

WAPP International Conference 2024

"Building bridges for mental health"

20-23 March 2024

Istanbul, Türkiye

Scientific Program



<https://istanbul2024.tilda.ws/>
www.positum.org

Scientific program of the International Conference on Positive and Transcultural Psychotherapy, 20-23 March 2024, Istanbul, Türkiye

Wednesday, 20 March 2024

Time:	
11:00-18:30	City tour to Istanbul (bus leaves at ...) AND Hotel lobby: Arrival and registration
18:30-20:00	Dinner
Plenary	
20:00-21:30	Main meeting hall: Music, singing, welcoming, informal get-together, prayers for world peace, Naw-Ruz (new year) celebrations

Note:

- 1) The official language of the conference is English. Interpretation into Bulgarian, Chinese, Russian, Turkish, and Ukrainian are available.
- 2) Academic titles of the presenters are not mentioned in the program, but you can find them in the abstract book.
- 3) There will be simultaneous translation in all plenary sessions.

By German law we are obliged to add the following note on sponsoring to our program and conference flyers:

Die Inhalte der Fortbildungsmaßnahme sind produkt- und/oder dienstleistungsneutral gestaltet. Potenzielle Interessenkonflikte des Veranstalters, der wissenschaftlichen Leitung und der Referenten werden in einer Selbstauskunft gegenüber den Teilnehmern offen gelegt. Es gibt keine Sponsoren. Die Gesamtaufwendungen der Veranstaltung werden über die Teilnahmegebühren gedeckt und vom Verband in Eigenleistung getragen. Die Gesamtkosten belaufen sich auf etwa 15.000 EUR. The contents of the congress are product and service neutral. Potential conflicts of interests of organizers, scientific manager, and lecturers will be laid open to the participants. There is no sponsoring. Total costs of the event are covered by the participation fees and in own contribution of the association. The total cost for the association are approx. 15,000 EUR.

Thursday, 21 March 2024

Morning program

Time:

7:30-9:30 Breakfast

Plenary

Room Main meeting Hall (name)

Chair persons:

- 9:30-11:00
1. **Official opening** with music, welcoming of special guests and roll-call of participating countries. Brief introduction of the program (and booklet). (30 min)
 2. **"In 30 minutes around the world - progress report of Positive Psychotherapy"** presented by Hamid Peseschkian (short report, 30 min)
 3. Short presentations:
 - **"40 years in Positive Transcultural Psychotherapy - Review and Perspectives"** by Arno Remmers (15 min)
 - **"The importance of writing articles and engaging in psychotherapy research"** by Olga Lytvynenko, Ali Eryilmaz et al. (15 min)

11:00-11:30 Coffee break

Parallel Sessions

Time:	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8
Chair persons:								
11:30-12:15 Workshops (45 min slots)	Olga Lytvynenko, UA Roman Ciesielski, PL Ivan Kirillov, TRK: <i>English/Russian</i> "Why and How to Write Articles?" Workshop 45 min	Ali Eryilmaz, TRK, Ekin Özbey Duygu, TRK: <i>English</i> "Structuring the Positive Group Psychotherapy Process: PPT Group Psychotherapy Process and Psychotherapist Qualification" Workshop 45 min	Evgeniya Mironenko, RU: <i>Russian</i> "Psychotherapeutic work with systemic neuroses of children of preschool and primary school age" Workshop 45 min	T. Sari, S. Öztekin, T. Demirbağ, TRK: <i>English</i> "The efficacy of an 8 week "Self- Help" group program on resilience" Presentation 20 min <hr/> A. Zeka, M. Sadiku, G. Shatri, I. Mehmeti, KOS: <i>English</i> "An Integration Experience Review of Psychotherapeutic Treatment of Individuals with Drug Addiction in Prison"	Ferdinand Mitterlehner, AT/GER: <i>English</i> "(Young) men need cool support in 2024" Workshop 45 min	Elena Kuleva, RU: <i>Russian</i> "The technique of drawing up a portrait of a personality based on analysis and synthesis the basic conflict." Workshop 45 min	Sargis Kochinyan, ARM: <i>Russian</i> "Features of the psychotherapeutic process with survivors of sexual abuse and with witnesses of parental sex." Workshop 45 min	Tsisia Cholokashvili, GEO: <i>English</i> "Positive Psychotherapy with body language" Workshop 45 min
12:15-13:00 Workshops (45 min slots)	Roman Ciesielski, PL Klaudia Kolenda-Sujecka, PL: <i>English</i> "Conceptualization of inner conflict integration in the light of neuroscience" Workshop 45 min	Ali Eryilmaz, TRK Tugba Sari, TRK Ludmila Serdiuk, UA: <i>English</i> "How to conduct research with Positive Psychotherapy" Workshop 45 min	Vlada Kabisova, RU/GEO: <i>Russian</i> "Art therapeutic techniques in positive psychotherapy. (The «Awesome Bottle» Method and «Layers of Life»): Practical application when working with balance model, macro and micro injuries." Workshop 45 min	Etion Parruca, ALB/GER: <i>English</i> "Psychosocial games for groups of children and adults affected by earthquakes and natural disasters: a Positum MGS approach within Positive and Transcultural Psychotherapy." Workshop 45 min	Michael Katzensteiner, AT: <i>English</i> "Ways to find balance and to use it in challenging situations in everyday life as well as in therapy." Workshop 45 min	Ekaterina Antonova, RU, Elena Budnik, RU: <i>Russian</i> "The use of self-portrait techniques in the context of exploring the family system in transgenerational therapy." Workshop 45 min	Olha Chorna, UA/CH: <i>Russian</i> "Study of adaptive responses and behavioral strategies" Workshop 45 min	Olena Kloshynska (Davydenko), UA: <i>Ukrainian</i> "Conscious development of resilience. Integration of PPT and Mindfulness" Workshop 45 min

