

## Curriculum Vitae

Name:	Anna Zajenkovksa (Wasiela)	Phone number:	+48 723 109 266
Date and place of birth:	28.05.1979, Lodz	E-mail:	<a href="mailto:zajenkovska@gmail.com">zajenkovska@gmail.com</a>

### EDUCATION

#### Psychology

- 2009 **PhD**, Psychology, University of Warsaw
- Dissertation: *Music Influence on Cognitive Abilities in Relation to Temperamental Characteristics - an Intercultural Comparison*
- 1998-2003 **M. A.**, Psychology, University of Warsaw
- Master's thesis: *Influence of Music on Concentration in Accordance to Extroversion vs. Introversion*
- 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 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)
- Master's thesis: *Korean work ethics: Modern but still Confucian*

### WORK EXPERIENCE

#### Current

- 2012- **Maria Grzegorzewska University, Institute of Psychology**, Adjunct Professor, Head of Social Psychology Department
- Research and teaching in intercultural and social psychology
- 2011- **Dialog, therapy center**, Psychotherapist
- Group and individual psychotherapy (including Polish and foreign patients)

#### 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

2010 **Samsung Electronics Poland, Intercultural training** for the Korean Management

2008-2016 **National Bank of Poland**, President's Office, 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

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 on social information processing, presentation: *How social situations interpretation, thought 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**

- 2017 European Federation for Psychoanalytic Psychotherapy, group section delegate
- 2016 European Group Analytic Training Institutions Network EGATIN Study Days
- 2014 Poland on the couch - Warsaw, Poland, general organizer

## GRANTS

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

Ministry of Higher Education grant for increasing scientific potential:

- 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

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

## SCHOLARSHIPS & FELLOWSHIPS

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:

- Konopka, K., Zajenkovska, A., Dominiak-Kochanek, M. (2017). 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., Zajenkovska, A., Bodecka, M., Skrzypek, M. (2017, w druku). Relacja narcyzmu wielkościowego i wrażliwego z typem popełnionego przestępstwa pośród osadzonych w polskich zakładach karnych. *Psychiatria*, nr. 4.
- Zajenkovska, A., Ulatowska, J., Prusik, M., Budziszewska, M. (w druku). Be careful what you wish for! Desired and actual behaviour inconsistency in frustrating and provoking situations as predictors of depression. *Studia Psychologica*.
- Zajenkovska, 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. (IF 0,49)
- Mylonas, K., Lawrence, C., Zajenkovska, 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., Zajenkovska, 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. (IF 0.53)
- Stolarski, M., Zajenkowski, M., & Zajenkovska, A. (2016). Aggressive? from Time to Time... Uncovering the Complex Associations between Time Perspectives and Aggression. *Current Psychology*, 1-10. (IF 0,49)
- Zajenkowski, M., Zajenkovska, A. (2015). Intelligence and aggression: the role of cognitive control and test related stress. *Personality and Individual Differences*, 81, 23–28. (IF 1.8)
- Zajenkovska, 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., Zajenkovska, A. (2015). Anger and life satisfaction among Buddhists and Catholics in Poland and in Germany. *Psychologia Wychowawcza*; 49/7, 171-181
- Zajenkovska, A., Konopka, K. (2015). Communion-orientation as an antidote for aggressive behaviour among high provocation sensitive individuals. *Personality and Individual Differences*, 76, 62-67. (IF 1.8)
- Zajenkovska, 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 (IF, 1.56)
- Zajenkovska, 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. (IF, 0.4)

- 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. (IF 0.35)
- 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 (IF 1.8)
- Zajenkowska, A., Zajenkowski, M. (2013). Temperament and Living Conditions: A Comparison Study of Poles and Koreans. *Stress and Health*, 29/1, 64–69. (IF 1.22)
- 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 and books:**

- Zajenkowska, A., Levin, U. (ed.) (in prep.). *Europe on the couch*. Kanrac books: London
- Zajenkowska, A. (ed.) (2016). *Polska na kozetce - siła obywatelskiej refleksyjności*. Sopot: Smak Słowa
- Zajenkowska, A. (2013). *Komunikacja międzykulturowa.*: W: J. Frelak, W. Klaus (red.). *Inspirator wielokulturowy*. (s.40-54). Warszawa: Instytut Spraw Publicznych.
- Zajenkowska, A. (2013). *Scenariusze warsztatów.*: W: J. Frelak, W. Klaus (red.). *Inspirator wielokulturowy*. (s.115-130). Warszawa: 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). Warszawa: ENETEIA
- Zajenkowska, A. (2012). *Kultura a komunikacja*. W: A. Chmielecka. (red.). *Od migracji do integracji*. *Vademecum*. (s.115-121). Warszawa: 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*. Warszawa: 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 Raszów
- Member - Group Analysis Institute Raszów (IAGR), International Society for Research on Aggression (ISRA); International Association for Cross-Cultural Psychology (IACCP); 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.