



**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 22 Sept 2026)

<https://wapp2026.org>
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wapp2026.org



Sunday, 11 October 2026

Time:	
	Arrival and registration
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	Registration starts at 15:00
17:00-18:30	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, Introduction of the program

Note:

- 1) The official language of the congress is English. Live translation 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.
- 4) The countries indicated for presenters and participants refer to their country of residence and are provided for informational purposes only. They do not constitute or imply any political position, recognition, or endorsement by WAPP. As a non-governmental professional organization, WAPP does not take positions on international political or territorial matters.

Accreditation:

The Congress is officially certified by the State Medical Chamber of Hesse, Germany (LÄKH) with 24 credit points for Continuing Medical Education (CME).

VNR: 2760602026272920004, 2760602026272940002, 2760602026272950001, 2760602026272980008

The Congress is also accredited within the WAPP CPD system, with 30 WAPP CPD credits available for participation in the full scientific programme.

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.



Monday , 12 October 2026

Morning program

Time:

7:00-8:00 Morning exercises

7:30-9:00 Breakfast

Plenary

Room **Main meeting Hall**

Chairpersons: Gergana Bencheva, Laura Luca, Uwe Kalks

- 9:00-10:30
- Music** with Angelika Görs (10 min)
 - Opening of the 1st congress day and opening Address: "Healing Across Cultures - Positive Mental Health in a Complex World"** by Hamid Peseschkian (45 min)
 - Panel discussion: "Many Modalities or One Psychotherapy? - *The Future of Our Profession*"**. Panelists: Enver Česko, Christoph Dinter, Polina Efremova. Moderator: Raluca Ursica (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
Chairpersons:	O. Akhtar-Khawari, Y. Ladyk, L. Petrosyan	C. Christ, A. Huyse-G., S. Peseschkian	A. Dacheva, A. Yengibaryan, O. Tereshchenko	P. Efremova, Z. Lukyanava, J. Okoro	D. Cardoso-Ribas, G. Mijaljica, T. Sari	B. Gashi, A. Mikhof, L. Zlatova	
11:00-11:30	Spotlight talks 6 short presentations in <i>English</i> language (10 + 5 min discussion) 11:00 Aizhan Adilbayeva, Kazakhstan: "Clients' Readiness for Psychotherapy as a Transcultural Phenomenon: A Study within Positive Psychotherapy by Nossrat Peseschkian" 11:15 Ömer Osman Bazna, Türkiye: "Hikikomori as a secular form of asceticism" 11:30 Songül Çalışkan, Tuğba Demirbağ, Tuğba Sarı, Türkiye: "Hamnet from the Perspective of Positive Psychotherapy: From a Story of Grief to the Birth of Art" 11:45 Olha Chorna, Switzerland: "Balance Under Pressure: Between Professional Engagement and Burnout"	Claudia Christ, Germany: <i>English</i> "Positive Psychosomatics" - More than Symptoms, Positive Psychosomatics focuses on strengths, not only suffering" Presentation, 30 min	Adriana Dacheva, Ana Boyadzhieva, Bulgaria: <i>English</i> "When Loss Cannot Be Named: Transgenerational Perspectives on Parental Bereavement in Positive Psychotherapy" Presentation, 30 min	Polina Efremova, Portugal: <i>English</i> "Between Two Worlds: Immigrant Adaptation through Positive Psychotherapy" Presentation, 30 min	Déborah Cardoso Ribas, Angola: <i>English</i> "The Architecture of a New Self: A Predictive Processing Framework for Identity Reconstruction After Trauma" Presentation, 30 min	Besiane Gashi, Kosovo: <i>English</i> "Poetry in the Therapeutic Encounter: A Reflective Exploration in Positive Psychotherapy" Presentation, 30 min	
11:30-12:00		Anna Huyse-Gaytandjieva, Netherlands: <i>English</i> "A battered self and a battered immune system: Belonging, safeness, and autoimmunity in Positive Psychosomatics" Presentation, 30 min	Ani Yengibaryan, Armenia: <i>English</i> "Healing generations on the path of intergenerational dialogue" Presentation, 30 min	Zhanna Lukyanava, Valeria Alinouskaya, Poland: <i>English</i> "Primary capacities as predictors of anxiety and depressive symptoms among migrants living abroad for 1-5 years. Research results" Presentation, 30 min	Goran Mijaljica, United Kingdom: <i>English</i> "Trauma-focused psychotherapy in treating refugees and displaced persons" Presentation, 30 min	Anna Mikhof, Germany: <i>English</i> "Urban Environments and Mental Health: Towards a Resource-Oriented Understanding" Presentation, 30 min	
12:00-12:30	12:00 Melania Moldovan, Romania: "Nutrition and therapy in the same room: why this intergative approach works" 12:15 Nataliia Marchenko, Ukraine, Iryna Norkina, Netherlands: "The Identity Crisis and the loss of meaning in the Modern World"	Samira Peseschkian, Germany: <i>English</i> "Pain and Its Accomplices: Chronic Illness in the framework of PPT" Presentation, 30 min	Olha Tereshchenko, Ukraine: <i>English</i> "Reorganizing Transgenerational Emotional Experience in Positive Psychotherapy" Presentation, 30 min	John Okoro, Austria: <i>English</i> "Psychoanalysis meets Positive and Transcultural Psychotherapy in Self-analysis, Self-discovery, Self-experience" Presentation, 30 min	Tuğba Sarı, Türkiye: <i>English</i> "Cultivating Self-Compassion Through the Balance Model in Positive Psychotherapy" Presentaion, 30 min	Lyudmila Zlatova, Czech Republic: <i>English</i> "Recurrent Dreams as a Process-Oriented Path to Client Conflicts: A Positive Psychotherapy Perspective" Presentation, 30 min	

