



**Application for Candidacy as a Member of the WAPP Executive Board (2024-2026)**

Dear Member,

Congratulations on your nomination for the WAPP Executive Board election! If you are interested in running as a candidate, please complete this application form. The information you provide will be shared with all WAPP members prior to the election to assist them in making their voting decision. Thank you for your participation!

1. **Title, First Name, Last Name:** \_Julia Dremina
2. **Current Occupation** (private practice, center, hospital, university etc.):

Private practice, WellB center, Lyra Wellbeing Provider

3. **Field of psychotherapeutic specialization** (e.g. child and youth, couple, family therapy, etc.):  
Individual and couple therapy, family therapy, trainings and seminars for business

4. **Academic and Professional Qualifications** (e.g., university degrees, dissertations, professorships, etc.):

none

5. **City and Country of current Residence:** Russia, Moscow
6. **Email Address:** [Dremina\\_j@mail.ru](mailto:Dremina_j@mail.ru)
7. **Membership Status in WAPP** (e.g., Certified Positive Psychotherapist, Basic/Master Trainer, Center Manager, Organizer of Trainings, etc.):

Certified Positive Psychotherapist, Master Trainer, Center Manager, Organizer of Trainings

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8. **Current Role in WAPP** (e.g., Board Member, Committee Member, Working Group Member, National PPT Association Board Member, etc.):

Working Group Member

9. **Previous Leadership or Management Experience:**  
Have you held a leadership or management role in a professional organization or institution (e.g., association, university, hospital, company)?  
 Yes  No

If yes, please provide details of the organization, your role, and the location:

I have 12 years of experience in providing psychological support for employees (as a psychologist, clinical manager) within the framework of international Employee Assistance Programs (Icas, Lyra) in Russia



# WAPP World Association for Positive and Transcultural Psychotherapy (WAPP)

**Publications:** Have you authored scientific articles, books, or specialized texts?  
If yes, please provide examples:

I have 5 printed books for children and adults. One has been translated into English.

1. Alice the Cat and the World of Emotions (Russian, English)
2. Why am I reacting like this? The reason and benefit of emotions (Russian)
3. Alice The Cat and the Joy (Russian)
4. Alice The Cat and the Anger (Russian)
5. A fire at work. How to achieve career success and maintain mental health (Russian).

In the process of writing another one with the working title "The Parent as a Positive Psychotherapist"

10. **Special Achievements:** Have you received any honors, awards, or other forms of recognition?

none

11. **Membership in Other Professional Associations:** If applicable, please list them:

EAP, RPA (RUSSIAN PSYCHOTHERAPEUTIC ASSOCIATION)

12. **Vision and Goals for the WAPP Executive Board:**

Please provide a brief description of your vision for contributing to the WAPP Executive Board. What specific skills, experience, or perspectives will you bring to the Board? Why should members vote for you?

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Activity, sociability, purpose, sincere desire to popularize Positive psychotherapy

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13. **Photo:** Please attach a recent photo to this application.

Please find below



### **Commitment**



If elected as a WAPP Executive Board member, I accept the position and agree to the following:

- The role of a WAPP Board member requires a minimum of 2-4 hours of work per week. I confirm that I am willing to devote this time to the duties of the Board on a voluntary basis. This may include holding roles such as Chairperson, Vice-Chair, Treasurer, or Secretary-General.
- I am committed to collaborating with colleagues from different countries and cultures, regardless of political circumstances.

**Date and Place:** \_\_\_\_\_

**Signature:** \_\_\_\_\_