WAPP World Association for Positive and Transcultural Psychotherapy (WAPP)

Application for Candidacy as a Member of the WAPP Executive Board (2027-2028)

Dear Member,

Congratulations on your nomination for the WAPP Executive Board election! If you are interested in running as a candidate, please complete this application form. The information you provide will be shared with all WAPP members prior to the election to assist them in making their voting decision. Thank you for your participation!

1. **Title, First Name, Last Name**: __ARBER ZEKA_

2. **Current Occupation** (private practice, center, hospital, university etc.):

   Psychologist at the Prison of Prishtina – Health Unit; Clinical Psychology Specialist in Training; Psychotherapist in private practice; Trainer in Psychotherapy and Positive Psychotherapy; President of NOKTA – Kosovar Association for Body Psychotherapy.

3. **Field of psychotherapeutic specialization** (e.g. child and youth, couple, family therapy, etc.)
   Body Psychotherapy and Positive and Transcultural Psychotherapy (PPT), with a focus on individual psychotherapy, trauma and PTSD/CPTSD, anxiety and stress-related difficulties, as well as group psychotherapy and psychosocial interventions.

4. **Academic and Professional Qualifications** (e.g., university degrees, dissertations, professorships, etc.):

   Master's Studies in Clinical and Health Psychology, University of Prishtina "Hasan Prishtina", Faculty of Philosophy, Department of Psychology; Bachelor's Studies in Psychology, University of Prishtina "Hasan Prishtina"; PhD Candidate in Psychology and Psychotherapy, Faculty of Psychology, Selinus University; Clinical Psychology Specialist in Training; Certified Body Psychotherapist; Trainer in Psychotherapy and Positive and Transcultural Psychotherapy (PPT).

5. **City and Country of current Residence**:
   Prishtina, Republic of Kosovo

6. **Email Address**:

   arberzeka@live.com

7. **Membership Status in WAPP** (e.g., Certified Positive Psychotherapist, Basic/Master Trainer, Center Manager, Organizer of Trainings, etc.):

   Certified Positive and Transcultural Psychotherapist (PPT); WAPP Trainer in Positive and Transcultural Psychotherapy; Trainer of PPT trainings in Kosovo.

8. **Current Role in WAPP** (e.g., Board Member, Committee Member, Working Group Member, National PPT Association Board Member, etc.):

   WAPP Member; Trainer in Positive and Transcultural Psychotherapy (PPT).

9. **Previous Leadership or Management Experience**:
   Have you held a leadership or management role in a professional organization or institution (e.g., association, university, hospital, company)?
   Yes ☐ No ☐

   If yes, please provide details of the organization, your role, and the location:

   President of NOKTA – Kosovar Association for Body Psychotherapy, Prishtina, Kosovo; Member of the Continuing Education Committee of the European Association for Body Psychotherapy (EABP); Board Member of the Kosovo Association of Psychologists; and professional within the public healthcare system in Kosovo, with involvement in matters related to professional regulation and legislation.

10. **Publications**: Have you authored scientific articles, books, or specialized texts?
    If yes, please provide examples:

    Yes. Author and co-author of scientific and professional texts in the fields of clinical psychology, body psychotherapy, Positive and Transcultural Psychotherapy, trauma, and prison mental health. My work has included case studies and professional papers on PTSD/CPTSD, hope and resilience in correctional settings, and the integration of Positive Psychotherapy with Body Psychotherapy.

11. **Special Achievements**: Have you received any honors, awards, or other forms of recognition?

    Not yet. I believe I am still at the stage of building the work before collecting the awards. For the moment, I do not have any formal honors or awards to list.

12. **Membership in Other Professional Associations**: If applicable, please list them:

    European Association for Body Psychotherapy (EABP); European Association for Psychotherapy (EAP); Kosovo Association of Psychologists; NOKTA – Kosovar Association for Body Psychotherapy.

13. **Vision and Goals for the WAPP Executive Board**:
    Please provide a brief description of your vision for contributing to the WAPP Executive Board. What specific skills, experience, or perspectives will you bring to the Board? Why should members vote for you?

    My vision is to contribute to preserving the professional identity, quality, and original spirit of positive and transcultural psychotherapy while supporting its further development internationally.

I believe WAPP should have stronger quality assurance and clearer accountability regarding associations, centers, and institutions that organize PPT training. As the method continues to grow in different countries, it is important that training standards, supervision, ethics, and trainer qualifications remain consistent and closely connected to WAPP standards.

For me, it is also important to continue the path established by Prof. Nossrat Peseschkian. PPT should develop and adapt to new scientific and cultural realities, but without losing its identity as a psychotherapy method. I would like to contribute to keeping its theoretical foundations, transcultural perspective, therapeutic depth, and original principles alive, rather than allowing PPT to gradually become reduced to a collection of techniques or a general therapeutic approach.

I can bring experience from professional association leadership, psychotherapy training, clinical work, continuing professional education, and cooperation with European professional organizations. Coming from Kosovo and a developing psychotherapy community, I can also bring the perspective of smaller and emerging national associations, where international support, clear standards, and equal opportunities for professional development are especially important.

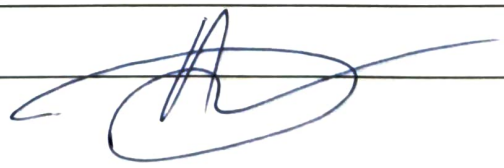
If elected, I would work for a WAPP that remains connected to its roots while being open to development, research, dialogue, and the next generation of positive and transcultural psychotherapists.

14. **Photo**: Please attach a recent photo to this application.

Commitment

☐ If elected as a WAPP Executive Board member, I accept the position and agree to the following:

- The role of a WAPP Board member requires a minimum of 4 hours of work per week. I confirm that I am willing to devote this time to the duties of the Board on a voluntary basis. This may include holding roles such as Chairperson, Vice-Chair, Treasurer, Secretary-General, or chairing one of the WAPP Committees.
- I am committed to collaborating with colleagues across countries and cultures with openness, mutual respect, and without prejudice, regardless of political circumstances.

Date and Place: 31.08.2026 Prishtine

Signature: