WAPP World Association for Positive and Transcultural Psychotherapy (WAPP)

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**:

   Polina Efremova

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

   private practice,

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3. **Field of psychotherapeutic specialization** (e.g. child and youth, couple, family therapy, etc.):
   Adult individual therapy, trauma, immigration transcultural experience

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

   None_____
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5. **City and Country of current Residence**: Figueira da For, 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

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

   Training committee member

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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:

   Moscow Center for positive psychotherapy - director (for 4 years, 2017-2021

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

Scientific Publications

11. Barabanshchikova, V. V., Meshkova, P. R., & Surova, D. N. (2014). Comparison of stress level among school teachers in the period of organizational changes. *Procedia – Social and Behavioral Sciences, 146*, 375–380. https://doi.org/10.1016/j.sbspro.2014.08.131

12. Meshkova, P. R. (2016). Burnout development among counseling psychologists. In *Psychology of Stress and Coping Behavior: Resources, Health, Development. Proceedings of the IV International Scientific Conference*. Kostroma: Nekrasov Kostroma State University.

13. Barabanshchikova, V. V., & Meshkova, P. R. (2016). Burnout syndrome among counseling psychologists and their perceptions of the substantive difficulties of the profession. *Mir Psikhologii [World of Psychology], 4*(88), 131–140. [In Russian]

14. Efremova, P. R. (2020). Organizational and personality factors of burnout among counseling psychologists. *Psikhologicheskii Zhurnal [Psychological Journal], 41*(2), 39–53. [In Russian]

15. Dobiała, E., Gulczyńska, A., Małecki, R., Efremova, P., Ławicka, J., Karmolińska-Jagodzik, E., & Kirillov, I. (2022). Application of the balance model in the analysis of factors responsible for depressive disorders among women in the COVID-19 pandemic. *International Journal of Environmental Research and Public Health, 19*(12), 7361. https://doi.org/10.3390/ijerph19127361

16. Kirillov, I., Efremova, P., Dobiala, E., & Pleshakov, I. (2023). Primary capacities as a predictor of perceived stress, anxiety, and depression in the pandemic crisis of COVID-19. *The Global Psychotherapist, 3*(2), 19–29. https://doi.org/10.52982/lkj195

17. Efremova, P. R. (2025). Facilitating immigrant adaptation through Positive Psychotherapy. In E. Messias & H. Peseschkian (Eds.), *Positive Psychiatry, Psychotherapy and Psychology: Clinical Applications for Positive Mental Health* (2nd ed., pp. 655–667). Springer. https://doi.org/10.1007/978-3-031-94645-5

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

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

    ОППЛ_____
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20. **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?

    WAPP has grown significantly in the last years, opened new fields, created new dimensions of work.

    At this stage of our association we really need structuring where we've come, revising and applying to practice all the innovations. I believe to be pretty good in putting things to practice, as well as structuring and analyzing the needs of participants of our professional community all over the world.

    My immigrant status makes me less politically driven, it allows me represent the interests of our community in general.

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

Commitment

☐ v 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:
__31.08.2026_____

Signature: ____Polina Efremova
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