

CURRICULUM VITAE

1. PERSONAL DETAILS

Dr hab. Agnieszka POPIEL, MD, Ph.D
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2. EDUCATION

The Medical University of Warsaw, Poland; **DIPLOMA OBTAINED:** Physician's Diploma, (M.D) 1993
The University of Warsaw, Faculty of Philosophy (1994-1996)

3. POSTGRADUATE QUALIFICATIONS

Specialisation in Psychiatry 1997;
Research doctorate (Ph.D) - Medical University of Warsaw, 2002
Certificate (License) in Cognitive - Behavioural Therapy of the Italian Association for Behavioural and Cognitive Therapies (SITCC) 2002
License of Cognitive Behavioural Therapist of the Polish Association for Cognitive and Behavioural Therapy 2002
License for Supervision and Didactics of the Polish Association for Cognitive and Behavioural Therapy, 2005
European Association for Behavioural and Cognitive Therapies Accreditation Certificate for Good Practice in CBT, 2010
Habilitation in Social Sciences, University of Social Sciences and Humanities, Warsaw, Poland 2020

4. PROFESSIONAL EXPERIENCE

Present

Since 1996 – **University of Social Sciences and Humanities, Warsaw, Poland**,
present positions: Faculty of Psychology – professor;
Director of the postgraduate School of Cognitive-Behavioural Psychotherapy with a 4-year training program in cognitive and behavioural therapy
Director of the Advanced Clinical Studies and Therapy Excellence Center
Scientific Director of the out-patient Clinic for Cognitive and Behavioural Therapy, SWPS University

Past

2007-2018 – **University of Warsaw** - Interdisciplinary Center for Behavior Genetic Research - Chair of the clinical program for treatment of PTSD "TRAKT". Principal investigator in RCT's TRAKT- I and II
Since 1996 – Private practice - patients with anxiety disorders, depression, personality disorders and stress related disorders
2002 – 2007 Centrum CBT - Founding fellow and school director (2003-2006)
1994 – 2003 The Medical University of Warsaw - Assistant lecturer at the II Department of Psychiatry
1994 – 2004 Nowowiejski Psychiatric Hospital (clinical branch of the Medical University of Warsaw) a resident, since 1997 - psychiatrist

5. OTHER PROFESSIONAL ACTIVITIES

Scientific editor of the translations into Polish of handbooks published in English.

6. OTHER TEACHING EXPERIENCE:

Universita` degli Studi di Milano, Milano, Italy – Socrates - Erasmus programme – 2000
Scuola di Psicoterapia Cognitiva „Aleteia”, Enna, Italy - visiting professor, 2001, 2003, 2004
Trainer in the programme of prevention of the burn-out syndrome among mental health

professionals (Middlesex University, GB) 2003
Invited lectures during national conferences of:
Czech Association for CBT (Kromeriz, 2002,2004)
Hungarian Association for CBT (Balatonfured, 2005)
Slovak Association for CBT (Liptovsky Mikulas 2007)
Il Congresso Nazionale Societa Italiana di Medicina Psicosociale. (Catania, 2007)
Development of several training programs (1 day workshops) on basics of CBT for psychiatrists and neurologists – in collaboration with pharmaceutical companies (more than 1000 psychiatrists and neurologists trained between 2004-2006)
Lithuanian Association for CBT – workshops and supervisions in 2007, 2010, 2013
Latvian Association for CBT – workshop and supervision in 2012
University of Buenos Aires, Argentina – keynote lecture, 2018

7. RESEARCH EXPERIENCE

1. “Psychological causes and consequences of road accidents” (PL088) a project financed from the funds of EEA Financial Mechanism and Norwegian Financial Mechanism and Ministry of Science and Higher Education (E013/H03/2007/01/85/1). Main contractor (manager of PTSD therapy programme). Project duration: January 2008 – 31 March 2011
2. “Factors determining effectiveness of cognitive behavioural therapy if post-traumatic disorders” Grant from the Ministry of Science and Higher Education N N106 360 937 Contractor (managing a team of clinicians, diagnosis of post-traumatic disorders, preparing modified therapy protocols). Project duration: 1 Dec 2009 - 30 Nov 2012
3. “PTSD: Diagnosis Therapy Prevention” a grant from the National Centre of Science 2012/06/A/HS6/00340 2013-2018 - main contractor, manager of PTSD therapy programme.
4. “E-COMPARED” Project (European Comparative Effectiveness Research on Internet-based Depression Treatment) is delivered as part of 7 Framework Programme of European Union (project number 603098) for research of mental health treatment using Internet in Europe –
5. “Innovative IT training/therapy programme for mitigating negative results of professional stress in medical personnel” (Grant from NCBiR and CIOP No. I.N.16) - subject-matter consultation of Med-Stres Internet training/therapy programme.

