

WAPP NEWS

World Association for Positive and Transcultural Psychotherapy, July 2023

Dear WAPP members,

Dear friends and supporters of Positive Psychotherapy worldwide,

As we reflect upon the trials and tribulations that have characterized the first six months of 2023, we find solace in the fact that we have remained steadfast and united. With an impressive membership base of over 2200 individuals from 45 countries across 5 continents, we have confronted the tumultuous waves of social unrest, political turbulence, eroding human rights, and escalating economic inequality. Amongst these challenges, the ongoing Russian war against Ukraine has especially impacted many of our cherished members.

Yet, it is precisely during these testing times that our collective solidarity and indomitable spirit as a community have shone through, enabling us to preserve a sense of hope for the future. The demand for Positive Psychotherapy not only persists but has gained significant recognition as an invaluable and timely approach to addressing mental health and navigating life's complexities.

We owe our success to your exceptional work and unwavering commitment. Here are just a few of our accomplishments together:

EXPANSION AND REACH:

Through your efforts, we have extended our reach and impact, making Positive Psychotherapy accessible to individuals across the globe. PPT trainings are offered in more than 20 countries worldwide.

RESEARCH AND INNOVATION:

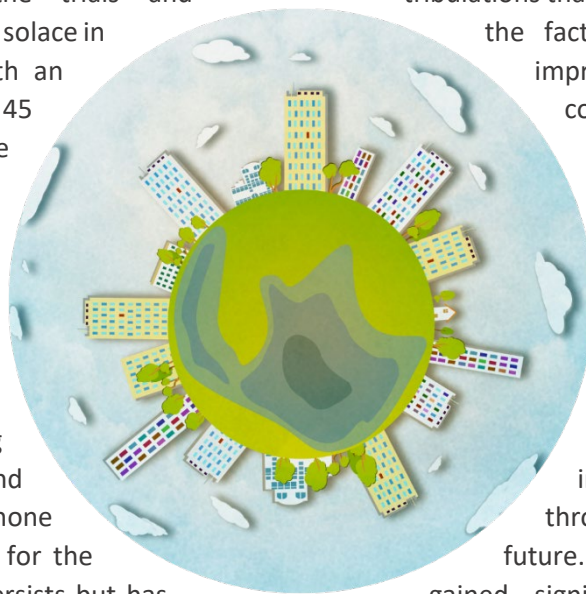
Our collective dedication to research has contributed to the advancement of the Journal "The Global Psychotherapist", uncovering new insights and innovative practices. A multi-center research is on its way.

TRAINING AND EDUCATION:

By developing comprehensive standards and offering training opportunities, we have equipped countless Positive Psychotherapy practitioners with the skills and knowledge needed to make a difference in the lives of others.

COMMUNITY SUPPORT:

Our "positum" community has provided essential support and resources to one another, fostering an environment of collaboration and growth.



1st WAPP Strategic Meeting,

15-17 February 2023, Istanbul (Türkiye)



During the past challenging three years most of our trainings and meetings were conducted online. However, as psychotherapists and consultants we know how important the direct personal meeting is. Therefore, The WAPP Board of Directors decided to organize a working meeting with the members of the Board, of the three committees, the assistants of the head office, as well as some of the main trainers, organizers, and potential multipliers of WAPP.

The focal points of the meeting were a) organizational – WAPP as a non-governmental organization, its members and its aims, priorities, and functions in societies around the world, and b) method-based – PPT and how we should move forward and develop the method and trainings. Probably the most striking aspect of our meeting was the involvement of more and more individual members in strategies and decision-making of WAPP.

You can imagine people from countries at war with each other, focusing on our common goal: making a mark and changing the world by working on mental health, shaping healthy generations through our work with children and youth – and thus perceive the ambience of our sessions. It was a powerful experience to see people put aside the national problems and focus on our common goal.



In the period from February until July 2023, the WAPP Board, the committees and working groups have managed to organize 53 (!) online working meetings and 8 events: webinars, workshops, memorial evenings, Annual General Assembly of WAPP members. A new tradition was established: every year on June 18, the birthday of Dr. Nossrat Peseschkian, the founder of PPT, we will celebrate a *#PositivePsychotherapyDay*, in order

to draw the attention of the general public to this method. And we are planning more!

07 October 2023 - Jubilee International Conference “30 years of Positive and Transcultural Psychotherapy – Fruits of Time” – IN-PERSON in Varna, Bulgaria. [Details](#)

13-15 October 2023 – First International Caucasian Conference on PPT “Positive and Transcultural Psychotherapy as a Bridge between Cultures”. IN-PERSON in Tbilisi, Georgia. [Details](#)

13-14 November 2023 - National Positive Psychotherapy Conference “THINK ABOUT YOUTH” - Child and adolescent psychotherapy”. IN-PERSON in Oradea, Romania. [Details](#)

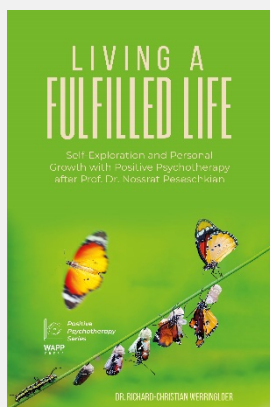
17-18 November 2023 - International Trainers Seminar – ITS (for trainers and candidate-trainers only) – ONLINE (*details upcoming*)

