Application for Candidacy as a Member of the WAPP Executive Board (2027-2028)

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**: Mrs Galina Kabadzhova, PhD

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

   Psychologist and psychotherapist in private practice; Chief Assistant Professor at Sofia University "St. Kliment Ohridski", Bulgaria; university lecturer, researcher, trainer, and supervisor in the field of psychotherapy and psychology.

3. **Field of psychotherapeutic specialization** (e.g. child and youth, couple, family therapy, etc.):
   Positive and Transcultural Psychotherapy; individual and group psychotherapy; psychosomatic processes; emotional regulation and emotional eating; attachment and relational patterns; psychological resilience; transcultural and cross-cultural psychotherapy; hypnotherapy.

   My professional and research interests particularly focus on the interaction between individual psychological processes, relationships, culture, psychosomatic functioning, and resilience, as well as on the application of psychotherapy across cultural and linguistic contexts.

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

   PhD in Psychology
   Master's Degree in Psychology
   Certified Positive Psychotherapist
   Basic Trainer in Positive and Transcultural Psychotherapy
   Certified Psychotherapist
   Hypnotherapist
   Chief Assistant Professor at Sofia University "St. Kliment Ohridski"

   My academic work combines teaching, research, psychotherapy, and professional training. I am involved in university education and academic quality processes in psychology and contribute to the development of psychotherapy through research, teaching, publications, professional training, and international scientific collaboration.

5. **City and Country of current Residence**: Sofia, Bulgaria

6. **Email Address**: g.kabadzhova@gmail.com

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

   Certified Positive Psychotherapist and Basic Trainer in Positive and Transcultural Psychotherapy.

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

   Member of the WAPP Research Committee; Basic Trainer in Positive and Transcultural Psychotherapy; active contributor to international scientific and professional activities within the Positive Psychotherapy community.

   My current involvement includes work related to research development, scientific standards, academic collaboration, and the strengthening of the research profile and evidence base of Positive and Transcultural Psychotherapy.

   I am also a **member of the Editorial Board of *The Global Psychotherapist*** and serve as a reviewer for scientific publications.

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:

   My professional experience includes leadership, coordination, academic governance, and organizational responsibilities across university, professional, scientific, and psychotherapeutic settings.

   At Sofia University "St. Kliment Ohridski"**,** I serve as Chief Assistant Professor and participate in academic and institutional processes, including teaching, research, curriculum-related activities, academic quality assurance, and accreditation procedures in Psychology.

   Within the professional field of Positive and Transcultural Psychotherapy, I have been involved in research, training, scientific and organizational activities, including committee work, professional events, congress-related activities, and the development of academic and ethical standards.

I am also the **founder of Analysing Minds**, through which I have developed my psychotherapy practice and professional activities.

These roles have required the ability to combine strategic thinking with practical implementation, coordinate people and projects, work within multidisciplinary and international teams, and balance academic, clinical, ethical, and organizational perspectives.

Between 2009-2016 I have been part of a charity 'Bhagavat', where my role was to coordinate and lead different international psychological projects;

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

Yes. I am the author and co-author of scientific articles and specialized texts in psychology and psychotherapy.

My publications and current research interests include topics such as:

- psychological resilience and adaptation;
- Positive and Transcultural Psychotherapy; transcultural dimensions of psychotherapy;
- psychosomatic processes;
- attachment and emotional eating;
- ethics in psychological counselling and psychotherapy;
- narcissism, attachment, and culture.

My current research work particularly explores psychological resilience as a dynamic process and the factors that contribute to adaptation under conditions of uncertainty, as well as the relationships among attachment, personality, coping, social support, stress, and psychological functioning.

Selected publications:

1. **Kabadzhova, G.** (2021). A Comparison of The Adult Attachment Styles in Bulgaria and The United Kingdom. *Психологични изследвания*, 24(2), pp. 168–178, ISSN print 0205-0617.
2. **Kabadzhova, G.** (2021). The COVID-19 situation and attitudes toward parenthood among young people in the country with the fastest-shrinking population in Europe: An empirical study. *Doctoral Readings*, 5/2020, pp. 529–536. Sofia University Press "St. Kliment Ohridski". ISSN 2603-3453.
3. **Kabadzhova, G.** (2021). Why do we postpone childbearing? The relationship between fertility, the Big Five, and narcissism in a low-fertility country. *Bulgarian Journal of Psychology*, 1(4), pp. 33–41. ISSN 0861-7813.
4. **Hancheva, K., Stoyanova, R., Kabadzhova, G., & Makaveeva, T.** (2022). The therapeutic relationship in online interventions: A theoretical review. *Annual of Sofia University "St. Kliment Ohridski"*, pp. 427–436. ISBN 978-619-7433-50-0.
5. **Hancheva, K., Kabadzhova, G., Yordanova, B., & Makaveeva, T.** (2022). The therapeutic relationship in a counselling context: A theoretical review. *Annual of Sofia University "St. Kliment Ohridski"*, pp. 407–426. ISBN 978-619-7433-50-0.

