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**: Julia Dremina
2. **Current Occupation** (private practice, center, hospital, university etc.): Private practice, WellB center https://wellb-centre.ru, WellB Academy https://a-wellb.ru, Lyra Wellbeing Provider
3. **Field of psychotherapeutic specialization** (e.g. child and youth, couple, family therapy, etc.):
   Individual and couple therapy, family therapy, trainings PPT and seminars for business
4. **Academic and Professional Qualifications** (e.g., university degrees, dissertations, professorships, etc.): teaching at the WellB Academy
5. **City and Country of current Residence**: now Moscow, Russia (may be change in future)
6. **Email Address**: 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
8. **Current Role in WAPP** (e.g., Board Member, Committee Member, Working Group Member, National PPT Association Board Member, etc.): Working Group Member, Committee 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 14 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
10. **Publications**: Have you authored scientific articles, books, or specialized texts?
    If yes, please provide examples:

    I have 6 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).
6. Communicate like a psychologist. How to stop fighting with words and bring intimacy back into a relationship

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

11. **Special Achievements**: Have you received any honors, awards, or other forms of recognition? none

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

    EAP, RPA (RUSSIAN PSYCHOTHERAPEUTIC 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?

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

    Throughout this time, I have been passionate about promoting PPT to the general public, and I do a lot of things to make a large number of people want to become part of our community.

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 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: 10/08/2026 Moscow

Signature: Julia Dremina