

Curriculum Vitae

Name Anna Zajenkowski (Wasiela) E-mail zajenkowska@gmail.com, azajenkowska@aps.edu.pl

EDUCATION

Psychology

- 2019 **Habilitation**, University of Warsaw
2009 **PhD**, Psychology, University of Warsaw
1998-2003 **M. A.**, Psychology, University of Warsaw
2001-2002 **Graduate courses** in Economic Psychology and Music Psychology, Vienna University

Psychotherapy

- 2015 **Psychotherapist Certificate - Polish Society of Psychology**
2015 **Group Analyst Certificate - Institute of Group Analysis RASZTOW**
2016 Training: **Mentalization Based Treatment**, introductory & practitioner level
2010-2013 **Institute of Group Analysis RASZTOW**; 4-year training in group therapy

Business

- 2008-2009 **Post Graduate School** in Central Banking and Monetary Policy, Institute of Economic Sciences, Polish Academy of Sciences
2003-2005 **M. A.**, International Commerce, Korea University (Seoul, Korea)

WORK EXPERIENCE

Current

- 2012- **Maria Grzegorzewska University, Institute of Psychology**, Associate Professor, Chair of the Social Psychology Department & the Doctoral School (from 2019)

- Research and teaching in intercultural and social psychology

- 2011- **Dialog, therapy center**, Psychotherapist

- Group and individual psychotherapy

Clinical

- 2008-2012 **Women's Rights Centre**, Psychologist/Psychotherapist

- Group and individual psychotherapy

Projects

- 2013-2014 Chair of the National Board of **Family Justice Center** in Poland - an EU (DAPHNE) sponsored project aimed to established FJC in Europe
2011-2012 **Helsinki Foundation for Human Rights**, project of intercultural communication and human rights - expert responsible for the merit and preparation of an intercultural training for trainers, textbook co-author and trainer in the project

Teaching

- 2008-2013 **National Defense Academy, Lazarski University validated studies with University of Wales, Warsaw University, School of Social Sciences and Humanities**, Guest lecturer - lectures in intercultural psychology and management

Business & Trainings

- 2008-2016 **National Bank of Poland**, Senior Specialist
- 2007-2008 **Hyundai/ Kia Automotive Group**, Human Resources Assistant Manager (Seoul, Korea)
- Development and delivery of internal and overseas *intercultural trainings*
 - Establishment and development of communication channels within the organization
 - Implementation of Global HR Standards
- 2005-2007 **Samsung Electronics** (Seoul, Korea)
- Participant of the Samsung Global Management Trainee Program
- Corporate Human Resources Team, Education & Training Assistant Manager
- Training development and delivery
- Computer System Division, Marketing Assistant Manager in Strategic Marketing Department
- Execution of Intel Insight Program for Europe and Asia
 - Development and delivery of internal and overseas trainings on Intel's and Microsoft's marketing programs and strategies
 - Preparation of ATL and BTL materials for European/Asian markets
- Computer System Division, Account Manager in Sales & Marketing Department
- Management of laptop sales in Portugal and Spain
 - Planning and implementation of sales strategy
 - Pricing and line-up management
- 2002-2003 **McCann Erickson**, Junior Account Manager
- Management of key accounts
 - Preparation of ATL and BTL materials
- 2002 **Sensor Marktforschung**, Intern (Vienna, Austria)
- Preparation, conduct and analysis of market research
- 2002 **Embassy of the Republic of Poland**, Intern (Vienna, Austria)
- 2002 **Tomatis Institute**, Teacher (Vienna, Austria)

CONFERENCES

- 2019 Polish Society of Psychology Congress, Poznan, organizing a symposium: *Social information processing – from infancy to pathology. Using eye-tracking technique to understand how people perceive and interpret social events*, presentation: *Ambiguity in the eyes of females, males and violent offenders*
- 2019 International Society for the Studies of the Individual Differences Conference, Florence, poster: *Individual Differences in Happiness and Hostile Attributions In A Cross Cultural Context; How different parts of self relate to hostile attributions?; Ambiguity in the eyes of violent male offenders*
- 2018 International Society for Research on Aggression Conference, Paris, presentation: *How sensitivity to provocation shapes encoding and interpretation of ambivalent scenes in an eye tracking study*
- 2017 International Society for the Studies of the Individual Differences Conference, Warsaw, poster: *The healing power or relations? Hostile attributions in relation to trait anger and positive relations with others*

