



*History of  
Positive  
Psychotherapy*  
in  
UKRAINE



## Positive Psychotherapy History Ukraine<sup>11</sup>

Your own experience is precious; someone else's is priceless

(Peseschkian N. "If you want something you've never had, then do something you've never done.")

*A journey of 1000 li begins with the first step (Lao Tzu)*

### 1. The Beginning and Popularization of the Method (1992-1997)

#### **Nawid Peseschkian's Visit. Initial Training Programs. International Integration.**

In 1992, Nawid Peseschkian visited Ukraine and conducted introductory seminars in Kyiv, Cherkasy, and Poltava. This visit marked the beginning of the discovery of Ukraine as a new continent in the international community of Positive Psychotherapy.

All the seminars were successful, but it was in Cherkasy that Nawid met Volodymyr Karikash, whose professional knowledge and experience made it possible to recognize the extreme value of Positive Psychotherapy and its consonance with the Ukrainian mentality.

Between 1992 and 1995, a series of training seminars on Positive Psychotherapy was held in Cherkasy. These events featured experts such as Nawid Peseschkian, Gunther Hübner, and Shaida Rafat, fostering a deeper understanding of Positive Psychotherapy.

In May 1997, Ukraine took its place internationally by participating in the First International Congress on Positive Psychotherapy in St. Petersburg.

During this period, efforts were made to integrate PPT-based counseling and psychotherapeutic practices into Ukraine's education and healthcare systems.

<sup>11</sup> The working group "History of PPT" of the WAPP Publications Committee began work on writing the history of PPT in different countries. We invite colleagues to study and describe the history of the development of the method in their national communities and share their transcultural experiences with other colleagues, inspiring them to develop the method in new countries.

The article is the first attempt to systematize and describe many years of experience in the development of Positive Psychotherapy in Ukraine from the first seminars of the early 1900s to the largest national community of trainers, psychotherapists and consultants of the World Association of Positive and Transcultural Psychotherapy as of 2025. The author does not consider the article exhaustive. It is expected that work will continue to write the history of the development of Positive Psychotherapy in Ukraine.

*Those who work alone add, and those who work together multiply.*  
(Nossrat Peseschkian)

## 2. Institutionalization of the Method in Ukraine (1997-2006)

**Establishment of the Ukrainian-German Center for Positive Psychotherapy (UGCPP) and the Ukrainian Institute of Positive Cross-Cultural Psychotherapy and Management (UIPP). Official Recognition of the Method by the Ukrainian Umbrella Union of Psychotherapists. First Graduation of PPT Certified Psychotherapists in Ukraine. V International Training for Trainers in Positive Psychotherapy took place in Odesa, Ukraine.**

In 1997, the Ukrainian-German Centre for Positive Psychotherapy (UGCPP) was established in Cherkasy with the participation of the International Centre for Positive Psychotherapy (Germany) and the Cherkasy Academy of Management (Ukraine) under the leadership of Prof. V. Karikash. This marked the beginning of the active development of Positive Psychotherapy in Ukraine.

In 1998, the implementation of educational programs for Basic and Master's courses in Positive Psychotherapy began. The method has been widely applied in education, healthcare, social work, human resource management, and other fields.

In 1999, the UGCPP was included in the International Register of Positive Psychotherapy Centers as Ukraine's official representative. That same year, the Ukrainian Umbrella Union of Psychotherapists (UUUP) officially recognized the method, and the UUUP Positive Psychotherapy Section was founded.

In 2000, the Ukrainian delegation participated in the II International Congress on Positive Psychotherapy in Wiesbaden (Germany). This year, the European Association of Psychotherapy (EAP) standards approved certified training programs and launched long-term certified programs in various regions of Ukraine.

In the following years, Ukrainian delegations actively participated in International training for trainers and conferences, including events in Wiesbaden, Vienna, Varna, and other cities (Wiesbaden-Büdingen, Germany (2000), Wiesbaden (2001), Vienna, Austria (2002), Varna, Bulgaria (2003), Felix, Romania (2005), Wiesbaden (2006)).

In June 2001, the first group of certified psychotherapists in Positive Psychotherapy graduated in Ukraine, symbolizing a milestone in the professional training of specialists in this field.

In June 2003, the UUP Positive Psychotherapy Section organized its activities at the 11th EAP Congress, titled *"Psychotherapy: Identity and Contradictions,"* held in Lviv.

In September 2004, the V International Training for Trainers in Positive Psychotherapy took place in Odesa, Ukraine, with the participation of Hamid Peseschkian and many foreign trainers. This event marked a significant milestone in advancing local expertise in the field.

