



WORLD CONGRESS OF POSITIVE & TRANSCULTURAL PSYCHOTHERAPY

11-16 OCTOBER 2026

SPLENDID CONFERENCE & SPA RESORT
BUDVA, MONTENEGRO



HOSTED BY

WORLD ASSOCIATION
FOR POSITIVE AND TRANSCULTURAL
PSYCHOTHERAPY

SCIENTIFIC PROGRAM

(preliminary as of 5 August 2026 - All details are still subject to change)

<https://wapp2026.org>

www.positum.org





Scientific program of the 8th World Congress on Positive and Transcultural Psychotherapy, 11-16 October 2026, Budva, Montenegro

Sunday, 11 October 2026

Time:	
	Arrival and registration Hotel lobby: Arrival and registration
17:00-18:30	Hotel's convention center: Welcoming and cocktails
18:30-20:00	Dinner
Plenary	
20:00-21:30	Main meeting hall: Official opening of the Congress, Rollcall of the participants

Note:

- 1) The official language of the congress is English. Live interpretation into Bulgarian, Polish, Russian, and Ukrainian are available, as well as AI live subtitles into Turkish.
- 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 50.000 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. 50,000 EUR.

Time:	
7:00-8:00	Morning exercise
7:30-9:00	Breakfast
Plenary	
	Room Main meeting Hall
Chair persons:	
9:00-10:30	1. Music (10 min) 2. Opening of the 1st congress day and opening Address: "Healing Across Cultures - Positive Mental Health in a Complex World" by Hamid Peseschkian (45 min) 3. Panel discussion: "Many Modalities or One Psychotherapy? - <i>The Future of Our Profession</i> " 3 persons and 1 moderator (30 min)

Parallel Sessions

Time:	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
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12:30-15:30	Lunch break
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12:30-15:30	Lunch break
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Monday, 12 October 2026

Afternoon program

Time:

Parallel Sessions

	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chair persons:							
15:30-16:00	Nawid Peseschkian, Germany: <i>English</i> "'The Indulgence Trap' in Child Education: Between Support and Overload" Presentation, 30 min	Aksiniia Leonova, Ukraine: <i>English</i> "Positive Psychotherapy as an Innovative Metatheoretical Model: Experience of Integrating Humanistic, Cognitive-Behavioral, and Other Methods"	Maksim Goncharov, Russia: <i>English</i> "The Continuum of the Depth of Inner Conflict" Presentation, 30 min	Dins Mironovs, Latvia: <i>English</i> "New Perspectives in Positive Psychotherapy: Relaxational Methods and Pragmatic Questioning" Presentation, 30 min	Svitlana Kyrychenko, Ukraine: <i>Ukrainian</i> "Existential aspects of Positive Psychotherapy: answers to the challenges of wartime" Presentation, 30 min	Bisrat Tekle Woldearegai, Ethiopia: <i>English</i> "Mental Illness and its Mitigation Strategies: Insights from Ethiopia" Presentation, 30 min	
16:00-17:00	Christoph Dinter, Germany: <i>English</i> "Introduction to psychodynamic child therapy" Workshop, 60 min	Tatiana Kantcheva, Bulgaria: <i>English</i> "A Story on the Way" – self-reflection through Actual capabilities (Oriental Stories as Techniques in Positive Psychotherapy, N. Peseschkian)" Workshop, 60 min	Sonali Jeste, USA: <i>English</i> "How to deal with difficult parents in child and youth therapy?" Workshop, 60 min	Ewa Dobiala, Poland, Erick Messias, USA, Joanna Dobiala, Poland: <i>English</i> "Understanding Autism Across Development Through Positive Psychiatry and Psychotherapy" Workshop, 60 min	Liudmyla Korolova, Ukraine: <i>Russian</i> "A Journey to Yourself Through the Other" Workshop, 60 min	Publication Committee: <i>English</i> "Workshop for potential authors: A session for those interested in learning how to write and publish books" Workshop, 60 min	

17:00-17:30 Coffee break

Plenary

	Room Main meeting Hall (name)
Chair persons:	
17:30-19:00	1. Music (10 min) 2. Interview Series with Senior Psychotherapists: "Lessons from a Lifetime in Psychotherapy - Reflections and Insights for the Next Generation " (30 min) 3. Research Committee presentation (15 min) 4. Quiz, poll, game (15 min) 5. Closing of the day , announcement of next day's highlights
19:00	Dinner
	Free evening or evening social program (?)

