



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:**

Polina Efremova

2. **Current Occupation** (private practice, center, hospital, university etc.):

Private practice

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

Adult individual psychotherapy

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

None

5. **City and Country of current Residence:**

Figueira da Foz, Portugal

6. **Email Address:** poromesh@gmail.com

7. **Membership Status in WAPP** (e.g., Certified Positive Psychotherapist, Basic/Master Trainer, Center Manager, Organizer of Trainings, etc.):

Master-trainer

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

Training Committee member, Supervision working group member, PPT for companies WG 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:



Director of Moscow PPT Center (Later Moscow Transcultural Academy) 2017-2022

Publications: Have you authored scientific articles, books, or specialized texts?

If yes, please provide examples:

PRIMARY CAPACITIES AS A PREDICTOR OF PERCEIVED STRESS, ANXIETY, AND DEPRESSION IN THE PANDEMIC CRISIS OF COVID-19

Kirillov I., Efremova P., Dobiála E., Pleshakov I.

The Global Psychotherapist. 2023. T. 3. № 2. С. 19-29.

APPLICATION OF THE BALANCE MODEL IN THE ANALYSIS OF FACTORS RESPONSIBLE FOR DEPRESSIVE DISORDERS AMONG WOMEN IN THE COVID-19 PANDEMIC

Dobiála E., Gulczyńska A., Małecko R., Efremova P., Ławicka J., Karmolińska-Jagodzińska E., Kirillov I.

International Journal of Environmental Research and Public Health. 2022. T. 19. № 12. С. 7361.

ОРГАНИЗАЦИОННЫЕ И ЛИЧНОСТНЫЕ ФАКТОРЫ ВЫГОРАНИЯ У ПСИХОЛОГОВ-КОНСУЛЬТАНТОВ

Ефремова П.Р.

Психологический журнал. 2020. Т. 41. № 2. С. 39-53.

ВЛИЯНИЕ КОНЦЕПЦИЙ И ПОТРЕБНОСТЕЙ ПРАКТИКУЮЩИХ ПСИХОЛОГОВ НА УРОВЕНЬ РАЗВИТИЯ ВЫГОРАНИЯ

Ефремова П.Р.

В сборнике: Антология российской психотерапии и психологии. Материалы Итогового международного научно-практического конгресса. Общероссийская профессиональная психотерапевтическая лига и Национальная саморегулируемая организация «Союз психотерапевтов и психологов». 2019. С. 142а.

ВЛИЯНИЕ ЛИЧНОСТНЫХ СМЫСЛОВ ТРУДНЫХ ПРОФЕССИОНАЛЬНЫХ СИТУАЦИЙ НА РАЗВИТИЕ СИНДРОМА ВЫГОРАНИЯ У КОНСУЛЬТИРУЮЩИХ ПСИХОЛОГОВ

Ефремова П.Р.

В сборнике: Психология стресса и совладающего поведения: вызовы, ресурсы, благополучие. материалы V Международной научной конференции: в 2-х томах. Ответственные редакторы М.В. Сапоровская, Т.Л. Крюкова, С.А. Хазова. 2019. С. 328-331.

ИССЛЕДОВАНИЕ СИНДРОМА ВЫГОРАНИЯ У ПСИХОЛОГОВ-КОНСУЛЬТАНТОВ

Мешкова П.Р.

В сборнике: ПСИХОЛОГИЯ СТРЕССА И СОВЛАДАЮЩЕГО ПОВЕДЕНИЯ: РЕСУРСЫ, ЗДОРОВЬЕ, РАЗВИТИЕ. Материалы IV Международной научной конференции: в 2-х томах. Ответственные редакторы: Т. Л. Крюкова, М. В. Сапоровская, С. А. Хазова. 2016. С. 176-178.

СИНДРОМ ВЫГОРАНИЯ ПСИХОЛОГОВ-КОНСУЛЬТАНТОВ И ИХ ПРЕДСТАВЛЕНИЯ О СОДЕРЖАТЕЛЬНЫХ ТРУДНОСТЯХ ПРОФЕССИИ

Барабанщикова В.В., Мешкова П.Р.

Мир психологии. 2016. № 4 (88). С. 131-140.

COMPARISON OF STRESS LEVEL AMONG SCHOOL TEACHERS IN THE PERIOD OF ORGANIZATIONAL CHANGES

Barabanshchikova V.V., Meshkova P.R., Surova D.N.

Procedia - Social and Behavioral Sciences. 2014. T. 146. С. 375.

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

No

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

ОППЛ (Russian Psychotherapy League)

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?

My experience is broad in different roles around psychology: individual psychotherapy, emergency counseling, business-trainings, social service, scientific work, managing center's work, supervising, organizing events. The one common thing



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is that all these activities have always been in PPT approach. Therefore, I can suggest the following input:

Vision:

I have been literally brought up in PPT approach, studying it since I was 22 and developing in it up till now. While being extremely dedicated to the roots, I can acknowledge new valuable ideas that help PPT theory develop and become applied to different areas of life. As I am familiar with the work of organizers, trainers, therapists, university teachers, researches and many more, I believe I can think wider, coming up with the ideas of developing our method through collaboration of different specialists.

Skills:|

Despite psychotherapeutic and trainer's skills, I am also deeply aware about the newest programs we are developing, standards we have to follow to keep up with EAP regulations, which will help me be up to date with method's development.

My language skills allow me to be connected with other trainers and the roles I mostly partake in different educational programs allow me to follow the growth of new specialists, including future trainers, in a bunch of countries.

My organizer skills can help to develop new regions, loke Iberian semi island and also will allow me understand the organization of a bigger structure, such as WAPP.

Availability:

Finally, my specific personal situation (immigration to Portugal) has put me in a position where I have enough free resources to engage into a meaningful and global work, as my old connections are not yet lost, my new connections are being built, and few demanding responsibilities of mine has been left behind and has not yet renewed on a new place.

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



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Registered in Germany: World Association for Positive and Transcultural Psychotherapy (WAPP) e.V.

Amtsgericht Wiesbaden – Registergericht – Nr. VR 3210



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: 30.10.2024, Figueira da Foz, Portugal

Signature: _____