



Brief Biography

Dr. Hamid Peseschkian

MD, DM, DMSc, IDFAPA, ECP

Medical Doctor | Specialist in Psychiatry, Neurology & Psychotherapy
Managing & Academic Director, Wiesbaden Academy for Psychotherapy

Medical Director, Wiesbaden Psychotherapy Clinic

President, World Association for Positive and Transcultural Psychotherapy

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Dr. Peseschkian has been actively engaged in the **field of psychotherapy**—as a practitioner, educator, author, manager and organizer. He is the Managing and Academic Director of the Wiesbaden Academy for Psychotherapy, the Medical Director of the Wiesbaden Psychotherapy Clinic, and the (Executive) President of the World Association for Positive and Transcultural Psychotherapy (WAPP).

He is a **German Board-certified and licensed specialist** in psychiatry, neurology, and psychotherapy. He is a European Certified Psychotherapist (ECP) by the European Association for Psychotherapy, an International Distinguished Fellow of the American Psychiatric Association, a member of the APA Caucus on Religion, Spirituality and Psychiatry, and an International Associate of the Royal College of Psychiatrists (United Kingdom). Additionally, he serves on the Advisory Council of the World Federation for Psychotherapy, is a Senior Adjunct Faculty member for psychiatric and psychotherapeutic residency training at the State Medical Chamber of Hesse (Germany), an International Master Trainer for WAPP, a state examiner for psychodynamic psychotherapy in Hesse, and an honorary member of the German Association for Psychodynamic Psychotherapy.

The **World Association for Positive and Transcultural Psychotherapy (WAPP)** – led by Dr. Peseschkian as its elected executive president - is the international umbrella organization for Positive Psychotherapy (PPT after Nossrat Peseschkian, since 1977™). As a non-profit and non-governmental mental health organization, WAPP conducts postgraduate training programs in 22 countries and maintains a global network of 3,100 members across 65 countries. It has also applied for consultative status with the United Nations Economic and Social Council (ECOSOC).

Under the leadership of Dr. Peseschkian, over 1,100 medical doctors, psychologists, and social workers have completed the five-year, state-licensed postgraduate residency program at the **Wiesbaden Academy for Psychotherapy**. The affiliated **Wiesbaden Psychotherapy Clinic** was one of the largest in Germany, serving patients of all age groups, with a special focus on children and adolescents.

In addition to his clinical, academic, and administrative work, Dr. Peseschkian conducts **seminars**, lectures, and presentations in numerous countries and at international conferences. He has organized seven world congresses and more than 25 international conferences. He

has **authored** five books, edited three volumes, and published more than 120 papers. His monograph *“Psychovampires – A Positive Approach to Energy Suckers”* has been translated into seven languages. He is the co-editor of the global textbook *“Positive Psychiatry, Psychotherapy and Psychology: Clinical Applications for Positive Mental Health”* (Springer Publishers), featuring contributions from 75 authors across 19 countries and five continents.

Dr. Peseschkian’s **professional interests** include transcultural psychiatry and psychotherapy, humanistic psychodynamic psychotherapy (such as Positive Psychotherapy), psychotherapy education, family life education (including marriage preparation, child education, and conflict management), shared parenting, spirituality and mental health, stress management, work-life balance, and transcultural competency.

His **former positions** include:

- Vice President, German Association for Psychodynamic Psychotherapy (DFT)
- Board Member, Association for Transcultural Psychiatry, Psychotherapy, and Psychosomatic Medicine in German-speaking Europe (DTPPP)
- Visiting Professor, Northern State Medical University, Arkhangelsk, Russia

Dr. Peseschkian received his **professional degree** as a Medical Doctor (M.D.) from the Faculty of Medicine at the University of Mainz (Germany), followed by a research doctorate in medicine (Dr. med., Doctor of Medicine) from the same university. He later obtained a postdoctoral academic qualification (Dr. med. habil., Doctor of Medical Sciences) from the Federal Bekhterev Psychoneurological Research Institute in St. Petersburg (Russia). He is a member of 13 national and international professional associations.

Together with his wife, Cathérine—an experienced marketing, event, and office manager—Dr. Peseschkian **travels and lectures internationally**, supporting Bahá’í communities and like-minded organizations in their efforts to foster an emerging global civilization.

Born in Wiesbaden, Germany, and raised in an Iranian Bahá’í and medical family, Dr. Peseschkian has been actively involved in the **Bahá’í Faith** since his youth. He has served on various elected and appointed Bahá’í institutions, including the National Spiritual Assembly of Russia, the Auxiliary Board for Protection in Germany, national committees, and local Spiritual Assemblies.

Continuing the **family’s medical and psychotherapeutic tradition**—*Peseschkian meaning “descendant of a physician”*—the next generation is also active in mental health. His daughter Leyla (30) is a medical doctor and currently in her third year of residency, with clinical experience in internal medicine, emergency medicine, and neurology. His son Farid (28) holds a master’s degree in clinical psychology, has completed his postgraduate residency program as a certified and licensed psychodynamic psychotherapist, and is currently enrolled in doctoral studies.

The extended family is internationally spread across five continents; many working in the medical field and actively contributing to initiatives that promote peaceful and just societies.

(As of January 2026)