6. **Kabadzhova, G.** (2022). The significance of transference and countertransference in the therapeutic process. *Annual of Sofia University "St. Kliment Ohridski"*, pp. 446–454. ISBN 978-619-7433-50-0.
7. **Kabadzhova, G. N.** (2025). Challenges and ethical standards in psychological counselling. *Applied Psychology and Social Practice*, p. 75. ISSN 2738-8049.

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

    Professional recognition includes academic appointment at Sofia University "St. Kliment Ohridski", membership in the WAPP Research Committee and the Editorial Board of *The Global Psychotherapist*, reviewing for international scientific journals, and invitations to present at national and international professional and scientific events.

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

    - Membership in SPPB - Society for Positive Psychotherapy in Bulgaria
    - Membership in the Bulgarian Association of Hypnosis and Hypnotherapy
    - WAPP member
    - Member of Society of Psychologists in Bulgaria

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?

    Positive Psychotherapy has been an important part of my professional development, both as a psychotherapist and as an academic. Over the years, my involvement in teaching, research, clinical practice and training has also made me think more about how we can strengthen our approach internationally and make it more visible within the wider field of psychotherapy.

    My professional interests have always been focused on the intersection of therapeutic practice and theory. One area in which I would particularly like to contribute is the connection between research and clinical practice. As someone who works both at a university and in private practice, I see these two perspectives as naturally connected. Research should reflect the questions and challenges we encounter in our therapeutic work, while practitioners should have better access to the knowledge produced through research. I believe WAPP can play an important role in bringing these two worlds closer together.

    I would also like to support more international research collaboration within WAPP. We have a unique network of colleagues working in different countries and cultural contexts, and I think we can use this potential more actively. Multicountry studies, stronger cooperation with universities, support for publications, and opportunities for

younger colleagues to participate in research could contribute significantly to the scientific visibility of Positive and Transcultural Psychotherapy.

The transcultural perspective is another aspect of our approach that I consider particularly valuable today. We are practicing psychotherapy in societies affected by migration, uncertainty, polarization and rapid social change. Positive Psychotherapy has a long tradition of looking at the person within their cultural and relational context, and I believe we should communicate this contribution more confidently to the wider professional community.

If elected, I would also like to contribute to maintaining high professional, educational and ethical standards within WAPP while respecting the diversity of our national associations and training traditions. For an international organization, finding this balance is not always easy, but I believe it is essential for our credibility and future development.

I would also like to contribute to the development of consistent, transparent, and equitable training standards across WAPP, ensuring clarity, fairness, and equal opportunities for trainees and professionals regardless of the country or training center in which they pursue their education.

I bring to the Board several perspectives at the same time: those of a practicing psychotherapist, university lecturer and researcher, trainer, reviewer and active member of the international PPT community. Working in these different roles has taught me to look at professional questions from more than one angle and, perhaps more importantly, to work with people who may have different priorities and perspectives.

Coming from Bulgaria with good amount of international experience, I would also be glad to bring a stronger Southeastern European perspective to the Board and to contribute to closer cooperation between colleagues, centres and national associations across different regions of WAPP.

For me, joining the Executive Board would be an opportunity to take greater responsibility for a professional community to which I already feel strongly connected. I would bring curiosity, reliability, academic and clinical experience, and a willingness to do the practical work behind new ideas. Most importantly, I would like to help WAPP remain faithful to the identity of Positive and Transcultural Psychotherapy while continuing to develop as a modern, scientifically engaged and truly international psychotherapy organization.

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

WAPP Head Office · Luisenstrasse 28 · 65185 Wiesbaden · Germany
Tel. +49-6 11-450 34 40, Fax: +49-6 11-450 34 24,
Email: wapp@positum.org, Website: www.positum.org
Registered in Germany: World Association for Positive and Transcultural Psychotherapy (WAPP) e.V.
Amtsgericht Wiesbaden – Registergericht – Nr. VR 3210

Commitment

☐X 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 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, Secretary-General, or chairing one of the WAPP Committees.
- I am committed to collaborating with colleagues across countries and cultures with openness, mutual respect, and without prejudice, regardless of political circumstances.

Date and Place: 25.08.2026

Signature: Galina Kabadzhova Digitally signed by Galina Kabadzhova Date: 2026.08.27 18:56:25 +03'00'

WAPP Head Office · Luisenstrasse 28 · 65185 Wiesbaden · Germany
Tel. +49-6 11-450 34 40, Fax: +49-6 11-450 34 24,
Email: wapp@positum.org, Website: www.positum.org
Registered in Germany: World Association for Positive and Transcultural Psychotherapy (WAPP) e.V.
Amtsgericht Wiesbaden – Registergericht – Nr. VR 3210