- 2016 XIII conference of Polish Association of Social Psychology, organizing a symposium o social information processing, presentation: *How social situations interpretation, though and behaviors influence psychological well-being*
- 2016 Time Perspective CPH 2016: Celebrating Time, Copenhagen, poster: *Uncovering the complex associations between Time Perspectives and Aggression*
- 2016 Conference Refugees and migrants in Poland – socio-cultural, pedagogical and ethical challenges, Warsaw, presentation: couch for Poland or Poland for Poles, group-analytic analysis of polish society
- 2015 International Society for the Studies of the Individual Differences Conference, London (Canada), presentation: *Communion-orientation as an antidote for aggressive behaviour among high provocation sensitive individuals*, poster: *Aggression in relation to the time perspective and the individual vulnerability to situations causing frustration. Comparison between Polish and German Buddhists and Catholics*
- 2014 Polish Society of Psychology Congress, Bydgoszcz, presentation: *Sex differences in managing strategies of the emotions of others with regard to individual propensity to experience aggressive feelings in provoking and frustrating situations*
- 2014 21st World Meeting of the International Society for Research on Aggression, Atlanta, posters: *Mediating effect of social representations of aggression between individual sensitivity to provocations or frustrations and manifestation of aggression; The role of individual sensitivity to Provocations and Frustrations in the relation between harsh discipline and readiness for aggression in Poland and the USA*
- 2014 International Congress for Cross-Cultural Psychology IACCP, Reims (July), presentation: Temperament, living conditions and mental health indicators: A comparison study of Poles and Koreans, Cross-cultural Sex Differences in Situational Triggers of Aggressive Responses
- 2013 International Society for the Study of Individual Differences Conference in Barcelona symposium presentation: Why certain time perspectives makes people aggressive? Mediating effect of situational triggers of aggressive behaviors
- 2011 International Society for the Study of Individual Differences Conference in London - poster: *Temperament as a mediator between culture and cognition*
- 2010 XII International European Association of High Ability Congress, Paris – poster: *Music Influence on Cognitive Abilities in Relation to Temperamental Characteristics - an Intercultural Comparison*
- 2010 Developmental Psychology Conference, Lodz – presentation: *Intercultural differences in cognitive abilities exemplified by concentration and verbal fluency*
- 2010 Economic Psychology Conference, Gdansk - presentation: *Confucian and Protestant work ethic among Polish and Korean employees and entrepreneurs*
- 2009 XVI European Society for Cognitive Psychology Conference, Krakow – poster: *Music Influence on Cognitive Abilities in Relation to Temperamental Characteristics - an Intercultural Comparison*

Psychotherapeutic

- 2019 International Dialogue Initiative 16th Meeting, Vienna, Austria
- 2018 European Federation of Psychoanalytic Psychotherapy conference, Belgrad, Serbia, presentation: *Mentalizing Poland on the couch*
- 2018 Large Groups and Their Destinies 1918 - 2018, an international interdisciplinary conference, Prague, Czech Republic, presentation: *Culture, communication and Group processes*
- 2017 Profectus, Krakow, presentation: *Poland on the couch*
- 2017 European Federation for Psychoanalytic Psychotherapy, group section delegates' meeting
- 2016 European Group Analytic Training Institutions Network EGATIN Study Days
- 2014 Poland on the couch, an international interdisciplinary conference - Warsaw, Poland

