

Project Ethiopia
& Peseschkian foundation
Peace - Development - Selfrealization

„If you want to change your country you have to change your city.
If you want to change your city you have to change your community.
If you want to change your community you ant to change your family
If you want to change your family you have to change yourself“

Dear patients. Since 2008 I have been working with the Peseschkian in Ethiopia, educating teachers, psychologists, psychotherapists, nurses and medical doctors in positive psychotherapy and pedagogics. Our courses are conceptualized according to the help to self help principle „When you give a person a fish you nourish him one day, if you teach him how to fish you feed him for a lifetime“. Therapists of the Ethiopian HIV call center, workers of HIV and other orphanages, as well as rehabilitation workers of state penitentiaries and government consultants also take part in them.

It is our objective to educate our students as consultants, therapists and trainers and to give them the knowledge and experience to be able to create and lead the future „Ethiopian Organization for Positive and Transcultural Psychotherapy“ and future therapeutic and cultural centers and institutions. This way the circle will be closed giving Ethiopia will habe its first own school of Psychotherapy.

Ethiopia urgently needs dedicated social workers, teachers, therapists and doctors for confronting the various different social problems that are created through urbanization, the continuous surge of drug problems and growing religious and social tensions which often result in many killings.

In our courses our participants learn through studying, self reflection and group experience the contents of positive psychotherapy with its concepts for self realization and conflict resolution. Here they quickly acquire personal growth and learn how to deal with conflicts maturely. Through learning and experience during a period of 2 to 3 years they are then able to assist other people in their difficulties and conflicts. In 2006 Prof. Dr. Nossrat Peseschkian received the medal of honor of the Federal Republic of Germany honoring his life work of transcultural conflict mediation. Up to his death in 2010 Project Ethiopia was essential to him. It is a special honor and joy for our international trainers from Germany, Austria, Turkey, Rumania, Bulgaria, and Russia to help these people who have suffered for centuries from wars and dictatorships, with their honorary work, to establish human foundations for peace and sustainable development. Please help us with this work. Donate for education and the necessary educational material. You can help give this country a future and our students there independence.

War and dictatorship is the worldwide main reason for poverty and catastrophes. Let's do something against it together.

The ***Prof. Nossrat Peseschkian Foundation*** is an operative as well as a sponsoring foundation. The foundation bases its results on the many honorary workers and of course sponsors dedicating endless hours of their everyday life. It is our concern to participate in imminent contemporary national and international discourses and to help form our common human future. We want to see the eyes of the children of future generations shine and therefore are intensely engaged in education. We are dedicated to our goal through working in many countries around the world in mental health projects and educating medical doctors, psychologists, pedagogues, social workers and nurses in the method of Positive Psychotherapy. Through the existing social and professional networks of Positive Psychotherapy (Centers in 27 countries) we have insight into the health sector of many countries. We are convinced we are on the right track but still have a long way to go.

I have worked on many of these projects in countries such as Turkey, China, Rumania, Latvia, Nepal and Italy and am a member of the board of trustees and the advisory board.

The ***Method of Positive psychotherapy*** is effective across the borders of religions, cultures and nationalities. It is applied and taught by a community of experts that work with humility, respect and decency since many years. The charitable Peseschkian Foundation internationally promotes scientific research and humanitarian projects for psychotherapeutic self help and conveys the international Positive Psychotherapy prize. It was the deepest concern of our founder Nossrat Peseschkian to contribute to the development of worldwide peace, to promote research about conflicts and to give psychological further education, especially in underdeveloped countries. The foundations projects concern mostly: Education, self help, furthering education and transcultural understanding.

„Many people build many walls, we build bridges.“

Further information and the possibility for donations:

<http://www.peseschkian-foundation.org>

Sincerely yours

Richard Werringloer