



**QENDRA KOSOVARE PËR PSIKOTERAPI POZITIVE
KOSOVA CENTRE FOR POSITIVE PSYCHOTHERAPY**

Adresa: Kodra e Diellit, Prishtinë, KOSOVË
Tel.Fax. + 377 44 113 376, + 381 38 530 000
Email: kosovacpp@yahoo.com
Web: <http://www.kosovapositive.com>

**REPORT FROM TRAINING SEMINAR IN ALBANIA
Tirane, 26-28 June, 2009**

FIRST BASIC COURSE ON POSITIVE PSYCHOTHERAPY IN ALBANIA

After many promotions and presentations with some students who have been attended in Kosovo training seminars, I personally had invitation to go in Albania and to present Positive Psychotherapy. Meeting that I had in Prishtina with Mrs. Mirela Sula, psychologist and lecturer in private University “Marlin Barleti” in Tirana and editor of magazine “Psychology”, had invite me to do the introduction seminar on Positive Psychotherapy.

On behalf of Kosovo Centre for Positive Psychotherapy and WAPP, I accepted with pleasure to present and to start this first course seminar on Positive Psychotherapy.

Training seminar was held from 26 – 28 June 2009 starting from 9:00 AM till 5.00 PM. Lectures was placed in the University “Marlin Barleti” in one of the classrooms of the Department of Psychology.

Number of participants who got the certificates was 37. These candidates got the Certificate of Attendance.

Professional backgrounds of participants were 21 psychologists, 7 social workers, 6 Professors of university and 3 managers. Participants who attended in training seminar were from all regions of Albania. One of the participants was from Montenegro University.

The topics that I introduced in three days of training seminar were basic information about History and founder of Positive Psychotherapy, basic concepts of PP, three principles of PP, meaning of positum, conflict and treatments in PP.

The impressions from Tirana are very hopeful for developing of Positive Psychotherapy in Albania. Selection of participants for this training seminar were in very professional criteria's like every participants has to have at least University degree in psychology, psychiatry, medical or social sciences, and after every one who shows interest for psychotherapy.

High level of interesting influenced by preliminary preparations done from Mrs. Mirela Sula, lecturer in University, who done very much in susceptibility of Positive Psychotherapy in electronic and news media.

This training seminar was presented in different national media such as TV and Psychology Magazine. There were 2 TV Channels made some comments and interviews with organizer and trainer. In the same time, I had meeting with owner of private University Mr. Adriatik Dudaj who showed very much interesting for organizing the master study in academic level on Positive Psychotherapy. I promised him that this discussion I will forward to the Board members. The editor of "Psychology" magazine, asked to have the interview with me where the main question were about positive psychotherapy and the developing of training seminar in Albania.

Assessment of training seminar was showed that all participants were very much satisfied with first seminar and all agreed to continue with next modules of seminars. For this reason we decided that next second module will be on October 9-11, 2009. I personally encouraged the organizer that they have to think about establishing the Albanian Association for Positive Psychotherapy how they will develop it. Also I suggested her to attend in ITS in Riga what she accepted with pleasure.

My personal impressions from this training seminar are incredible successful with a lot perspective achievements that we as WAPP has to have in great potential of consideration on promotion and development of positive psychotherapy in Balkan countries.

In this report are some very impressive photos with so young and full of ambition participants. I think you will enjoy watching them.

Contribution for this report has been given from Mrs. Mirela Sula, organizer of this training seminar.

Prishtina, 25 July 2009

**On behalf of KCPP
Mr. Sci. Enver Cesko**