

WAPP NEWS

World Association for Positive and Transcultural Psychotherapy, January 2025

Dear WAPP Members,
Dear friends and supporters of Positive Psychotherapy worldwide,

For almost 50 years, Positive Psychotherapy has been connecting with people across the globe, offering tools and understanding in difficult times. With your dedication, the PPT method has continued to grow and reach further. Today, Positive Psychotherapy is studied in 22 countries and practiced in more than 60. 2,600 members united in diversity inspire us to continue creating meaningful connections that transcend cultures and bring healing where needed most! Together, we create insightful books, hold inspiring meetings worldwide, and support research that bridges cultures and perspectives. This PPT journal, "The Global Psychotherapist," shares the work of our community while training programs guide practitioners in exploring the depths of transcultural understanding and psychodynamic therapy.

If you are not yet a member of WAPP, we warmly invite you to join this vibrant and supportive community. WAPP membership offers endless opportunities for growth, learning, and collaboration. Discover the benefits of becoming part of this global network: [Learn about WAPP Membership](#).

Your involvement and support are vital to shaping WAPP's future. Every contribution, big or small, helps us make a meaningful difference in the world.

With heartfelt gratitude and best wishes,
The WAPP Board of Directors and Head Office

PPT Conferences Across Europe



The 5th Psychotherapeutic Workshop in Bulgaria, titled "*The Body as a Stage for Psychological Conflicts*," was held on October 5–6, 2024, in Plovdiv. With 164 participants, the event featured impactful presentations by Dr. Arno Remmers on "*The Five Fingers of Positive Psychosomatics*" and Boryana Chalakova on the "*Emotional Map of Health*."



On October 12, 2024, the **First Belarusian Conference on PPT** took place at the National Library in Minsk. This hybrid event gathered over 40 participants online and in person, creating a warm and collaborative atmosphere. Organized by the Belarusian PPT Unity, it facilitated meaningful discussions and connections.



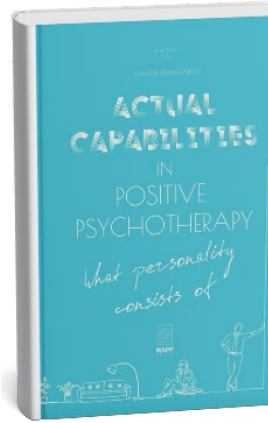
The 6th National Romanian Conference on Positive Psychotherapy, held November 11–12, 2024, brought together practitioners from across Romania. The conference focused on emotions and therapeutic techniques, offering experiential sessions on working with adults, children, and adolescents.

WAPP PRESS – Updates on the second half of the year 2024



Yalçın, Ö., Gülle, N. (2024) Denge Modeli İle Yaşam Kılavuzu. Wiesbaden: WAPP Press. ISBN 978-3-910225-30-5 [in Turkish]

E-book



Goncharov, Maksim (2024). Actual Capabilities In Positive Psychotherapy.: What Personality Consists Of. Wiesbaden: WAPP Press, 2024. 616 p.— ISBN 978-3-910225-33-6 [in English]

E-book

Paper book



Boessmann, Udo (2024). Healing and Growth: Finding Positive Meaning and Purpose in Our Symptoms: Psychodynamic Practice in Everyday Life. Wiesbaden: WAPP Press, 2024. 616 p. [in English]

E-book

Paper book



Бьоссманн У., Реммерс А (ред.) (2024) Позитивна психодинамічна психотерапія: підручник. Вісбаден: WAPP Press, 2025. — ISBN 978-3-910225-06-0 [in Ukrainian]

E-book

Paper book



Gülle, N., Yalçın, Ö. (2024). Self-Connection Discovery Deck cards. Wiesbaden: WAPP Press.

In English

In Turkish



Gülle, N., Sinici, E. (2024). Children's Discovery Cards with Balance model (Ages 3-6). Wiesbaden: WAPP Press.

In English

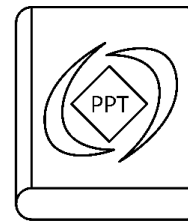
In Turkish



Gülle, N., Sinici, E. (2024) Children's Discovery Cards with Balance model (Ages 7-10). Wiesbaden: WAPP Press.

