

# Annual Report - Poland

## Ewa Gruszczynska **Conferences and meetings**

*University of Social Sciences and Humanities*

During the past year two meetings of the Health Psychology Section of Polish Psychological Association took place: one in November 2014 and the second one in October 2015. The latter held an election as a 3-year term of the board came to the end. The new board is as follows:

-President: Helena Wrona-Polańska, Jagiellonian University, Cracow

-Vice-President: Michał Ziarko, Adam Mickiewicz University, Poznan

-Secretary: Agnieszka Pasztak-Opiłka, Silesian University, Katowice

-Members: K. Bargiel-Matusiewicz, E. Gruszczynska, T. Ostrowski, D. Włodarczyk

The Section comprises of 66 members now.

A national health psychology conference entitled "With Psychology for Health: Prevention and Promotion – Myth or Reality?" was held in Gdansk in May 2015. Organizers: Institute of Psychology of the University of Gdansk, Health Psychology Section of the Polish Psychological Association, Health Psychology Unit of Gdansk University of Physical Education and Sport. It was the tenth, thus jubilee conference, with 20 years of tradition behind it (it is a biennale event). It informs about the stability and maturity of health psychology as a scientific discipline in Poland.

## Legislation

The Ministry of Labour and Social Policy has been continuing work on a new regulation act. The process has been slow, but progressive. However, it is difficult to envisage when it will be completed. Thus, once again, it can be stated that the legal recognition of psychology as a profession is still far from the satisfactory in spite of the fact that the attempts to regulate this issue started nearly 15 years ago.

## Education

There have been no significant changes regarding educational scheme for studying psychology. Psychology can be studied in a 5-year cycle or in two cycles (a 3-year bachelor's and a 2-year master's degree, separately), although this second option is significantly less popular. All major universities provide health psychology modules but they have different status in curricula, not always making up a coherent health psychology master's programme, which if exists, is usually called 'specialization'. Due to the mentioned reasons in the paragraph above there is no formal certification in health psychology.



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