World Congress of Psychotherapy in Shanghai

The 21st World Congress of Psychotherapy, organized by the IFP (International Federation for Psychotherapy), "Psychotherapy Contributing to Global Health", took place **9-11 May 2014**, Shanghai, China. Positive Psychotherapy was represented at the congress by Theo Cope, Maxim Goncharov, Leon Lee, and John Sutton. WAPP is very grateful for their participation and presentation of PPT at this important congress!

14th International Trainer Seminar from 21-24 Aug 2013

As in 2012, last year's ITS took place in the rooms of the Peseschkian Foundation in Wiesbaden, Germany, and was very fruitful and well attended. This year, the ITS will be embedded into the program of the World Congress. **So please register for the Congress, if you are a trainer or trainer-candidate!** Thank you!



International Trainer Seminar, August 2013, Wiesbaden, Germany

Visit our website: www.positum.org

Or find us on facebook!
World of Positive Psychotherapy



Don't forget to register for the World Congress!
Register at www.positum2014.org/registration

Thank you!
See you in Kemer/Antalya!



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 of the WAPP newsletter!