In English

In Turkish



WAPP
PRESS

All authors interested in collaborating with us are welcome to visit:

WAPP Press

WAPP EXECUTIVE BOARD ELECTIONS

The elections for the Executive Board of the World Association for Positive and Transcultural Psychotherapy (WAPP) have successfully concluded. We are excited to announce the newly elected board members (in alphabetical order):

- Snezhanka Dimitrova
- Ewa Dobiala
- Pavel Frolov
- Olga Lytvynenko
- Liudmyla Moskalenko
- Hamid Peseschkian
- Raluca Ursica

Congratulations to all the new board members!

To effectively manage WAPP's growing activities and membership, the Board has organized its responsibilities into seven distinct segments, each led by a dedicated Board member. These members will serve as expert advisors and oversee their respective areas. Please see the details:

WAPP Board Tasks

REPRESENTING WAPP AT THE ROMANIAN SENATE

WAPP was honored to participate in a recent conference at the Romanian Senate on "IT and Youth Mental Health." Esteemed colleagues Hamid Peseschkian, Oana

Cuesdeanu, and Ewa Dobiala represented the association, sharing insights and contributing to an important dialogue about youth mental health. Oana Cuesdeanu's efforts made this event possible, and we hope it inspires similar collaborations worldwide.



POSITIVE PSYCHOTHERAPY LIBRARY OPENS IN WIAP

The new international library and display of Positive Psychotherapy publications is now open at WIAP Academy in Wiesbaden! Featuring books in 18 languages, this exhibition represents six months of dedicated work to present Positive Psychotherapy's extensive history and reach.



HONORARY MEMBERSHIP FOR VOLODYMYR KARIKASH

Congratulations to Dr. Volodymyr Karikash, awarded Honorary Membership for Life by the General Assembly

of WAPP! Dr. Karikash has dedicated over three decades to developing Positive Psychotherapy in Ukraine, training specialists, and fostering transcultural understanding. He is only the 4th person to receive this prestigious honor.



VOLUNTEER CONTRIBUTIONS

This year, 120 volunteers from the WAPP Board, 3 committees, and 23 working groups contributed their time and energy to make our association more substantial and more impactful. A heartfelt thank you to everyone involved! Your dedication and hard work make a difference, and we sincerely appreciate each of you.

ENGAGING VIDEOS ON POSITIVE PSYCHOTHERAPY

The Positive Psychotherapy YouTube channel continues to grow, offering expert insights, workshops, and interviews. Don't forget to subscribe to the Channel and explore this rich collection of resources!

Anniversary 25th International Trainer Seminar in Wiesbaden (Germany)



We are excited to share the highlights of the **25th International Trainer Seminar on Positive and Transcultural Psychotherapy**, which took place from November 27–30, 2024, in Wiesbaden, Germany. Hosted at the Wiesbaden Academy of Psychotherapy (WIAP), this unique event welcomed over 80 trainers and candidate trainers from 16 countries across three continents. For many, it was their first visit to the birthplace of Positive Psychotherapy and a long-awaited opportunity to meet in person after years of online-only gatherings.

The seminar offered a meaningful mix of scientific sessions and cultural activities. Junior and senior trainers connected, shared their experiences, and exchanged valuable insights in an atmosphere of support and collaboration.

The cultural program was particularly moving, including:

- A visit to the Peseschkian Foundation,
- A meaningful trip to the gravesites of Nossrat and Manije Peseschkian,
- A visit to the Bahá'í House of Worship, where participants shared a prayer for peace,
- A dance evening filled with music and connection,
- And the signing ceremony at the Fresenius University of Psychology in Wiesbaden, celebrating a new partnership between the University, the World Association for Positive and Transcultural Psychotherapy (WAPP), and WIAP. This collaboration will bring exciting new opportunities for research, education, student exchange, and transcultural training.

The seminar left everyone inspired, connected, and energized for future projects and meetings. We extend a heartfelt thank you to everyone who joined us, especially to our Ukrainian colleagues, who, despite the ongoing war, undertook the long and challenging journey to participate in this event.

We can't wait to meet again at upcoming conferences and seminars! Stay tuned for updates on what's next.