8. ORGANIZATIONAL EXPERIENCE

At the Polish Association for Cognitive and Behavioural Therapy (PTTPB)

Founding Fellow (1998)

Positions: President 1999-2005; 2008-2010, Member of a Scientific-Didactic Committee 2004-2006, 2008-2012. All the time, except 2004-2006 EABCT representative, since 2012 only the EABCT Representative

Initiator and organizer of the **PTTPB (accredited) trainings:**

- **in cognitive-behavioural therapy**, since 1998:
- **In supervision**, since 2003

EABCT- European Association for Behavioural and Cognitive Psychotherapies

Volunteered functions:

- member of "Working group for training and supervision" European Association for Behavioural and Cognitive Therapies – from September 2015
- member of the Accreditation Committee from September 2021
- 2014 Nomination for president of European Association for Behavioural and Cognitive Therapies (by societies from: UK, Hungary, Croatia, and Poland)
- 2000 - until now a Representative of Polish Society of Cognitive and Behavioural Psychotherapy
 - in European Association for Behavioural and Cognitive Therapies

Membership in scientific and advisory committees of international conferences:

1. World Congress of Behavioural and Cognitive Therapies Berlin, July 2019, Germany – member of Scientific Support Group
2. 20 years of PTPPB Cognitive-behavioural therapy in Poland and worldwide, Gdańsk, May 2018 – member of scientific committee
3. IV International Scientific Conference PTPPB „The multiple in the single,” April 2016 Warsaw - member of scientific committee
4. 9th Congress IACP, July 2017, Cluj-Napoca, Romania – member of scientific committee
5. World Congress of Behavioural and Cognitive Therapies, 2013, Lima, Peru – member of international advisory committee
6. EABCT Congress European Association for Behavioural and Cognitive Therapies Marrakesh, Morocco 2013 – member of scientific committee
7. World Congress of Behavioural and Cognitive Therapies, 2010, Boston, USA – member of international advisory committee

Organisation of conferences (above 250 participants) and membership in scientific committees

8. International scientific conference "Posttraumatic Disorders – Risk Factors, Concepts, Treatment", Warsaw. July 2010 (ICGZ UW, PTPPB, SWPS) – member of scientific committee and chairperson of the organisational committee
9. III PTPPB International Scientific Conference "Cognitive-behavioural psychotherapy - in the search of effective methods of treatment, Warsaw, 2009 - chairperson of the scientific and organisational committee.
10. II PTPPB Scientific Conference The place of cognitive-behavioural psychotherapy in the treatment of mental disorders. Warsaw-Powsin 1-3 October 2004 (in cooperation with CBT Centre) – chairperson of the scientific and organisational committee
11. I PTPPB International Scientific Conference "Cognitive-behavioural psychotherapy in psychiatry. Konstancin – Jeziorna 9-11 March 2001, chairperson of the organisational committee.

9. AFFILIATIONS

Polish Association for Cognitive and Behavioural Therapy; Polish Psychiatric Association

10. SELECTED PUBLICATIONS - in the appendix

11. AWARDS

1. Scientific award from Rector of SWPS, 2009, for monograph: Popiel, A., Prąglowska E. (2008) Cognitive-behavioural psychotherapy. Theory and practice. Warsaw. Paradigm
2. A diploma from Rector of University of Warsaw, 2009 for co-authoring book by J. Strelau, B. Zawadzki, M. Kaczmarek (ed.): Mental consequences of trauma. Determinants and therapy. SCHOLAR Publishing House
3. Medal of honour for the twentieth anniversary of PTPPB, 2018.
3. Medal of honour for the 25 anniversary of SWPS UNIVERSITY, 2021.