Time:	
7:00-8:00	Morning exercise
7:30-9:00	Breakfast

Chair persons:	
9:00-10:30	1. Music (5 min) 2. Keynote "Positive Psychiatry in Uncertain Times: How We Think, Decide, and Care" by Karen Reimers (45 min + 10 min discussion) 3. Panel discussion: "Three Perspectives, One Goal? - <i>Positive Psychology, Positive Psychotherapy & Positive Psychiatry</i> ", 3 persons and 1 moderator (30 min)

Parallel Sessions

12:30-13:00	OFFICIAL GROUP PHOTO	
13:00-15:30	Lunch break	

Time:

Parallel Sessions							
	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chair persons:							
15:30-16:00	Azin Nasser, USA: <i>English</i> "Spiritual Intelligence: Theory and Practice" Presentation, 30 min	Claudia Christ, Germany: <i>English</i> "Conversations at the End of Life – Conversations That Last" Professional communication at the end of life using the methods of Positive Psychotherapy" Presentation, 30 min	Richard-Christian Werrigloer, Germany: <i>English</i> "Happiness and Thriving in Life: What Makes a Life Flourish? A Fundamental Understanding of the Philosophical and Psycho-Emotional Foundations of Living a Happy and Fulfilled Life"	Kateryna Ovcharenko: <i>English</i> "The Musical Dimension of Positive Psychotherapy" Presentation, 30 min	Solomon Abebe Woldemariam, Ethiopia: <i>English</i> "The Wounded Healer: Navigating Psychotherapist Crisis through Positive and Transcultural Psychotherapy" Presentation, 30 min	Milana Petrosova, Armenia: <i>Russian</i> "When Learning Becomes a Resource for Life: The Developmental Potential of the Educational Process in the Basic Course of Positive Psychotherapy" Presentation, 30 min	
16:00-17:00	César A. Alfonso, USA: <i>English</i> "Psychodynamics of Creativity and Clinical Considerations in the Treatment of Artists" Workshop, 60 min	Dilip Jeste, USA: <i>English</i> "Health Ageing" Workshop, 60 min					
17:00-17:30	Coffee break						
Plenary							
Room Main meeting Hall (name)							
Chair persons:							
17:30-19:00	1. Music (10 min) 2. Interview Series with Senior Psychotherapists: "Lessons from a Lifetime in Psychotherapy - Reflections and Insights for the Next Generation" (30 min) 3. Publication Committee presentation (30 min) 5. Closing of the day, announcement of next day's highlights						
19:00	Dinner						
	Free evening or evening social program (?)						

Time:

7:00-8:00	Morning exercise						
7:30-9:00	Breakfast						
Plenary							
	Room Main meeting Hall (name)						
Chair persons:							
9:00-10:30	1. Music (5 min) 2. Keynote "Can AI do psychotherapy? From Artificial Intelligence to Artificial Wisdom" by Dilip Jeste (45 min + 10 min discussion) 3. Panel discussion "Artificial Intelligence (AI) and Psychotherapy - Collaborators or Competitors?", 3 persons and 1 moderator (30 min)						
10:30-11:00	Coffee break						
Parallel Sessions							
Time:	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chair persons:							
11:00-11:30	Adaku Thelma Olatise, United Kingdom: <i>English</i> "The CHARE Framework: An Empirically Derived Model for Connection and Cultural Responsiveness in Multicultural Psychotherapy" Presentation, 30 min	Tatiana Kantcheva, Bulgaria: <i>English</i> "Love in the age of artificial intelligence – positive perspective" Presentation, 30 min	Bartłomiej Glowacki, Poland: <i>English</i> "The Therapist in the Era of Autonomous AI Agents - Challenges, Competencies and the Digital Backbone of Future Psychotherapy" Presentation, 30 min	Liudmyla Ostapchuk, Ukraine: <i>Ukrainian</i> "Experience with Positive Psychotherapy in Working with Clients with Narcissistic Personality Disorder. Key Aspects of Building an Effective Therapeutic Relationship - From Structural Deficits to Adaptation and Development" Presentation, 30 min	Raluca Ursica, United Kingdom: <i>English</i> "The Glass Flower: Parasocial Relationships Through the Lens of Peseschkian's Positive Psychotherapy" Presentation, 30 min	Stefan Mennemeier, Germany: <i>English</i> "Protection Comes First - Somatic Experiencing (SE) as congruent methodological complement to PPT" Presentation, 30 min	Vlada Kabisova, Elena Zenkova, Russia: <i>Russian</i> "Group Positive Psychotherapy for Relatives of Patients with Psychiatric Disorders" Presentation, 30 min
11:30-12:30	Erick Messias, USA: <i>English</i> "Psychopharmacology for Psychologists and Psychotherapists (non-prescribers)" Workshop, 60 min	Enver Cesko, Kosovo: <i>English</i> "Psychodynamic interpretation of the key conflict, based on Gunther Hübner's understanding" Workshop, 60 min	Olaf Akhtar-Khawari, Germany: <i>English</i> "Suicidal tendencies: How do I deal with them professionally?" Workshop, 60 min	Olga Lytvynenko, Ukraine: <i>Ukrainian or Russian</i> "Between Scylla and Charybdis: How to Support the Patient Without Supporting the Symptom" Workshop, 60 min	Karen Reimers, USA: <i>English</i> "Food for Brain Health: Practical Approaches from Positive Psychiatry" Workshop, 60 min	Solomon Abebe Woldemariam, Ethiopia: <i>English</i> "The Positive and Transcultural Psychotherapy (PPT) Group Trauma Treatment Protocol (GTTP) For Adults" Workshop, 60 min	Milana Petrosova, Armenia: <i>Russian</i> "Application of the Balance Model from Birth to Death" Workshop, 60 min
12:30-15:30	Lunch break						

Time: _____

	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chair persons:							
15:30-16:00	Galina Kabadzhova, Bulgaria: <i>English</i> "From Vulnerability to Adaptation: How Psychotherapy Constructs Resilience" Presentation, 30 min	Katerina Kazashka, Bulgaria: <i>English</i> "Social Comparison as a Mechanism for the Erosion of Autonomous Thinking in Prolonged AI (LLM) Interaction" Presentation, 30 min	Elif Unsal Ozberk, Ekin Özbey-Duygu, United Kindgdom, Türkiye: <i>English</i> "Building a Global Evidence Base for Positive and Transcultural Psychotherapy: A Multi-Country Scoping Review" Presentation, 30 min	Elena Kuleva, Russia: <i>English</i> "The classical hypnosis in counseling in the Positive Psychotherapy method" Presentation, 30 min	Mariam Kurashvili, Georgia: <i>English</i> "The Balance Model in Recovery: Restoring Equilibrium in Addiction Treatment through Positive Psychotherapy" Presentation, 30 min	Bilgehan Ergenekon Bilen, Rukiye Hayran, Türkiye: <i>English</i> "Positive Team Dynamics In A Chronically Depressed Corporate World - Application of PPT principles and methodology to the capitalist pragmatism at organizational psychology level"	
16:00-17:00	Polina Efremova, Portugal: <i>English</i> "From Uprootedness to Integration: Practical Tools of Positive Psychotherapy for Immigrant Adaptation" Workshop, 60 min	Ana Maria Farcas, Romania: <i>English</i> "PSYCHE — a journey through the archetypes: a jungian-based therapeutic group game as an experiential tool for self-awareness, projection awareness, and shadow integration" Workshop, 60 min	Rukiye Hayran, Türkiye, Udo Boessmann, Germany: <i>English</i> "Psychosomatic Pain, Transcultural and Psychodynamic Perspective, and Treatment Approach Through Case Studies" Workshop, 60 min	Sergiu Maxim, Romania: <i>English</i> "Before the Conflict: Situational Encouragement as a Gateway to Self-Discovery in PPT Training" Workshop, 60 min	Adaku Thelma Olatise, United Kingdom: <i>English</i> "Sitting in the Chair: An Experiential Introduction to the CHARE Framework Through Reflective and Embodied Practice" Workshop, 60 min	Joanna Glowacka, Bartłomiej Glowacki, Poland: <i>English</i> "From Recording to Conceptualization - How AI Supports Documentation and Extraction of CBT and Schema Therapy Session Elements in Clinical Practice" Workshop, 60 min	Olga Hielo, Estonia: <i>Russian</i> "Positive Psychotherapy and Artificial Intelligence in Career Counseling: The Role of Actual Capacities in Cross-Cultural Contexts" Workshop, 60 min