Also in 2004, for the first time in Ukraine, T. Kornbichler's biography of Nossrat Peseschkian, *"East-West: Positive Psychotherapy in the Dialogue of Cultures,"* was published, providing deeper insights into the founder's philosophy and approach.

In 2006, a postgraduate training program in "Coaching and Organizational Consulting" was certified. That same year, the All-Ukrainian Conference on Positive Psychotherapy was held in Cherkasy, along with the second graduation of certified psychotherapists. The Ukrainian Institute of Positive Cross-Cultural Psychotherapy and Management (UIPP) became the official methodological successor of the UGCPP.

This period was marked by expanding the practical application of Positive Psychotherapy to address pressing issues and improve the population's well-being. In addition to education, health care, social work, human resources, and business applications, this included working with young people, supporting community initiatives, and developing organizational coaching and life coaching programs based on the principles of Positive Psychotherapy.

The 1997–2006 years of Positive Psychotherapy in Ukraine were characterized by rapid institutional development, integration into international networks, and the diversification of practical applications. These achievements laid the groundwork for Ukraine's emergence as a significant contributor to the global Positive Psychotherapy community while effectively addressing local mental health and societal needs.



*Photo 1.*  
Nossrat and Manije  
Peseschkian at a  
press conference on  
Ukrainian TV,  
Kyiv, 2007



*Photo 2.*  
Nossrat Peseschkian  
and supervision  
participants,  
Lviv 2007

*Success is a consequence. You should never make him a target.*  
(Gustav Flaubert)

### 3. Expansion of Educational Programs and Certification (2006-2013)

**Nossrat Peseschkian's visits to Ukraine. Conferences and Professional Events. Creation of Specialized Training Courses. Establishment of the All-Ukrainian scientific and practical journal "Positum Ukraine." Founding of the All-Ukrainian Association of Positive Psychotherapy.**

In May 2007, Nossrat Peseschkian, the founder of Positive Psychotherapy, visited Ukraine for the first time, delivering seminars in Kyiv. Later that year, he returned to Ukraine in September at the Ukrainian Umbrella Union of Psychotherapists (UUUP) invitation and held presentations and supervisions in Lviv. This marked a significant milestone for the Ukrainian Positive Psychotherapy community.



**Photo 3.**

Official Poster of the Project

*"Let's Change the Lives of People with Diabetes for the Better"*

In 2007, the All-Ukrainian scientific and practical journal *Positum Ukraine* was launched, providing a platform for academic and practical discussions on PPT. A certified postgraduate program in Positive Family Psychotherapy was also developed, expanding educational opportunities. In October, Ukrainian achievements in PPT were presented at the IV World Congress on Positive Psychotherapy in Famagusta, Cyprus. Additionally, a collaborative All-Ukrainian project, *Positive Psychotherapy in Improving the Lives of People with Diabetes*, was launched in partnership with Novo Nordisk (Denmark).

The International Academy of Positive Psychotherapy and the Nossrat Peseschkian Foundation honored V. Karikash for his significant contributions to education and the development of positive psychotherapy.

In 2008, the All-Ukrainian Association of Positive Psychotherapy was founded, coinciding with the 75th anniversary of Nossrat Peseschkian and the 40th anniversary of Positive Psychotherapy.

Since 2008, I have been conducting advanced training programs on the basics of Positive Psychotherapy for practical psychologists and social workers together with the Ukrainian Scientific and Methodological Center for Practical Psychology and Social Work of the National Academy of Pedagogical Sciences of Ukraine.

The tradition of holding all-Ukrainian scientific and practical Positive Psychotherapy conferences has continued (Ternopil, 2008; Cherkasy, 2010; Nizhyn, 2012).

Between 2008 and 2012, V. Karikash served on the World Association for Positive Psychotherapy (WAPP) board, further elevating Ukraine's presence in the global PPT community.

Ukrainian delegations actively participated in International training for trainers and conferences, including events in Famagusta, Cyprus (2007), Wiesbaden (2008), Riga, Latvia (2009), Istanbul, Turkey (2010), Wiesbaden (2011), Wiesbaden (2012).

In 2010, a new certified postgraduate program, *Health Coaching in the Positive Psychotherapy Method by N. Peseschkian*, was developed. In October, the Ukrainian delegation participated in the V World Congress on Positive Psychotherapy. Yuriy Kravchenko and Olena Sakalo received awards from the Nossrat Peseschkian Foundation for implementing the All-Ukrainian project "Positive Psychotherapy in Improving the Lives of People with Diabetes."