12. FOREIGN LANGUAGES:

Fluent English and Italian, basic Russian



Agnieszka Popiel - CV APPENDIX - **SELECTED PUBLICATIONS**

ARTICLES (in English only):

Cyniak-Cieciura, M., **Popiel, A.**, Kendall-Tackett, K., & Zawadzki, B. (2021). Neuroticism and PTSD symptoms: Gender moderates the mediating effect of peritraumatic emotions and dissociation. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0001065>

Zawadzki, B., **Popiel, A.**, Cyniak-Cieciura, M., Glibowska, A. (2018). Features of the Five-Factors Model (FFM) and PTSD symptoms: results of prospective and cross-section studies, in: *Psychology Review*, 61(3), 403-415

Bielecki, M., **Popiel, A.**, Zawadzki, B., Sędek, G. (2017). Age As Moderator of Emotional Stroop Task Performance in Posttraumatic Stress Disorder (PTSD). *Frontiers in Psychology*, 19 September 2017, <https://doi.org/10.3389/fpsyg.2017.01614>.

Cyniak-Cieciura, M., Staniaszek, K., **Popiel, A.**, Pragłowska, E., Zawadzki, B. (2017) The structure of PTSD symptoms according to DSM-5 and IDC-11 proposal: A multi-sample analysis. *European Psychiatry*, 44, 179 – 186, DOI:10.1016/j.eurpsy.2017.02.491.

Zawadzki, B., **Popiel, A.** (2017). Diagnosing personality disorders: selected diagnostic methods and models. *Psychology Yearbook*, 20(2). 235-239.

Popiel, Keegan (2017). Personality disorders – short historical introduction. *Psychology Yearbook*, 20(2). 247-264

Zawadzki, B., **Popiel, A.**, Pragłowska, E., Newman, C. (2017). Characteristics of disadaptive beliefs in personality disorder: psychometric characteristics of the Polish translation and travesty of Personality Beliefs Questionnaire. *Psychology Yearbook*, 20(2), 337-354.

Staniaszek, K., **Popiel, A.** (2017). Diagnosis of early disadaptive schema – preparation and validation of Polish abridged version of Young Schema Questionnaire (YSQ-S3-PL). *Psychology Yearbook*, 20(2), 373-399.

Cyniak-Cieciura, M., **Popiel, A.**, Zawadzki, B. (2016). Level of general sense of personal effectiveness and changes of negative post-traumatic convictions and symptoms of post-traumatic stress disorder (PTSD) in victims of road accidents. *Psychology Review*, 53(1), 18-29.

Popiel, A., Zawadzki, B., Pragłowska, E., Teichman, Y. (2015). A randomized controlled trial of prolonged exposure, paroxetine and combined treatment for PTSD following a motor vehicle accident – The “TRAKT” Study. *Journal of Behavior Therapy and Experimental Psychiatry*, 48, 17–26.

Popiel, A., Zawadzki, B. (2015). Psychometric properties of the Polish version of “Interview on Trauma Related Guilt” (TRGI-PL), *Polish Psychiatry*, 49(5), 1089-1099

Zawadzki, B., **Popiel, A.**, Cyniak-Cieciura, M., Jakubowska, B., Pragłowska, E. (2015). PTSD diagnosis using structured clinical interview SCID-I. *Polish Psychiatry*, 49(1), 159-169.

Popiel, A. (2014). Cognitive therapy of guilt related to trauma in persons with PTSD. *Polish Psychiatry*, 48(3), 615–625.

Popiel A., Zawadzki B. (2014). Temperamental traits as predictors of effectiveness of psychotherapy (prolonged exposure) for PTSD in a group of motor vehicle accident survivors. *Current Issues in Personality Psychology*, 1, 43-50

Dragan, M., Lis-Turlejska, M., **Popiel, A.**, Szumiał, S., Dragan, W. (2012). The validation of the polish version of the Posttraumatic Diagnostic Scale and its factor structure. *European Journal of Psychotraumatology*, 3, 18479. doi:10.3402/ejpt.v3i0.18479.