13:00-15:00 Lunch break

Thursday, 21 March 2024

Afternoon program

Time:

Parallel Sessions

	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8
<i>Chair persons:</i>								
15:00-15:30 Presentations with 30 min slots in rooms 2-8 (in the main hall will be short presentations of 10 minutes each)	Hot topics: Short presentations (of 10 min each): 1. Ekin Özbey Duygu, TRK: <i>English</i> "Cultural sensitivity in psychotherapy: What do we need to accept each other as we are?" 2. Agnieszka Szadurska-Prokopiuk, PL: <i>English</i> "War creates trauma, trauma creates war – unity, acceptance and collective responsibility"	Boryana Chalakova, BG, Evgeniya Yordanova, BG: <i>English</i> "Typology of the family system as a guide to their attitude towards conflicts" Presentation 30 min	Irina Serova, RU: <i>English</i> "Exploring the possibilities of using Positive and Transcultural Psychotherapy in organizational settings" Presentation 30 min	Tatiana Kantcheva, BG: <i>English</i> "The POSITIVE Positive Psychotherapist and the world inside and outside of him" Presentation 30 min	Patrycja Badecka, PL, Benita Dobrzanska, PL: <i>English</i> "The possibilities of Transcultural Positive Psychotherapy in supporting the development of post-traumatic growth (PTG)" Presentation 30 min	Richard Werringloer, GER: <i>English</i> "PPT for flourishing in life and a peaceful world community" Presentation 30 min	Raluca Ursica, UK: <i>English</i> "Understanding the LGBTQA+ Community via the Positive Psychotherapy Framework" Presentation 30 min	Maksim Goncharov, RU: <i>English</i> "Two kinds of Inner Conflicts in Positive Psychotherapy" Presentation 30 min
15:30-16:30 Workshops with 60 min slots in rooms 2-8 (in the main hall will be short presentations of 10 minutes each)	3. Natalia Telipko, UA: <i>English</i> "Intuition in the psychology practice: specifics and development path" 4. Imane Salih, MAR: <i>English</i> "Crossing Cultural Horizons: Bridging Positive Psychotherapy and Transcultural Insights in the Heart of Morocco" 5. Margarita Sokolovskaya, RU: <i>English</i> "Enhancing Supervisory Practice in Positive and Transcultural Psychotherapy through Artificial Intelligence" 6. Maksim Chekmarev, RU: <i>English</i> "Unique language of positive psychotherapy: postmodern and humanistic point of view" 7. Hanna Tsimashenka, BLR: <i>English</i> "Digital Nomads and Expats as an Immigrant Phenomenon: A Case Study"	Ioana Bodor, RO: <i>English</i> "Why is Self-Discovery so important?" Workshop 60 min	Ekaterina Dokunova, GEO: <i>Russian/English</i> "Developing cultural competence in communities and groups. How to create spaces for dialog and encounter" Workshop 60 min	Enver Cesko, KOS: <i>English</i> "Psychosexual Psychotherapy – Integrative Positive And Transcultural Psychotherapy" Workshop 60 min	Gabriela Hum, RO, Tatiana Kantcheva, BG: <i>English</i> "How to work with clients experiencing shame" Workshop 60 min	Rukyie Hayran, TRK, Mustafa Yildiz, TRK: <i>English</i> "Cancer and positive psychotherapy: An experiential narration" Workshop 60 min	Marina Bondareva, RU: <i>Russian</i> "How can a psychologist help parents who want to abandon harsh methods of parenting" Workshop 60 min	Dora Luminita Vlas-Luca, RO: <i>English</i> "Working with erotic transference and countertransference in positive psychotherapy. The capacity to love as a necessary tool in psychotherapeutic work" Workshop 60 min