In May 2011, Nawid Peseschkian visited Ukraine, conducting a seminar on *Positive Psychotherapy in Working with Children* in Kyiv.



**Photo 4.**  
Nawid Peseschkianes seminar  
"Positive Psychotherapy in Work with Children",  
Kyiv 2011

Between 2007 and 2012, new groups of certified psychotherapists graduated, while PPT centers expanded across Ukrainian cities such as Kyiv, Chernihiv, Nizhyn, Sumy, Kharkiv, Poltava, Kremenchuk, Dnipro, Luhansk, Cherkasy, Odesa, Khmelnytsky, Ternopil, Lviv, Ivano-Frankivsk, Uzhgorod, and others. Cooperation with educational institutions grew, with university lecturers becoming PPT students and incorporating the method into academic programs. Articles and Ph.D. theses based on PPT further solidified its place in academia, popularizing the method nationwide.

Between 2007 and 2012, Positive Psychology in Ukraine saw significant growth, marked by the visits of Nossrat and Nawid Peseschkian, the launch of the *Positum Ukraine* journal, and the foundation of the All-Ukrainian Association of Positive Psychology. All these advancements strengthened Ukraine's position in the global PPT community.

*Small actions change the world.*  
*(Peseschkian N. "If you want to have something you've never had, then do something you've never done.")*

#### 4. PPT Development, Publications, and Conferences (2013-2019)

##### **Conducting All-Ukrainian and International conferences with the participation of Hamid Peseschkian. Translations and Publications. Development of New Programs and Specializations. National Training for Trainers of Positive Psychotherapy**

In 2013, Ukraine saw the publication of Nossrat and Nawid Peseschkian's book *How to Positively Overcome Fatigue and Overstrain*, introducing their concepts to a wider audience. That same year, the 5th All-Ukrainian Conference on Positive Psychotherapy was held in Ivano-Frankivsk, accompanied by new graduations of certified psychotherapists.

During this period, new centers for Positive Psychotherapy are actively developing, new graduates of certified positive psychotherapists gradually appear yearly, and the number of certified positive consultants is significantly increasing.

The Ukrainian delegation also participated in the International Training Seminars for Positive Psychotherapy Trainers (Wiesbaden, Germany 2013, Kemer-Antalya, Turkey 2014, Wiesbaden 2015; Wiesbaden, 2016; Wiesbaden, 2017; Wiesbaden 2018, Kemer, Turkey 2019).

During this period, K. Ovcharek became a member of the WAPP Board, serving from 2013 to 2016.

In January 2014, the 1st National Training for Trainers in Positive Psychotherapy took place in Cherkasy, marking a new step in expanding the trainer community. The Next National training seminars for trainers were held in Dnipro (2015) and Odesa (2016).

In September, the 6th All-Ukrainian Conference on Positive Psychotherapy was held in Poltava, and the book *Positive Psychotherapy in Ukraine: Answers to the Challenges of the Times* was published. That year, Ukrainian delegates attended the 6th World Congress on Positive Psychotherapy in Kemer-Antalya, Turkey.

The tradition of holding all-Ukrainian scientific and practical conferences on Positive Psychotherapy has been continued with events in Uzhhorod (2015), Dnipro (2015), Odesa (2017), and Ternopil (2019).

October 2016 marked the 1st International Online Conference on Positive Psychotherapy with Hamid Peseschkian, organized by the UAPP, highlighting the growing role of online formats for global collaboration. Over the following years, this project developed successfully, turning into a traditional annual International online conference with the participation of leading Ukrainian and foreign trainers in Positive Psychotherapy in 2017, 2018, and 2019



**Photo 5.**  
All-Ukrainian Conference on Positive Psychotherapy with  
the participation of Hamid Peseschian,  
Odesa, 2017

In June 2017, the 9th International Ukrainian Conference on Positive Psychotherapy was held in Odesa, featuring Hamid Peseschian as a keynote speaker. His address at the Odesa National I. I. Mechnikov University and the publication of *Life, Conflicts, and Love in a Transcultural World* further enriched the conference. That same year, Positive Psychotherapy was included in the textbook *Fundamentals of Psychotherapy* (edited by K. Siedykh, O. Filts), recommended by Ukraine's Ministry of Education and Science.

2019 marked the first Ukrainian edition of N. Peseschian's book *In Search of Meaning*.



