

**REPORT OF THE 10TH INTERNATIONAL TRAINING SEMINAR
RIGA, 17 – 20 SEPTEMBER 2009**



Participants from 16 countries attended the 10th International Training Seminar of Positive Psychotherapy held from September 17th – 20th in Riga, Latvia.

The participants represented Albania, Austria, Bulgaria, China, Cyprus, Germany, Kosovo, Latvia, Lithuania, Russia, Romania, Turkmenistan, Spain, Switzerland, Turkey and Ukraine.

The program of the International Training Seminar was marked by several Training features, including lectures, workshops, reports and panel discussions. Attendants could witness that the seeds of collaboration with various centers of Positive Psychotherapy which were sown several years ago, now are trees carrying blossoms, flowers and bearing fruits. The trainers and lecturers were in the position to make a strong contribution to the event.

One of the other notable contributions was on Sunday morning “prayers for mankind” which was spontaneously arranged. This devotional part came from different religions and in many languages.

For the first time the meeting took place **in a Baltic country**. We all enjoyed the hospitality of Dr. Ala Makarenko, head of the Center of Positive Psychotherapy in Latvia and her team. We experienced their warm and loving care at the social gathering and banquet evening which marked the unique cultural heritage of Latvia including the musical and dancing entertainment. One of the highlights of this evening was the beautiful ceremony of awarding certificates to new trainers of

Bulgaria, Turkey and Ukraine as well as graduates of the Master Course in the Baltic countries.

In Riga we all had the feeling of being in **good balance** in physical, mental, social and spiritual qualities of our lives. The spirit of Riga was encouraging and a sign of hope towards the future. Our group showed unity in diversity, we realized that the **members of the World of Positive Psychotherapy** are willing to bring positive changes to the world through their positive image of man, by educational projects, self-help concepts, consultations and psychotherapy training programs.

Administrative program consisted of the annual General Meeting of WAPP, the annual reports of representatives and various centers of Positive Psychotherapy and the WAPP Board Meeting (Some issues which were discussed or reported: Ethical Committee; Training Standards Committee, Accrediting Committee, Website Team, Electronic PPT Journal and Research, EAP Certificates and activities of Positive Psychotherapy; Positum International News etc).

Our thanks and gratitude is expressed in this report to all of you, the organizers, hosts, participants, lecturers, trainers, members of the Centers of Positive Psychotherapy, representatives and Board members who attended to the meeting. In Riga we also missed some of our colleagues who have supported the development of Positive Psychotherapy for many years and unfortunately could not attend to the meeting.

The above mentioned issues are but a part of the scientific and social aspects which we enjoyed in Riga, to this we should add the very well organized sight-seeing-program in Riga, the unique opportunity of sharing experiences with the colleagues and the pleasure of renewed friendships that such occasions bring.

We are looking forward to hearing from you and hope that you will join us for the World Congress in Istanbul, a city steeped in history and culture.

With the best wishes

ITS Organizing Committee

Members of the WAPP Head Office in Wiesbaden

and Prof. Dr. Nossrat Peseschkian

September 2009