16:30-17:00 Coffee break

Plenary

	Room Main meeting Hall (name)
<i>Chair persons:</i>	
17:00-18:30	1. Music and singing 2. Keynote lecture: "Positive Psychiatry: Its Time Has Come" by Prof. Dilip V. Jeste, MD (45 minutes + 15 minutes discussion)
18:30-20:00	Dinner
20:00-21:00	"Walk - Eat - Talk" - speed dating at different tables with information and snacks (socializing)

Friday, 22 March 2024

Morning program

Time:

7:30-9:30 Breakfast

Plenary

Room Main meeting Hall (name)

Chair persons:

9:30-11:00

1. Music and singing
2. Keynote lecture: "The Biological Basis for Psychotherapy" by Prof. César A. Alfonso, MD (60 minutes)
3. From WAPP:
 - Introduction of the committees and working groups and their work, presenting all members of these agencies on the stage (20-25 minutes)

11:00-11:30 Coffee break

Parallel Sessions

	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8
Chair persons:								
11:30-12:00 (30, 45, 60 min slots) in rooms 2-6 (in the main hall, room 7 and 8 will be short presentations of 10 or 20 minutes each)	<p>Hot topics: Short presentations (of 10 min each):</p> <ol style="list-style-type: none"> 1. Laureta Roshi, ALB: <i>English</i> "Build Trust of the balance model" 2. Maiia Lukova, UA: <i>English</i> "Traumatic experience of war and psychotherapist's resilience" 3. Mandkhai Taishir, MNG: <i>English</i> "Mental Health Problems Of The Mongolian Population During The Covid-19 Pandemic" 	<p>Prof. Dilip V. Jeste, USA: <i>English</i></p> <p>"Using Psychotherapies to Address Social Determinants of Mental Health in Adults" Workshop 60 min</p>	<p>Elena Drazheva, BG, Styliana Stamova, BG: <i>Bulgarian</i></p> <p>"Endometriosis Faces – Workshop on Psychotherapeutic Work with Women Diagnosed with Endometriosis" Workshop 45 min</p>	<p>Ruixian Zhang, CN: <i>Chinese/English</i></p> <p>"Eastern Culture and Psychotherapy" Presentation 30 min</p>	<p>Snezhanka Dimitrova, BG: <i>Bulgarian/English (?)</i></p> <p>"The Therapist's feelings in the therapy process. How to deal with them?" Workshop 60 min</p>	<p>Thomas Erbskorn-Fettweiss, GER: <i>English</i></p> <p>"Bridging client's and therapist's theories of thing and change" Workshop 60 min</p>	<p>Short presentations: (20 min without discussion OR 15 min with 5 min discussion):</p> <ol style="list-style-type: none"> 1. Rukiye Hayran, TRK, Melek Merve Erkilinc Gül, TRK.: <i>English</i> "Evaluation of Dynamic Processes Affecting Marital Adjustment in terms of PPT interaction stages: A Relational Screening Study in Istanbul" 	<p>Short presentations: (20 min without discussion OR 15 min with 5 min discussion):</p> <ol style="list-style-type: none"> 1. Oksana Katsubo, RU/GEO: <i>English</i> "The Healing Power of the community" 2. Andreea Grigore, AT/RO: <i>English</i> "Do you speak fluent autistic? (Lessons learned from 15 years of individual and group psychotherapy with neurodiverse individuals (on the autistic spectrum).)"
12:00-12:30	<ol style="list-style-type: none"> 4. Semra Pehlivan, TRK: <i>Turkish</i> "The Balance Model of Edirne" 5. Valeria Barkhatova, RU, Vlada Kabisova, RU/GEO: <i>English</i> "PPT in Managing Chronic Conditions" 6. Özden Bilgin, TRK, Belkis Edige, TRK: <i>Turkish</i> "Cooperation Model: Organizations Affiliated to the Ministry of Family in Turkey. Positive Psychotherapy Practices" 		<p>12:15 Elena Kuzmenko, UA, Praskoviia Budurova, UA: <i>Ukrainian/Russian(?)</i></p> <p>"Working with narcissistic trauma using "storytelling" projective techniques in PPT" Workshop 45 min</p>	<p>Xue Zhao CN, Xueling Wu, CN: <i>Chinese/English</i></p> <p>"Building Peer Coalitions: The Use of Positive Psychotherapy in Adolescent Group Development" AND "Establishing a peer alliance - the use of positive psychotherapy in the development of adolescent groups" 2 presentations, 15 min each</p>		<p>"Bridging client's and therapist's theories of thing and change" Workshop 60 min</p>	<ol style="list-style-type: none"> 2. Mine Soysal, TRK, Gülsen Varlikli, TRK: <i>Turkish</i> "Play Therapy Model Proposal According to Positive and Intercultural Psychotherapy" 3. Ebru Sinici, TRK: <i>English</i> "Primary And Secondary Capacities in Post-Traumatic Stress Disorder (PTSD) Patients in terms of PPT" 4. Sena Güme, Z. Pekin, TRK: <i>English</i> "Investigating the Relationships Between Primary and Secondary Capacities and Nomophobia in the Context of PPT" 	<ol style="list-style-type: none"> 3. Ferdinand Mitterlehner, AT/GER: <i>English</i> "Be prepared - spiritual development in psychotherapy"
12:30-13:00	<ol style="list-style-type: none"> 7. Tomasz Mlostek, PL: <i>English</i> "Discrimination as insidious trauma (microtrauma). What therapists need to know when a black, overweight, lesbian woman enters the room. LGBTQ+ and other stigmatized groups in psychotherapy" 	<p>Afrim Blyta, KOS: <i>English</i></p> <p>"Genogram as self-discovery tool in positive psychotherapy" Presentation 30 min</p>		<p>Ocean Yang Liu, CN, Dr. Hongyan Cheng, CN: <i>Chinese/English</i></p> <p>"The use of positive mental health education in psychiatric and psychosomatic outpatient clinics" Presentation 30 min</p>	<p>Ewa Dobiála, PL: <i>English</i></p> <p>"War and Its Shadow: Challenges of Children and Adolescents' Mental Health in Poland in the Time of the War in Ukraine" Presentation 30 min</p>	<p>Tamar Gogishvili, GEO: <i>English</i></p> <p>"Vulnerability of the psychotherapist, or what worries them When Alone" Presentation 30 min</p>	<ol style="list-style-type: none"> 5. Zeynep Pekin, S. Güme, TRK: <i>English</i> "Investigating the Relationships Between Primary and Secondary Capacities and Perfectionism in the Context of PPT" 	<ol style="list-style-type: none"> 4. Georg Franzen, GER: <i>English</i> "Positive Psychotherapy and Art"

13:00-15:00 Lunch break

Friday, 22 March 2024

Afternoon program

Time:

Parallel Sessions

	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8
Chair persons:								
15:00-16:30 (30, 60, 90 min slots) in rooms 2-6 (in the main hall, room 7 and 8 will be short presentations of 20 minutes each)	<p>Short presentations: (20 min without discussion <u>OR</u> 15 min with 5 min discussion):</p> <p>1. Bisrat Tekle Woldearegai, ETH: <i>English</i> "Perceived Causes and Treatments of Mental Illness: A Historical Review"</p> <p>2. Julia Dremina, RU: <i>English</i> "Work with pregnant and young mothers and fathers in the framework of positive psychotherapy"</p>	<p>Prof. César A. Alfonso, USA: <i>English</i></p> <p>"Psychodynamic Psychotherapy-Essential Concepts and Practical Recommendations" Workshop 90 min</p>	<p>Adonis Bughis, RO: <i>English</i></p> <p>"How can we create collective identity awareness as means of building bridges of mental health? " Eco-integrated perspectives at work" Presentation 30 min</p>	<p>Arno Remmers, GER: <i>English</i></p> <p>"Positive Transcultural Psychotherapy in Mental Health Treatment and Prevention" Workshop 90 min</p>	<p>Ali Eryilmaz, TRK: <i>English</i></p> <p>"A Journey to Self-Discovery: Assessing the 52-Week Rebirth Program with Positive Psychotherapy" Presentation 30 min</p>	<p>Vanda Drozhyna, UA: <i>Russian/English (?)</i></p> <p>"Navigating Life's Journey: Enhancing Positive Therapy with Jungian Labyrinth and Crossroads Archetypes" Presentation 30 min</p>	<p>Short presentations: (20 min without discussion <u>OR</u> 15 min with 5 min discussion):</p> <p>1. Elena Zenkova, RU: <i>Russian</i> "Music therapy in the practice of a positive therapist"</p> <p>2. Elmedina Cesko, KOS: <i>English</i> "Application of balance model on working with different type of clients"</p> <p>3. Oksana Nikonova, RU: <i>Russian/English (?)</i> "How we can teach the topic 'Actual capabilities' in the Basic Course: tools and methodology"</p> <p>4. Victoria Timofeeva, RU: <i>English</i> "The use of PPT instruments in pastoral counseling"</p>	<p>Short presentations: (20 min without discussion <u>OR</u> 15 min with 5 min discussion):</p> <p>1. Iryna Rozina, UA: <i>Ukrainian</i> "The use of PPT in the study of accentuated traits in adolescence."</p> <p>2. Ali Özden Öztürk, TRK: <i>English</i> "The Integrative Use of Awareness Under Conscious Hypnosis (AUCH) and PPT for Anxiety and Pain Management"</p> <p>3. Olga Kuprieieva, UA: <i>Russian</i> "Basic trust in the formation of an individual's temporal perspective"</p> <p>4. Songül Çalışkan, TRK, Tugba Sari, TRK: <i>English</i> "The Use of Fairy Tales and Metaphors in PPT: Examining the tale of 'Jacob's Treasure' in terms of basic conflict and key conflicts"</p>
15:30-16:30	<p>3. Diana Pop, RO: <i>English</i> "Positive psychotherapy as a link in discovering lost resources in elderly patients with type 2 diabetes"</p> <p>4. Rukyie Hayran, TRK, Nurdan Gündoğdu, TRK: <i>English</i> "Group Positive Psychotherapy Treatment And Its Effects In Female Patients With Fibromyalgia Syndrome"</p>		<p>Afrim Blyta, KOS, Jusuf Ulaj, KOS: <i>English</i></p> <p>"Genogram as self-discovery tool in positive psychotherapy – practical/experiential part" Workshop 60 min</p>		<p>Maksim Chekmarev RU: <i>English</i></p> <p>"Four aspects of actual capabilities - instruments for diagnosing and development in therapeutic process" Workshop 60 min</p>	<p>Valentina Hristova, BG, Donka Petrova, BG: <i>Bulgarian/English, Russian</i></p> <p>"The Unhealed Wounds of Childhood - Strategies for Dealing with Trauma Received in Early Childhood Through Dreams and Projection into the Future" Workshop 60 min</p>		

16:30-17:00 Coffee break

Plenary

Room **Main meeting Hall (name)**

Chair persons:

17:00-18:30

1. **Music and singing**
2. **Presentation of some publications of PPT in different languages** (The Global Psychotherapist, translations of old and new books, book projects)
3. **Book presentations** by Udo Boessmann, Arno Remmers, Roman Ciesielski et al.

18:30-19:30 Break

19:30 Gala dinner at the hotel with music and dancing

Saturday, 23 March 2024

Time:

7:30-9:30 Breakfast

Plenary

Room **Main meeting Hall (name)**

Chair persons:

9:30-11:00

1. Music and singing

2. Short presentations

- **"The life of a psychotherapist in the era of trauma: opportunities, challenges and strategies"** by Solomon Abebe Woldemariam (15 min)
- **"Psychosomatics – Seeing the patient in their bio-emotional-social diversity"** by Claudia Christ and Ferdinand Mitterlehner (15 min)

3. From WAPP:

- **Report from Strategic Meeting and decisions made**

11:00-11:30

Coffee break

11:30-13:00

Conclusion and closing of the conference:

Feedback, gratitude to organizers, final words from guest speakers, plans for the future, next conferences, closing, music and singing; The possible contribution of positive psychotherapy for a better world.

13:00

END OF THE CONFERENCE