12:30-15:30 Lunch break



Monday, 12 October 2026

Afternoon program

Time:

Parallel Sessions

	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chairpersons:	N. Peseschkian, C. Dinter	A. Leonova, E. Dobiala, E. Messias	M. Goncharov, S. Jeste	D. Mironovs, T. Kantcheva	S. Kyrychenko, L. Korolova	B. Tekle, K. Marquardt	
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" Presentation, 30 min	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 Wolderegai, 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	Ewa Dobiala, Poland, Erick Messias, USA, Joanna Dobiala, Poland: <i>English</i> "Understanding Autism Across Development Through Positive Psychiatry and Psychotherapy" Workshop, 60 min	Sonali Jeste, USA: <i>English</i> "How to Deal with Difficult Parents in Child and Youth 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	Liudmyla Korolova, Ukraine: <i>Russian</i> "A Journey to Yourself Through the Other" Workshop, 60 min	Katarzyna Marquardt, Poland: <i>English</i> "The Creative Process of Change: Integrating Hypnosis into Positive Psychotherapy" Workshop, 60 min	

17:00-17:30 Coffee break

Plenary

	Room Main meeting Hall
Chairpersons:	Yana Alavieranova, Snezhanka Dimitrova, Pavel Frolov
17:30-19:00	1. Music with Angelika Görs (10 min) 2. Interview Series with Senior Psychotherapists: "Lessons from a Lifetime in Psychotherapy - Reflections and Insights for the Next Generation" . Guest: Prof. César Alfonso. Interviewers: Ekin Özbey-Duygu, Elif Unsal Ozberk (30 min) 3. WAPP 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



Tuesday, 13 October 2026

Morning program

Time:	
7:00-8:00	Morning exercises
7:30-9:00	Breakfast
Plenary	
	Room Main meeting Hall
Chairpersons: Deniz Ergün, Katarzyna Marquardt, John Okoro	
9:00-10:30	1. Music with Angelika Görs (10 min) 2. Keynote "Positive Psychiatry in Uncertain Times: How We Think, Decide, and Care" by Karen Reimers (50 min) 3. Panel discussion: "Three Perspectives, One Goal? - Positive Psychiatry, Positive Psychotherapy & Positive Psychology" , Panelists: Dilip V. Jeste, Erick Messias, Hamid Peseschkian. Moderator: Tuğba Sarı (30 min)
10:30-11:00	OFFICIAL GROUP PHOTO 

Parallel Sessions							
Time:	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chairpersons:	<i>T. Erbskorn-F., A. Hyusse-G., Ilse Schöndienst</i>	<i>E. Cesko, M. Moldovan, M. Tyshchenko</i>	<i>M. Tahzib, R. Hayran, F. Mitterlehner</i>	<i>L. Moskalenko, E. Unsal O., T. Kantcheva</i>	<i>L. Petrosyan, M. Zeraatkar, F. Turan</i>	<i>V. Kabisova, M. Petrosova</i>	
11:00-11:30	Spotlight talks 6 short presentations in <i>English</i> language (10 + 5 min discussion) 11:00 Tuğba Demirbağ, Songül Çalışkan, Tuğba Sarı, Türkiye: "Coping Processes in Challenging Life Experiences: A Qualitative Study within the Framework of the Balance Model of Positive Psychotherapy" 11:15 Elena Drazheva, Bulgaria: "Separation Anxiety Beyond the Symptoms: The Dynamic Balance Model in the Assessment of the Parent-Child Relationship"	Enver Česko, Kosovo: <i>English</i> "Positive Psychotherapy and Dealing with Sexual Violence, Rape, and Trauma" Presentation, 30 min	Muni Tahzib, USA: <i>English</i> "The Ripple Effect of Menopause: Beyond the Diagnosis—Mental Health, Relationships, Families, and Society" Presentation, 30 min	Liudmyla Moskalenko, Ukraine: <i>English</i> "Transcultural Psychotherapy in Times of Global Crises" Presentation, 30 min	Lilit Petrosyan, Armenia: <i>English</i> "From the Youngest Person in the Room to a Bridge Between Generations: Intergenerational Learning in Positive and Transcultural Psychotherapy" Presentation, 30 min	Vlada Kabisova, Elena Zenkova, Russia: <i>Russian</i> "Group Positive Psychotherapy for Relatives of Patients with Psychiatric Disorders" Presentation, 30 min	
11:30-12:00	11:30 Olena Ihnatovych, Ukraine: "Supporting Ukrainian Veterans through Positive Psychotherapy: A Transcultural Perspective" 11:45 Zhanna Lukyanava, Poland: "The sphere of fantasies in positive psychotherapy: not an escape, but an opportunity"	Melania Moldovan, Romania: <i>English</i> "I want to know who I am – A case study on recovering from developmental trauma and sexual violence" Presentation, 30 min	Rukiye Hayran, Nurdan Gündoğdu, Türkiye: <i>English</i> "Group Positive Psychotherapy Treatment Effects On Female Patients With Fibromyalgia Syndrome" Presentation, 30 min	Elif Unsal Ozberk, United Kingdom, Ebru Tansel, Türkiye: <i>English</i> "Development and Validation of the Balance Model Scale and the Conflict Reactions Scale: A Transcultural Psychometric Study" Presentation, 30 min	Maryam Zeraatkar, Iran/UK; Anissa Khorsandi, Iran/Germany: <i>English</i> "Becoming a Psychologist and Future Positive Psychotherapist in an Underground Institute of Higher Learning: The BIHE Experience from Iran" Presentation, 30 min	Milana Petrosova, Armenia: <i>Russian</i> "Application of the Balance Model from Birth to Death" Workshop, 60 min	
12:00-12:30	12:00 Fariba Karamloo, Germany: "Joy as a marker of inner coherence: A Transdisciplinary View within Positive and Transcultural Psychotherapy" 12:15 Michael Schroiff, Germany: "Childhood and Adolescence as Capability: An Integrated Approach for Psychotherapy, Education, and Social Work"	Mariia Tyshchenko, Ukraine: <i>English</i> "When trauma enters the therapy room: understanding therapist resistance and countertransference in work with sexual violence" Presentation, 30 min	Ferdinand Mitterlehner, Germany: <i>English</i> "Men in Therapy – Heroes with hidden cracks: Access to men's health with Positive Psychotherapy" Presentation, 30 min	Tatiana Kantcheva, Bulgaria, Sergiu Maxim, Romania: <i>English</i> "How Can Positive Pedagogy Help Your Community? - Introducing the WAPP Curriculum for Educators and Professionals Working With Children" Presentation, 30 min	Fatma Turan, Türkiye: <i>English</i> "An Examination of the Raskolnikov Character in the Novel Crime and Punishment According to the Theory of Transcultural Positive Psychotherapy: The Balance Model and Capacities" Presentation, 30 min		
12:30-15:30	Lunch break						