Zawadzki B., **Popiel A** (2012) Temperamental Traits and Severity of PTSD Symptoms. *Journal of Individual Differences*.33, 4, 257-267

Popiel, A., Zawadzki, B. (2015). Psychometric properties of the Polish version of "Interview on Trauma Related Guilt" (TRGI-PL), *Polish Psychiatry*, 49(5),1089-1099

Zawadzki, B., **Popiel, A.**, Cyniak-Cieciura, M., Jakubowska, B., Pragłowska, E. (2015). PTSD diagnosis using structured clinical interview SCID-I. *Polish Psychiatry*, 49(1), 159-169.

Popiel, A., Zawadzki, B. (2013). Temperamental traits as predictors of effectiveness of psychotherapy (prolonged exposure) for PTSD in a group of motor vehicle accident survivors. *Current Issues in Personality Psychology*,

BOOKS (in Polish)

Popiel, A., Zawadzki, B., Pragłowska, E., Habrat, P., Gajda, P. (2019). *Efficient in stress. A programme for PTSD prevention for persons exposed to professional traumatization*. Gdańsk: Gdańsk Psychology Publishing House.

Popiel, A., Zawadzki, B., Pragłowska, E. (2019). *Efficient in stress. Personal toolbox*. Gdańsk: Gdańsk Psychology Publishing House.

Popiel, A., Pragłowska E. (2008) *Psychoterapia poznawczo-behawioralna. Teoria i praktyka*. (Cognitive Behavioural Psychotherapy. Theory and Practice). Warszawa. Paradygmat

Popiel A. (ed.) (2009). *Psychoterapia poznawczo-behawioralna - w poszukiwaniu skutecznych metod leczenia*. (Cognitive Behavioural Psychotherapy. In search for effective methods of treatment) PTPB, Warszawa

Popiel, A., Pragłowska E.(ed) (2013). *Superwizja w psychoterapii poznawczo-behawioralnej. Koncepcje, procedury, narzędzia*.(Supervision in CBT. Concepts, procedures, tools) Kraków. Wydawnictwo Uniwersytetu Jagiellońskiego

BOOK CHAPTERS (in Polish):

Zawadzki, B., **Popiel A.**, Pragłowska, E. (2021) Temperamentalna reaktywność emocjonalna a objawy PTSD... W. M. Dragan, M. Rzeszutek (red) *Z badań nad traumą psychiczną w Polsce*. Wydawnictwo naukowe Scholar, Warszawa

Popiel, A., Zawadzki, B., Bielecki, M., Mroziński, B., Pragłowska, E (2021). Czy doświadczenie pandemii może prowadzić do pourazowego zaburzenia stresowego (PTSD)? Wyniki badania COVID-STRES. W: W. J. Paluchowski, L. Bakiera (red.). *Psychologiczny i społeczny obraz pandemii*. Poznań: Wyd. UAM.

Popiel A., Pragłowska E. (2009): Psychopatologia reakcji na traumatyczne wydarzenia. W: J. Strelau, B. Zawadzki, M. Kaczmarek (red.): *Konsekwencje psychiczne traumy. Uwarunkowania i terapia*. Wydawnictwo Naukowe SCHOLAR, 34-59

Popiel A., Pragłowska E. (2009): Terapia zaburzeń potraumatycznych. W J. Strelau, B. Zawadzki, M. Kaczmarek (red.): *Konsekwencje psychiczne traumy. Uwarunkowania i terapia*. Wydawnictwo Naukowe SCHOLAR, 343-370

Popiel A., Pragłowska E. (2009) Zaburzenie stresowe pourazowe (PTSD)- specyfika poznawcza. W. A. Brzezicka i I. Krejtz (red). *Neuropoznawcza perspektywa w psychopatologii*.(s 75-92). Poznań, Stowarzyszenie Psychologia i Architektura

Popiel A., Pragłowska E. (2011) *Terapia poznawczo-behawioralna*. W: L. Grzesiuk, H. Suszek (red.): *Psychoterapia. Szkoły i metody*. Eneteia

Popiel A., Pragłowska E. (2012) *Psychoterapia poznawczo-behawioralna*. Psychiatria W: A. Bilikiewicz, S. P. użyński, J. Rybakowski, J. Wciórka (red.), *Psychiatria. Psychiatria kliniczna (tom 4)*. Wrocław: Wydawnictwo Medyczne Urban & Partner.