



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:** Associated Prof. Dr. Tuğba Sari
2. **Current Occupation** (private practice, center, hospital, university etc.): Academician, Akdeniz University; Head of University Counseling Center
3. **Field of psychotherapeutic specialization** (e.g. child and youth, couple, family therapy, etc.):
Youth therapy, couple therapy
4. **Academic and Professional Qualifications** (e.g., university degrees, dissertations, professorships, etc.):

Post-doc

2014-2015

University of California, Santa Barbara / USA

Department of Clinical, School and Counseling Psychology

2004-2008

Hacettepe University

Institute of Social Sciences / Department of Educational Sciences / Guidance and Psychological Counseling

Thesis Title: *Relationships between Irrational Beliefs about Romantic Relationships, Attachment Dimensions, and Relationship Satisfaction among University Students* (2008)

Thesis Advisor: Fidan Korkut Owen

Master's Degree

2000-2003

Middle East Technical University

Institute of Social Sciences / Educational Sciences (Thesis-based)

Thesis Title: *Wellness and its Correlates among University Students: Relationship Status, Gender, Place of Residence, and GPA* (2003)

Thesis Advisor: Oya Yerin Güneri

Bachelor's Degree

1993-1999

Hacettepe University



WAPP World Association for Positive and Transcultural Psychotherapy (WAPP)

Faculty of Education / Department of Educational Sciences / Guidance and
Psychological Counseling Program

5. **City and Country of current Residence:** Antalya / Türkiye
6. **Email Address:** saritugba75@gmail.com
7. **Membership Status in WAPP** (e.g., Certified Positive Psychotherapist, Basic/Master Trainer, Center Manager, Organizer of Trainings, etc.):
 - Master trainer
 - Training coordinator –Tera Counseling Center/Düzce
8. **Current Role in WAPP** (e.g., Board Member, Committee Member, Working Group Member, National PPT Association Board Member, etc.):
 - Member of Publication Committee
 - Member of Research Working Group
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 X No

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

- Head of the Ankara Center of Positive Psychotherapy between 2005-2015
- Head of the Department at Abant izzet Baysal University between 2012-2015
- Board Member of the Turkish PDR Accreditation Association (2021-continues)

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

-Toprak, B., **Sarı, T.** The effects of a 2-week gratitude journaling intervention to reduce parental stress and enhance well-being: a pilot study among preschool parents. *Discov Psychol* 3, 38 (2023). <https://doi.org/10.1007/s44202-023-00099-x>

-Karçkay, A.T., **Sarı, T.** & Bakalım, O. Satisfaction with family life scale: a validity and reliability study in the Turkish context. *BMC Psychol* 12, 510 (2024). <https://doi.org/10.1186/s40359-024-02037-5>

-**T. Sarı** Et Al. , "Investigating the Effect of a Group Psychoeducation Program on Test Anxiety: Implementation of the Balance Model within the Context of Positive Psychotherapy.," *The Global Psychotherapist: Journal of Positive and Transcultural Psychotherapy* , 2024

-Açıkgöz, F., & **Sarı, T.**, (2024). Positive Psychotherapy for self-harming behavior: A case report. *The Global Psychotherapist* , vol.4, 167-173.



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-Sarı, T & Eryılmaz, A. (2020). Positive Pscyhotherapy in PTSD and Post-traumatic Growth. Positive Psychiatry, Psychotherapy and Psychology (pp.153-165), Springer.

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

-I was awarded a research scholarship by the Swedish Institute.

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

-Turkish Psychological Counseling and Guidance Association

13. **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?

-I am particularly interested in contributing to publications. My extensive academic background in counseling psychology, combined with my experience as a therapist and trainer, would allow me to bring valuable insight and expertise to the association.

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





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: 25.10.2024 – Antalya/Türkiye

Signature: Tuğbasari