

## **Report and Impressions of the IV. World Congress of Positive Psychotherapy in Famagusta, Cyprus**

Dear colleagues and friends of Positive Psychotherapy, the IV. World Congress of Positive Psychotherapy, October 15th – 20th 2007 in North Cyprus gave us the opportunity to show our appreciation to the participants from over 20 countries. With this message we would like to give you a report of our observations, impressions and experiences which we witnessed at the congress. The meeting was aimed to offer a platform to attendants to discuss the challenges which we all face in a global society. The participants described the IV. World Congress of Positive Psychotherapy in Cyprus as "successful". A substantial reason for that, apart from the precisely coordinated events, was the beautiful venue, which participants found very comfortable, and the completely relaxed atmosphere of the meeting.

The congress participants occupied the Hotel Salamis Bay during the week. The Restaurant offered a large variety of food and dishes. Of course not everyone eats the same things.

One of the highlights of the Congress was the ceremony of Positive Psychotherapy Awards which was provided in the categories Honour, Innovation, Publications and Continuing Education & Service to Scholarship. Awards were given to 9 nominees, selected by the International Jury, in 8 countries. This reward for achievement is a great inspiration and will be a challenge not only for the participants, but also for all the colleagues and friends of Positive Psychotherapy around the world.

The first physical activities started at 7:00 with outdoor Yoga exercises, but we could also trace our people in the Swimming Pool, Jogging at the beach, Swimming in the sea, training in the gym, taking turkish baths or just begin the day with breakfast in the early morning. By starting the program at 9:30 the emphasis changed to the achievement. A large number of papers in the form of keynote addresses, lectures, workshops and poster presentation were delivered within the framework of the congress theme. The appealing and balanced scientific program included the views of scientists and clinicians in different disciplines as well as crosscultural aspects in their countries. The reports of the centres of Positive Psychotherapy (in the meeting of the European Federation of the Centres of Positive Psychotherapy) showed a wide range of offerings for postgraduate programs including Basic Course and Master Course of Positive Psychotherapy for academic circles.

The topic of our congress, "Love, Life and Balance in Positive Psychotherapy" became a real experience in the four areas of life, as it is expressed in Positive Psychotherapy – physical, mental, social and spiritual. The Island of Cyprus, with both cultural heritages and modern achievements welcomed the congress participants. The congress venue overlooked the beautiful Mediterranean Sea and was surrounded by impressive landscapes.

Over 200 registered participants from 20 countries were delighted to meet about 70 participants from Cyprus. Beside the official congress language we could hear throughout the halls and during the breaks many different languages which really represented unity in diversity.

Like a rainbow with different colours the variety of professions, races, cultures, homelands and religions gave a harmonious picture to the event. Participants enjoyed the reception given by the President and the First Lady of the Turkish Republic of Northern Cyprus to

honour our World Congress. The organizers earned strong praise at the Gala evening in which our hosts gave us a feeling for a global society before the stage was open for the Dance. The dance made an important contribution to communication and the hall changed to a cross-border meeting- and dancing place.

It is noticeable that the congress has been a very definite lift for our work in the future. In the course of the last 39 years, an ever-increasing number of scientists and clinicians have enthusiastically answered Positive Psychotherapy's call, and by their tireless efforts, this main stream in Psychotherapy has become recognized in the Mental Health circles and as an effective psychotherapeutical tool.

Of course not everyone who wished to participate at the congress could have been there, but we are confident and hope to see you soon on the next occasion. If you have any reports or statements on your activities and projects we would be thankful to receive them for our newsletter and the website.

The deadline for the next Positum Newsletter is end of December 2007.

We really enjoyed the presence of our colleagues from different countries, the hospitality of the Cyprus Centre for Positive Psychotherapy, and Minas Travel & Organisation and last but not least the international organizing committee and the WIAP team. Again we wish to express our great appreciation for all your efforts and achievements in the fields of Positive Psychotherapy.

With warmest greetings

Manije and Prof. Dr. Nossrat Peseschkian

<p><b>Transcultural</b></p>	<p>1.1 Psychotherapy in different countries and cultures  1.2 Transcultural Research  1.3 Psychotherapy and East-West Concepts  1.4 Psychotherapy of Everyday of Life : from birth to life after life  1.5 Psychotherapy and Religion  1.6 Psychotherapy and Politics  1.7 Psychotherapy and Philosophy  1.8 5 Stages of Conflict resolution for loosing and death</p>
<p><b>Techniques</b></p>	<p>2.1 The First Interview in Psychotherapy and in Positive Psychotherapy  2.2 Positive approach to symptom, conflict and conflict resolution  2.3 Posttraumatic Disorders  2.4 Crisis Intervention and Suicide  2.5 Psychotherapy and Sexual Disorders  2.6 Positive approach for psychosomatic disorders  2.7 Function of Stories, Wisdom and Humour in Medicine, psychotherapy, psychiatry and self-help  2.8 Therapist-Patient-Relationship  2.9 Development of Therapists in Relation to the Conception of Man  2.10 Research in Psychotherapy  2.11 Integration of Different Methods in Psychotherapy  2.12 Self discovery and Supervision  2.13 Short-term Psychotherapy</p>
<p><b>Prevention</b></p>	<p>3.1 Preventive Psychotherapy  3.2 Psychotherapy and Education  3.3 Psychotherapy in the Schools  3.4 Marriage Preparation  3.5 Ecology and Mental Health  3.6 Geriatrics  3.7 Positive Conflict Resolution  3.8 Positive psychotherapy as bibliotherapy</p>
<p><b>Families</b></p>	<p>4.1 Positive family therapy: The family as a therapist  4.2 Child and Adolescent Psychotherapy  4.3 Geriatric Psychotherapy  4.4 Separation and Divorce  4.5 Abuse in Families  4.6 Communications within Families  4.7 Three principles of positive artnership and marriage: the right partner, for the right reason and at the right time</p>
<p><b>Society</b></p>	<p>5.1 Psychotherapy and Ethics  5.2 Quality Assurance of Psychotherapy  5.3 Positive approach for world crisis: Globalisation and Radicalisation  5.4 Civil and Human Rights  5.5 Contribution of Psychotherapy towards World Peace  5.6 Alcohol and Drug Abuse / Dependency</p>

<b>Medicine</b>	6.1 Psychotherapy in Different Medical Disciplines 6.2 Psychotherapy and Psychiatry 6.3 Psychotherapy and Psycho-pharmacology 6.4 Psychotherapy in Hospitals
<b>Diverse Topics</b>	7.1 Psychotherapy in Business, Politics and in the Workplace 7.2 Psychotherapy in Management Training 7.3 Psychotherapy and Leadership 7.4 Psychotherapy and the Arts 7.5 The phenomena "Company Culture" 7.6 New Management Concepts 7.7 Integration of Western and oriental Management Practice