**Photo 6.**  
Hamid Peseschian's lecture at Odesa National I.I.  
Mechnikov University,  
Odesa, 2017



The Ukrainian delegation also participated in Turkey's 7th World Congress on Positive Psychotherapy. The year saw the publication of *Lexicon of Positive Psychotherapy* by Nossrat Peseschkian and Anas Aziz and the development of a new specialization, *Psychosomatics in Positive Transcultural Psychotherapy. Health Psychology and Healthy Lifestyle Coaching* and a specialization program, *Constellations as a Kinesthetic Metaphor in Positive Psychotherapy*.

Through these milestones, Ukraine continued strengthening its presence in the international Positive Psychotherapy community, expanding its influence in education, research, and practical applications. Cooperation with foreign colleagues from Bulgaria, Germany, Kosovo, Romania, and other countries is being strengthened.

Between 2013 and 2019, Positive Psychotherapy in Ukraine expanded significantly by publishing key works, establishing new centers, and organizing national and international conferences. Annual graduations of certified specialists, participation in international training seminars, and the development of new specializations solidified its academic and practical presence. Ukraine also strengthened international cooperation, staying a prominent player in the global Positive Psychotherapy community.

*Whoever wants to create must be joyful.  
(Peseschkian N. If you want to have something you've never had, then do  
something you've never done)*

## 5. Impact of the Pandemic and Online Events (2020-2021)

### **Transition to Online Format. Support for Specialists During Crisis Times. Further Development of Methodology.**

The global pandemic brought significant challenges and fostered new opportunities for the Positive Psychotherapy community in Ukraine. During 2020 and 2021, the community embraced online formats for international and national conferences, allowing leading experts to connect across borders. To support specialists and the public during the crisis, free psychological support projects were launched, addressing the mental health impacts of the pandemic and the ongoing challenges.

In June 2020, the X All-Ukrainian Conference on Positive Psychotherapy was held online, showcasing resilience and adaptability in challenging times. The event resulted in the publication *Positive Psychotherapy in a Cross-Cultural World: Reality, Tasks, Opportunities*, a comprehensive collection of materials from the conference in Dnipro.

Ukrainian trainers participated in the International Training Seminar for Positive Psychotherapy Trainers, which also transitioned to an online format in 2020 and 2021.

Ukrainian contributions to the global PPT community were further solidified when several trainers, including V. Karikash, O. Lytvynenko, and T. Zhumatii, co-authored chapters in the book *Positive Psychiatry, Psychotherapy, and Psychology*, edited by Erick Messias, Hamid Peseschkian, and Consuelo Cagande. This recognition underscored Ukraine's growing influence in the field.

New graduations of certified psychotherapists took place, reflecting the continued growth of the Ukrainian PPT community despite the pandemic. Also, the tradition of international online conferences continued, and the fifth and sixth conferences were held between 2020 and 2021.

During this period, O. Lytvynenko joined the WAPP Board, further elevating Ukraine's role in global PPT leadership. Additionally, collaborations with the G.S. Kostiuk Institute of Psychology of the National Academy of Pedagogical Sciences of Ukraine and other leading universities began, integrating PPT into Ukraine's scientific research community and initiating joint academic projects.

Through these efforts, Positive Psychotherapy in Ukraine adapted to the challenges of the pandemic, expanded its methodologies, and solidified its position as a vital resource for mental health and well-being.

*Every night ends with dawn!*  
*(Peseschkian N. If you want something you've never had, then do something you've never done)*

## 6. Wartime Challenges, Current State and Prospects for Development (2022 – Present)

**Preservation and Development of Training Projects. National Events for Psychological Support and Special Training of Ukrainian Specialists in Positive Psychotherapy. International Collaboration and Support. Future Plans.**

Immense challenges have marked the period from 2022 to the present for the Positive Psychotherapy community in Ukraine due to the ongoing war. Despite these hardships, the community has demonstrated resilience and adaptability, continuing its mission to provide psychological support and advance PPT methodologies.

Since 2022, Ukrainian trainers have actively contributed to the "UAPP to Victory" initiative by the Ukrainian Association of Positive Psychotherapy, providing free psychological support and training programs for Positive Psychotherapy specialists during war and crisis. The World Association of Positive Psychotherapy has supported these efforts through its WAPP Support Project with a huge number of thematic seminars, regular psychological support groups, supervision, and other activities, as well as the "Soul Evenings Project," which focuses on transcultural exchange and developing programs to support refugees and forced migrants using PPT methodologies. The partnership with the WAPP Support Project and the Centre for Positive Psychotherapy in Leszno (Poland) included the co-organization of the International Scientific and Practical Conference, "In Search of Meaning and Humanity in the Age of War," held in Leszno in August 2022. The conference proceedings were published as a 260-page volume, documenting the event's significant contributions to the field.