GRANTS

- National Science Centre Grant: Can hostile attribution of reality be changed? Psychological factors reducing hostile attributions (UMO-2017/26/D/HS6/00258)
- Coauthor and trainer in Public Affairs Institute projects financed from EU funds:
 - Cross-cultural dialog, 15/10/EFI/2013, (2014-2015), European Union grant for the integration of immigrants
 - Psycho-education and knowledge - a way to integration, (2010-2012), 12/6/EFU/2009, European Union grant for the integration of refugees
- Internal university grants:
 - 2017 Hostile attributions and communal orientation
 - 2014 Differences in sensitivity to provoking or frustrating situations and social representations of aggression among Poles and Koreans
 - 2013 Sex differences in situational triggers of aggressive responses and social representations among different populations in Poland

AWARDS

- 2020 Rector award for scientific achievements
- 2019 Rector award for scientific achievements
- 2017 Rector award for scientific achievements
- 2016 Young Outstanding Researcher Award - Ministry of Higher Education
- 2015 Honorary member of a doctors' council - reviewing scientific books for Teofrast award
- 2015 Robert Zajonc Best Young Researcher, Polish Association for Social Psychology
- 2015 Rector award for scientific achievements
- 2014 Rector award for scientific achievements
- 2013 Rector award for scientific achievements
- 2013 Blazej Szymura Award, International Society for the Studies of the Individual Differences
- 2011 Blazej Szymura Award, International Society for the Studies of the Individual Differences
- 2009 Award for an extraordinary PhD dissertation, Psychology Department, University of Warsaw

SCHOLARSHIPS & FELLOWSHIPS

2019	The Volkan Scholarship from International Dialogue Initiative
2018	University Of Tuebingen (September) research project preparation, visiting prof. Michael Schoenberger
2016	Rector scholarship for scientific achievements
2014	Rector scholarship for scientific achievements
2014	Erasmus for academic teachers, Universidad de Sevilla (23.01-31.01) – guest lecturer under supervision of prof. Manuel L. de la Mata Benítez
2008	Austrian Collage Scholarship for an International Conference in Alpbach (Austria) – <i>European Forum Alpbach, Communication and Networks</i>
2003	Global Scholarship Program sponsored by Samsung Electronics, 2-year M.A. course at Korea University and 2-year contract in Samsung Headquarters (Seoul, Korea)
2001	European Union Erasmus-Socrates scholarship, graduate course at Vienna University

PUBLICATIONS

Journal papers:

- Zajenkowska, A., Bower Russa, M., Skrzypek, M., Rogoza, R., Park, J., Jasielska, D. (2020, in press). Cultural influences on Social Information Processing: Hostile attributions in the US, Poland and Japan. *Journal of Personality Assessment*.
- Zajenkowska, A., Rajchert, J., Lawrence, C. (2020, in press). Gender differences in judging intentionality. How the reaction time and sensitivity to provocation moderates this relation. *Personality and Individual Differences*.
- Zajenkowska, A., Jasielska, D., Rajchert, J., Nawrocka, K., Macianowicz, O., Smoleń, M., Bodecka, M. (in press). Wellbeing and sense of coherence among female offenders and non-offenders – The importance of education. *The Prison Journal*.
- Jasielska, D., Rogoza, R., Russa, M. B., Park, J., & Zajenkowska, A. (2020). Happiness and Hostile Attributions in a Cross-Cultural Context: The Importance of Interdependence. *Journal of Happiness Studies*, 1-17.
- Zajenkowska, A., & Rajchert, J. (2020). How sensitivity to provocation shapes encoding and interpretation of ambivalent scenes in an eye tracking study. *Journal of Cognitive Psychology*, 32(2), 180-198.
- Zajenkowska, A., Barycka, J., & Chotkowska, K. (2020). Borderline personality disorder level predicts change in depressiveness after short-term group psychotherapy: A study in a daily psychiatric clinic. *Counselling and Psychotherapy Research*, 20(2), 380-384.
- Zajenkowska, A., Prusik, M., & Szulawski, M. (2020). What Does the Ambiguous Intentions Hostility Questionnaire Really Measure? The Importance of Context in Evaluating Hostility Bias. *Journal of personality assessment*, 1-9.
- Jasielska, D., Rogoza, R., Zajenkowska, A., & Russa, M. B. (2019). General trust scale: Validation in cross-cultural settings. *Current Psychology*, 1-11.