19 November 2023 - 2nd Online World Conference on Positive Psychotherapy (open for everyone) – ONLINE (*details upcoming*)

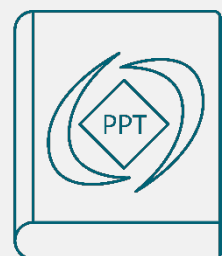
19-20 March 2024 - 2nd WAPP Strategic Meeting (by invitation only) - IN-PERSON in Istanbul (Türkiye) (*details upcoming*)

21-23 March 2024 - International Conference on Positive Psychotherapy (open for everyone) - IN-PERSON in Istanbul (Türkiye) (*details upcoming*)

15-17 November 2024 - Super Conference – ONLINE (*details upcoming*)



A new book of Dr. Richard-Christian Werringer has been published and available to purchase in paperback or Kindle versions on [Amazon](#) and as e-book on WAPP's [website](#) as well as other books of WAPP Press.



WAPP
P R E S S

One main goal of the Istanbul gathering was to include more members actively in working groups, special interest groups, or committees. There are so many possible tasks in front of us, but we can only achieve them, if more members get actively involved. After the Strategic meeting WAPP's organizational structure was updated (see Fig. 1).

The three main committees will continue their work, with members appointed by the Board directly. These three committees cover the large areas of governance, training, and publication.

Each committee can form several working groups. The members of these working groups will not be appointed by the Board, but every interested WAPP member can write to the Head Office and your request will be forwarded to the responsible main committee. These working groups meet regularly online (1-2x per month), and report to the responsible committee. If there is a special area in which you are interested or have something to contribute, you are more than welcome to volunteer as a member. Please write to the Head Office at wapp@positum.org

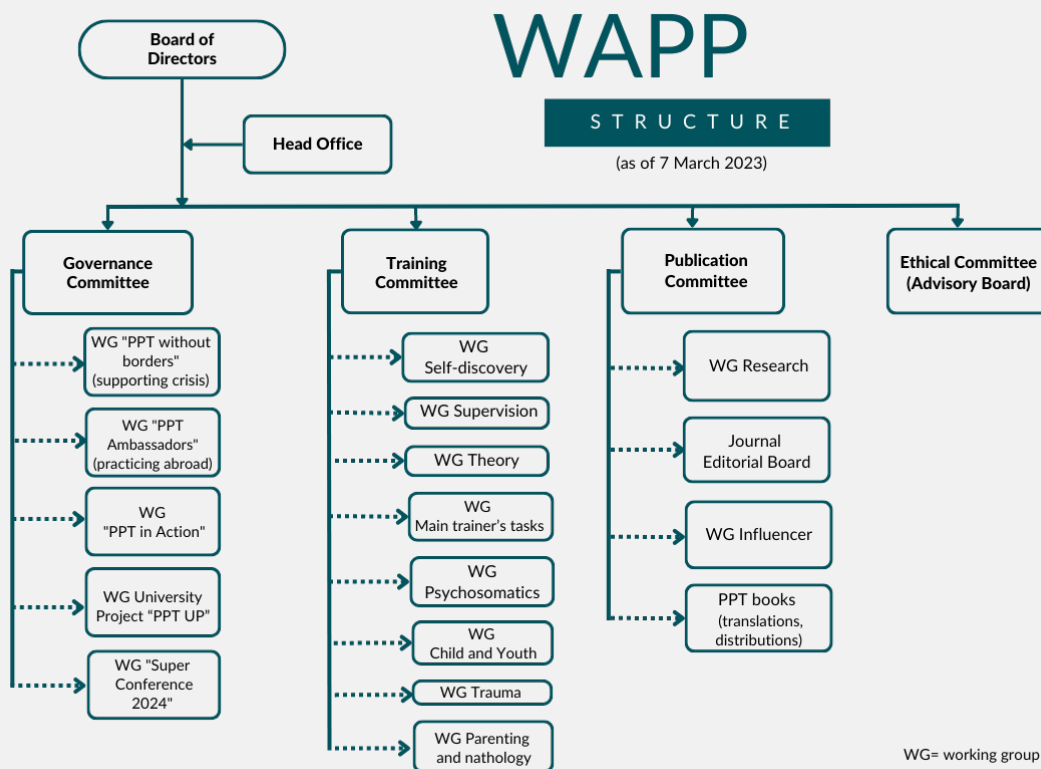


Fig. 1. Updated WAPP Structure (as of March 2023)

As we reflect on these achievements, let us continue to build upon our progress and strive for even greater impact. Together, we can face the challenges ahead and continue to make Positive Psychotherapy a beacon of hope and healing in a troubled world.

Thank you for your unwavering dedication and unwavering commitment. Your contributions are invaluable and deeply appreciated.

With deep gratitude and best wishes

The WAPP Board of Directors and Head Office



WORLD ASSOCIATION
FOR POSITIVE AND TRANSCULTURAL
PSYCHOTHERAPY