**Photo 7.**

International Scientific and Practical Conference  
*"In Search of Meaning and Humanity in the Age of War"*,  
 Leszno (Poland), 2022

The year 2022 also saw the development of a new specialization program for *"Trauma Counsellor in the Method of Positive Psychotherapy by N. Peseschkian"* to address the increasing need for trauma-informed care.

Despite the war in 2022-2024, the Positive Psychotherapy community in Ukraine celebrated another wave of graduations, with new certified psychotherapists joining its ranks. This milestone reflects the ongoing commitment to expanding the professional network of specialists equipped with the tools and methodologies of Positive Psychotherapy to address modern challenges.

In 2023, the UAPP signed *The Leszno Declaration*, which provides a systemic framework for supporting mental health professionals and individuals affected by war and military conflicts.

Since 2023, a significant collaborative effort has involved the UAPP and the WAPP Support Project, alongside the Danish Council for Psychotherapy and initiative groups of French, Polish, and Kosovo psychotherapists. Together, they launched the *"European Room for Listening"* project of the European Association for Psychotherapy to provide rehabilitation and support for Ukrainian psychologists and psychotherapists affected by the ongoing war. This initiative emphasizes the transcultural principles of Positive Psychotherapy and aims to offer a safe space for emotional recovery and professional exchange.

Ukrainian trainers actively engaged in international events, including the online International Training Seminar and WAPP conference in 2022, the 1st and 2d Strategic WAPP Meetings

(Istanbul 2023 and 2024) and International Conference of WAPP in Istanbul (March 2024), the XXV International Training Seminar for Positive Psychotherapy Trainers (Wiesbaden, Germany).



**Photo 7.**  
Ukrainian delegation at  
the First WAPP  
Strategic Meeting,  
Istanbul (Türkiye), 2023



**Photo 8.**  
Ukrainian delegation at  
the 2024 WAPP  
International Conference  
“Building Bridges between  
cultures”,  
Istanbul (Türkiye), 2024

Since 2022, L. Moskalenko has served as a member of the WAPP Board, representing Ukraine in the global Positive Psychotherapy community. In 2024, the Ukrainian WAPP Advisory Committee, led by O. Lytvynenko, was established to strengthen strategic planning and local representation within the global Positive Psychotherapy network. The committee focuses on supporting Ukrainian specialists and promoting PPT methodologies nationally and internationally.

Positive Psychotherapy continued to gain recognition, being included in Ukraine’s official register of methods with proven effectiveness by the Ministry of Health in 2024.

Publications also played a significant role in advancing PPT. In 2024, the second Ukrainian edition of “*Nossrat Peseschkian: Positive Psychotherapy in the Dialogue of Cultures*” was released, along with updates to the textbook “*Fundamentals of Psychotherapy*” (edited by K. Siedykh, O. Filts) recommended for psychology students in Ukraine.

In February 2024, the All-Ukrainian Graduation Conference of Positive Psychotherapy, hosted by Ivano-Frankivsk, was held online and offline. This event celebrated the achievements of newly certified psychotherapists, provided a platform for professional exchange, and showcased advancements in Positive Psychotherapy in Ukraine.

In September 2024, prof. V. Karikash was awarded an honorary WAPP membership for his significant contributions to PPT.

## Future Prospects

By 2025, Positive Psychotherapy in Ukraine is expected to expand further, with over 50 trainers, candidate trainers, and 15 accredited centers recognized by WAPP. These centers span major cities, including Kyiv, Chernihiv, Nizhyn, Sumy, Kharkiv, Poltava, Kremenchuk, Dnipro, Kropyvnytskyi, Cherkasy, Uman, Vinnytsia, Chernivtsi, Odesa, Khmelnytskyi, Rivne, Zhytomyr, Ternopil, Lviv, Ivano-Frankivsk, Zaporizhia and other cities, ensuring the availability of PPT across the country. The method's inclusion in official registers and textbooks highlights its growing influence and recognition in various spheres of public life.

The Ukrainian Positive Psychotherapy community continues to demonstrate resilience, advancing its mission despite the adversities of war. Through strategic collaborations, innovative programs, and international recognition, Positive Psychotherapy remains a beacon of hope, providing psychological support and fostering well-being during these challenging times.



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