Tuesday, 13 October 2026

Afternoon program

Time:

Parallel Sessions

	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chairpersons:	<i>A. Nasser, C. Alfonso</i>	<i>C. Christ, D. Jeste</i>	<i>R. Werringloer</i>	<i>B. Ergenekon Bilen</i>	<i>S. Abebe</i>	<i>M. Petrosova</i>	
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 Werringloer, 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" 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" 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> "Healthy Ageing: Wisdom, Resilience, and Well-Being Across the Lifespan" Workshop, 60 min					

17:00-17:30 Coffee break

Plenary

	Room Main meeting Hall
Chairpersons:	<i>Solomon Abebe, Galina Kabadzhova, Richard Werringloer</i>
17:30-19:00	1. Music with Angelika Görs (10 min) 2. Interview Series with Senior Psychotherapists: "Lessons from a Lifetime in Psychotherapy - Reflections and Insights for the Next Generation" . Guest: Nawid Peseschkian Interviewers: Nataliia Marchenko, Iryna Norkina (30 min) 3. WAPP Publication Committee presentation (30 min) 5. Closing of the day , announcement of next day's highlights
19:00	Dinner
	Free evening

Lunch break



Wednesday, 14 October 2026

Afternoon program

Time:

Parallel Sessions

	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chairpersons:	<i>G. Kabadzhova, P. Efremova</i>	<i>K. Kazashka, J. Canaca</i>	<i>E. Unsal Ozberk, R. Hayran</i>	<i>E. Kuleva, S. Maxim, D. Pop</i>	<i>M. Kurashvili, A.T. Olatise</i>	<i>M. Sarikeyan, J. Glowacka</i>	<i>L. Badridze, O. Hielo</i>
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, United Kingdom; Ekin Özbey-Duygu, 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	Meri Sarikeyan, Germany: <i>English</i> "Burnout Prevention for Working Women: A Positive Psychology-Based Approach" Presentation, 30 min	Lali Badridze, Georgia: <i>Russian</i> "Oriental stories as a psychotherapeutic tool in Positive Psychotherapy" Workshop, 45 min
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	Jose A. Canaca, Caroline A. Bonham, USA: <i>English</i> "Transcultural Psychiatry in Training and Practice in Rural Areas of New Mexico (USA)" Workshop 60 min	Rukiye Hayran, Türkiye; <i>English</i> "Psychosomatic Pain, Transcultural and Psychodynamic Perspective, and Treatment Approach Through Case Studies" Workshop, 60 min	Sergiu Maxim, Diana Pop, 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	16:15 Olga Hielo, Estonia: <i>Russian</i> "Positive Psychotherapy and Artificial Intelligence in Career Counseling: The Role of Actual Capacities in Cross- Cultural Contexts" Workshop, 45 min

17:00-17:30 Coffee break

Plenary

	Room Main meeting Hall
Chairpersons:	<i>Hamid Peseschkian, Milana Petrosova, Sheyda Rafat</i>
17:30-19:00	1. Music with Angelika Görs (10 min) 2. WAPP General Assembly: Presentation of WAPP Board election results for 2027-2028, election of Board representative of Peseschkian Foundation, honoring of our contributors (approx. 50 min) / hybrid with WAPP members joining by Zoom 3. WAPP Training Committee presentation (15 min) 4. Closing of the day , announcement of next day's highlights
19:00	Dinner
	Free evening



Thursday, 15 October 2026

Morning program

Time:

7:00-8:00 Morning exercises

7:30-9:00 Breakfast

Plenary

Room Main meeting Hall

Chairpersons: Kathrin Fettweiss, Sonja Kaufmann, Natalia Khanetska

- 9:00-10:30
1. **Music** with Angelika Görs (10 min)
 2. **Keynote "Silences in Psychotherapy and Emotional Regulation - Contributions from Cultural Anthropology, Neuroscience and Psychoanalysis"** by César A. Alfonso (50 min)
 3. **Panel discussion "Peace Begins Within? - Can Psychotherapy Contribute to Peace?"**. Panelists: Fariba Karamloo, Liudmyla Moskalenko, Azin Nasseri. Moderator: Muni Tahzib (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
Chairpersons:	V. Alinuskaya, I. Humenyuk, T. Zhumatil	N. Peseschkian, B. Ergenkon Bilen	M. Kurashvili, L. Luca	E. Flory, E. Parruca	M. Lukova, S. Otenko	A. Zeka, E. Tansel	
11:00-11:30	Spotlight talks 6 short presentations in <i>English</i> language (10 + 5 min discussion) 11:00 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"	Nawid Peseschkian, Germany: <i>English</i> "Making Peace with Your Parents: Intergenerational Patterns in Positive Psychotherapy" Presentation, 30 min	Mariam Kurashvili, Georgia: <i>English</i> "Applying the PPT Balance Model to Georgian Family Structures and Social Norms" Presentation, 30 min	Egbert Flory, Germany: <i>English</i> "The Epigenetics of Meaning-Making: PPT as a Potential Modulator of the Cellular p38-MAPK Stress Pathway" , 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" Presentation, 30 min	
11:30-12:30	11:15 Anna Mikhof, Germany: "Positive Mental Health and Well-Being: Effects of a Short-Term Nutrition Intervention on Affect, Mindfulness, and Self-Efficacy" 11:30 Fariba Karamloo, Germany: "Coherent Leadership: The State Behind the Skill" 11:45 Anastasiia Semeniuk, Mariia Kovalova, Ukraine: "Scars That Speak: Psychological Support for Adolescents with Non-Suicidal Self-Injury in Positive Psychotherapy" 12:00 Iryna Uninet, Ukraine: "Development of the Actual Capacity 'Love'. Integration of Positive Psychotherapy, Clinical Psychology and Neuropsychology" 12:15 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	Laura Luca, Romania; Veronika Kopyl, Portugal; Taisiya Boger, Hungary: <i>English</i> "How to Communicate the Value of Positive Psychotherapy to Future Psychotherapists and Clients" 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, Yuliia Kostenko, Ukraine: <i>Ukrainian/English</i> "Master class 'Jump in tandem: from therapist to trainer'" Workshop, 60 min	Ebru Tansel, Deniz Ergün, Cyprus: <i>English</i> "Death, Grief, and Loss Awareness for Therapists: An Experiential, Interactive Workshop" Workshop, 60 min	



Thursday, 15 October 2026

Afternoon program

Time:

Parallel Sessions

	Main meeting room	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
Chairpersons:	<i>F. Mitterlehner, C. Dinter</i>	<i>A. Bolkan, S. Peseschkian</i>	<i>F. Peseschkian-Diehl, P. Zawadzka</i>	<i>G. Franzen, K. Marquardt</i>	<i>D. Kılınc, V. Hristova</i>	<i>A. Leonova, T. Zhumatii</i>	
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	Georg Franzen, Germany: <i>English</i> "Positive Psychotherapy and Art" Presentation, 30 min	Duygu Kılınc, 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" 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	
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	WAPP Publication Committee: <i>English</i> "Workshop for potential authors: A session for those interested in learning how to write and publish books and articles" 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	Tetiana Zhumatii, Ukraine: <i>Ukrainian</i> "Post-traumatic concepts and actualized unconscious internal conflict" Workshop, 60 min	

17:00-17:30 Coffee break

Plenary

	Room Main meeting Hall
Chairpersons:	<i>Enver Cesko, Yulia Kostenko, Arber Zeka</i>
17:30-19:00	1. Music with Angelika Görs (10 min) 2. Interview Series with Senior Psychotherapists: "Lessons from a Lifetime in Psychotherapy - Reflections and Insights for the Next Generation". Guest: Olga Lytvynenko. Interviewers: Hamid Peseschkian, Diana Pop (30 min) 3. WAPP Membership Committee presentation (15 min) 4. Quiz, poll, game (15 min) 5. Closing of the Congress
19:00-20:30	Dinner
20:30	"Party evening" - Celebration of the anniversary 30 years WAPP with music and dance (open end)
	END OF THE CONFERENCE