- Zajenkowska, A., Rajchert, J., Macianowicz, O., Holas, P., & Murawic, S. (2019). Cognitive-Behavioral (CBT) and Psychodynamic (PDT) Group Psychotherapy and Their Impact on Depressive Symptoms and Hostile Attributions. *International Journal of Group Psychotherapy*, 1-25.
- Konopka, K., Zajenkowska, A., Dominiak-Kochanek, M. (2018). The relation of sensitivity to provocation and frustration to direct aggression: the mediating role of beliefs about aggression / La relación entre la sensibilidad a la provocación y a la frustración y la agresión directa: el papel mediador de las creencias sobre la agresión. *Revista de Psicología Social*, 1-30.
- Maciantowicz, O. Witowska, J., Zajenkowska, A., Bodecka, M., Skrzypek, M. (2017). Relacja narcyzmu wielkościowego i wrażliwego z typem popełnionego przestępstwa wśród osadzonych w polskich zakładach karnych. *Psychiatria*, 4.
- Zajenkowska, A., Ulatowska, J., Prusik, M., & Budziszewska, M. (2017). Be Careful What You Wish For! Desired and Actual Behavior Inconsistency in Frustrating and Provoking Situations as Predictors of Depression. *Studia Psychologica*, 59(4), 243-255.
- Zajenkowska, A., Jasielska, D., & Melonowska, J. (2017). Stress and Sensitivity to Frustration Predicting Depression among Young Adults in Poland and Korea-Psychological and Philosophical Explanations. *Current Psychology*, 1-6.
- Mylonas, K., Lawrence, C., Zajenkowska, A., & Russa, M. B. (2017). The Situational Triggers of Aggressive Responses scale in five countries: factor structure and country clustering solutions. *Personality and Individual Differences*, 104, 172-179.
- Jankowski, K. S., Zajenkowski, M., Stolarski, M., Styła, R., Zajenkowska, A., Jędrasik-Styła, M., & Linke, M. (2016). Polish Version of the Managing the Emotions of Others Scale (MEOS) Psychometric Properties and Validation. *Psychological Reports*, 118(2), 532-543.
- Stolarski, M., Zajenkowski, M., & Zajenkowska, A. (2016). Aggressive? from Time to Time... Uncovering the Complex Associations between Time Perspectives and Aggression. *Current Psychology*, 1-10.
- Zajenkowski, M., Zajenkowska, A. (2015). Intelligence and aggression: the role of cognitive control and test related stress. *Personality and Individual Differences*, 81, 23-28.
- Zajenkowska, A., Jankowski, K. S., Mylonas, K., Rajchert, J. (2015). Coffee consumption and propensity to experience aggressive feelings in provoking and frustrating situations. *Current Issues in Personality Psychology*, 3(2), 105-111.
- Witowska, J., Zajenkowska, A. (2015). Anger and life satisfaction among Buddhists and Catholics in Poland and in Germany. *Psychologia Wychowawcza*; 49/7, 171-181
- Zajenkowska, A., Konopka, K. (2015). Communion-orientation as an antidote for aggressive behaviour among high provocation sensitive individuals. *Personality and Individual Differences*, 76, 62-67.
- Zajenkowska, A., Zajenkowski, M. & Jankowski, K. S. (2015). The relationship between mood experienced during an exam, proneness to frustration and neuroticism. *Learning and Individual Differences*, 37, 237-240.
- Zajenkowska, A., Mylonas, K., Lawrence, C., Konopka, K. & Rajchert, J. (2014). Cross-cultural sex differences in situational triggers of aggressive responses. *International Journal of Psychology*, 49, 5, 355-363.