Plenary

Room Main meeting Hall (name)

Chair persons:

17:30-19:00	1. Music (10 min) 2. WAPP news: Presentation of WAPP Board election results and other WAPP topics (40 min) 3. Training Committee presentation (15 min) 4. Quiz, poll, game (15 min) 5. Closing of the day, announcement of next day's highlights
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19:00	Dinner
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Free evening or evening social program (?)

Time:

7:00-8:00	Morning exercise						
7:30-9:00	Breakfast						
Plenary							
	Room Main meeting Hall (name)						
Chair persons:							
9:00-10:30	1. Music (5 min) 2. Keynote "Silences in Psychotherapy and Emotional Regulation - Contributions from Cultural Anthropology, Neuroscience and Psychoanalysis" by César A. Alfonso (45 min + 10 min discussion) 3. Panel discussion "Peace Begins Within? - <i>Can Psychotherapy Contribute to Peace?</i> ", 3 persons and 1 moderator (30 min)						
10:30-11:00	Coffee break						
Parallel Sessions							
Time:	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chair persons:							
11:00-11:30	Spotlight talks 6 short presentations in <i>English</i> language (10 + 5 min discussion) 1. Fariba Karamloo, Germany: "Coherent Leadership: The State Behind the Skill" 2. Anna Mikhof, Germany: "Positive Mental Health and Well-Being: Effects of a Short-Term Nutrition Intervention on Affect, Mindfulness, and Self-Efficacy"	Rohit Bernard Rodrigo, India: <i>English</i> "Culturally Embodied Positive Psychotherapy: An Indian Perspective" Presentation, 30 min	Mariam Kurashvili, Georgia: <i>English</i> "Applying the PPT Balance Model to Georgian Family Structures and Social Norms" Presentation, 30 min	Nawid Peseschkian, Germany: <i>English</i> "Making Peace with Your Parents: Intergenerational Patterns in Positive Psychotherapy" Presentation, 30 min	Maiia Lukova, Ukraine: <i>English</i> "Learning PPT as Therapy: A Safe Transcultural Space in Dangerous Times - Between Sirens and Borders" Presentation, 30 min	Arber Zeka, Yll Avdijaj, Antigona Qenaj Sejdiu, Emine Seferaj, Kosovo: <i>English</i> "Prison of the Ego: A psychodynamic and Positive Psychotherapy perspective on the psychic cost of high functioning" <i>Presentation 30 min</i>	
11:30-12:30	3. Diana Pereira, Angola: "The Spiritual Dimension as a Core Axis in the Balance Model: Pathways to Trauma Recovery, Post-Traumatic Growth and Holistic Well-being" 4. Anastasiia Semeniuk, Mariia Kovalova, Ukraine: "Scars That Speak: Psychological Support for Adolescents with Non-Suicidal Self-Injury in Positive Psychotherapy" 5. Iryna Uninets, Ukraine: "Development of the Actual Ability to Love. Distinctive features of Love, based on trust and adrenaline addiction" 6. Simona Albu, Romania: "From Surviving to Wholeness: The AUTHENTIC Framework as a Transcultural Path Through Trauma"	Bilgehan Ergenekon Bilen, Rukiye Hayran, Türkiye: <i>English</i> "CLASH OF CULTURES AT WORK - Application of PPT principles and methodology for reconciliation of individual transcultural differences to achieve organizational harmony and productivity at workplace" Workshop, 60 min	Viviana Obadau, Romania: <i>English</i> "The Hero's Journey as a Therapeutic Tool: Narrative Cards for Self-Exploration and Integration in Positive Psychotherapy" Workshop, 60 min	Etion Parruca, Germany: <i>English</i> "The Witches' game as a tool within the framework of Positive Psychotherapy for self-discovery under training and for resilience building in groups affected by war" Workshop, 60 min	Svitlana Otenko, Ukraine: <i>Ukrainian/Russian</i> "Master class 'Jump in tandem: from therapist to trainer'" Workshop, 60 min	Ebru Tansel, Türkiye: <i>English</i> "Post-traumatic concepts and actualized unconscious internal conflict" Workshop, 60 min	
12:30-15:30	Lunch break						