- Zajenkowska, A., Zimmerman, J.M. (2014). Relative Culture: A study on contexting and extraversion among American and Polish expatriates. *Baltic Journal of Management*, 9/1, 2-21.
- Zajenkowska, A., Jankowski, K., Lawrence, C. & Zajenkowski, M. (2013). Relationship between Five-Factor personality traits and individual responses to aggression-triggering events among offenders and students. *Personality and Individual Differences*, 55/8, 947–951.
- Zajenkowska, A., Zajenkowski, M. (2013). Temperament and Living Conditions: A Comparison Study of Poles and Koreans. *Stress and Health*, 29/1, 64–69.
- Domurat, A., Zajenkowska, (2012). Confucian and Protestant work ethics among Polish and Korean employees and small business owners. *Journal of Intercultural Communication*, issue 29.
- Wasiela, A. (2010). Korean work ethics – modern but still Confucian. *Asia & Pacific Studies*, 7, 139–158.
- Wasiela, A. (2004). Wpływ muzyki na wybrane aspekty funkcjonowania człowieka. *Nowiny Psychologiczne*, 3, 31-44.
- Wasiela, A. (2004). Wpływ muzyki uspokajającej i pobudzającej na wyniki w teście koncentracji uwagi u ekstrawertyków i introwertyków. *Nowiny Psychologiczne*, 2, 77-90.

Book chapters & books:

- Zajenkowska, A., & Levin, U. (ed.) (2019). *A Psychoanalytic and Socio-Cultural Exploration of a Continent: Europe on the Couch*. Routledge: London.
- Friedman, R., Levin, U. & Zajenkowska, A. (2019). My Europe: a continent between rejection and re-inclusion. W: A. Zajenkowska and U. Levin (ed.). *A Psychoanalytic and Socio-Cultural Exploration of a Continent: Europe on the Couch*. Routledge: London.
- Zajenkowska, A. (ed.) (2016). *Polska na kozetce - siła obywatelskiej refleksyjności*. Sopot: Smak Słowa
- Zajenkowska, A., (2016). Czy Polska jest krajem wielkim, czy takim jak inne? W: A. Zajenkowska (red.). *Polska na kozetce, siła obywatelskiej refleksyjności*. (s. 11-22). Smak Słowa: Sopot.
- Zajenkowska, A. (2013). Komunikacja międzykulturowa.: W: J. Frelak, W. Klaus (red.). *Inspirator wielokulturowy*. (s.40-54). Warsaw: Instytut Spraw Publicznych.
- Zajenkowska, A. (2013). Scenariusze warsztatów.: W: J. Frelak, W. Klaus (red.). *Inspirator wielokulturowy*. (s.115-130). Warsaw: Instytut Spraw Publicznych.
- Zajenkowska, A. (2012). Czynniki kulturowe w psychoterapii na przykładzie empatii. W: L. Grzesiuk i H. Suszek (red.). *Psychoterapia. Pogranicza*. (s.291-303). Warsaw: ENETEIA
- Zajenkowska, A. (2012). Kultura a komunikacja. W: A. Chmielecka. (red.). *Od migracji do integracji. Vademecum*. (s.115-121). Warsaw: Helsińska Fundacja Praw Człowieka
- Zajenkowska, A. (2011). Wybrane metody zastosowania muzyki specyficznej kulturowo. Czy świat muzyki może stać się globalną wioską? W: E. Czerniawskiej (red.). *Muzyka i my. O różnych przejawach wpływu muzyki na człowieka*. Warsaw: Difin

LANGUAGES

English – fluent, Cambridge Advanced Exam

German – fluent, Mittelstufe

Korean – intermediate

Spanish – basic

ADDITIONAL ACTIVITIES

- Associate Editor in Journal of Mental Health & Addiction
- Representative in Group Psychotherapy Section of European Federation for Psychoanalytic Psychotherapy in the Public Sector
- Coordinator of the Scientific Section of Group Analysis Institute Raszow
- Member - Group Analysis Institute Raszow (IAGR), International Society for Research on Aggression (ISRA – to be renewed); Polish Society of Psychology (PTP)
- Reviewer in Asian Journal of Social Psychology, Baltic Journal of Management, European Journal of Psychology, Psychology and Neuroscience, Journal of Health Psychology.