Time: _____

Parallel Sessions							
	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chair persons:							
15:30-16:00	Ferdinand Mitterlehner, Germany: <i>English</i> "Spirituality Impressions with Clarinet music' – Spirituality as a resource, a connection between people, a framework for freedom" Presentation, 30 min	Asuman Bolkan, Cyprus: <i>English</i> "Positive and Transcultural Psychotherapy in a Complex World: Evidence for Cross-Cultural Healing, Resilience, and Positive Mental Health" Presentation, 30 min	Farid Peseschkian-Diehl, Germany: <i>English</i> "PhD Presentation – Exploring and Advancing the Religious/Spiritual Foundation of PPT" Presentation, 30 min	Aksiniia Leonova, Ukraine: <i>English</i> "Phenomenological Exploration of Family Dynamics in Positive Psychotherapy: From Confluence to Healthy Belonging" Presentation, 30 min	Duygu Kılınç, Türkiye: <i>English</i> "An Examination of Psychologists' Preferences for Online and Face-to-Face Therapy in Relation to Attachment Styles and Personality Structures Based on Positive Psychotherapy: An Ongoing Study" Presentation, 30 min		
16:00-17:00	Christoph Dinter, Germany: <i>English</i> "Psychodynamic understanding of meaningful interactions" Workshop, 60 min	Samira Peseschkian, Germany: <i>English</i> "Rewriting the Pain Story: A Letter to Your Organ" Workshop, 60 min	Paulina Zawadzka, Poland: <i>English</i> "Strong Family Foundations – Working with Primary and Secondary Capacities in Transcultural Positive Psychotherapy" Workshop, 60 min	Tetiana Zhumatii, Ukraine: <i>Ukrainian</i> "Post-traumatic concepts and actualized unconscious internal conflict" Workshop, 60 min	Valentina Hristova, Bulgaria, Lyudmila Zlatova, Czech Republic: <i>English/Russian</i> "Archetypes and Group Process in Positive Psychotherapy. An experiential workshop on roles, interaction and actual capacities" Workshop, 60 min		
17:00-17:30	Coffee break						
Plenary							
	Room Main meeting Hall (name)						
Chair persons:							
17:30-19:00	1. Music (10 min) 2. Interview Series with Senior Psychotherapists: "Lessons from a Lifetime in Psychotherapy - Reflections and Insights for the Next Generation" (30 min) 3. Membership Committee presentation (15 min) 4. Quiz, poll, game (15 min) 5. Closing of the Congress						
19:00-20:00	Dinner						
20:00	"Party evening" - Celebration of the anniversary 30 years WAPP with music and dance (open end)						
END OF THE CONFERENCE							