

# A spotlight on two national delegates



**Ewa Gruszczyńska**

*National Delegate Poland*

Dr. Ewa Gruszczyńska is a Chair of the Health Psychology Department and a Director of the Clinical Psychology Institute at the University of Social Sciences and Humanities, Warsaw, Poland. Her main research interests are stress and coping, especially emotion-focused strategies, and the process of adaptation to critical life events. She has authored or co-authored 19 publications and 26 presentations at international and national conferences. In the past decade, Ewa was a principal investigator (PI) of six research projects and an executive coordinator (co-PI) of two other research projects. She also has supervised more than 60 master's theses.

Dr. Gruszczyńska teaches and conducts research at the University of Social Sciences and Humanities since 2003. She is part of a team working on the first bachelor psychology program in Poland, following the Bologna process and the European regulations regarding qualification standards for psychologists (European Certificate in Psychology). Up to now all Polish universities have had only a 5-year master's program in psychology. Ewa believes that these new innovations in teaching psychology are very challenging but necessary for the development of psychology in Poland.

Ewa completed her master's degree in psychology at the University of Silesia at Katowice (1998) and received her PhD in psychology from the same university (2002). Her

doctoral supervisor was Prof. Irena Heszen, who was one of the founders of Health Psychology in Poland. Ewa has continued on the path of professional involvement in psychology and related disciplines, and is active in the Polish Psychological Association (serving as a board member of the Health Psychology Section), in the International Society of Behavioral Medicine (served as a secretary of the Central and Eastern European Society of Behavioral Medicine, 2006-2011), and in the EHPS (national delegates of Poland, 2008-present). Ewa was also a secretary of the 20th jubilee EHPS conference (Warsaw, 2006, with Kaz Wrzesniewski as president) which was held for the first time in the Central-Eastern Europe.

At the EHPS, as the Polish National Delegate, Ewa lobbies for the interests of her region, and can always be relied upon for consultation and tasks related to the EHPS activities. Ewa views the EHPS conferences as a great opportunity to advance collaborative work with colleagues from different countries. Following the establishment of such contacts, she has recently (2012) spent two months in Berlin at the Freie Universität, invited by Prof. Ralf Schwarzer and supported by a scholarship from the German Academic Exchange Service (DAAD). The output of this visit was a grant proposal developed in collaboration with Prof. Nina Knoll and Dr. Lisa Marie Warner, bringing together their respective expertise and interests (coping, couples, and late adulthood) into the realm of adaptation to retirement. This grant was awarded in March 2013 by the Polish-German Foundation for Science.

Dr Barbara Mullan is the newly elected National Delegate from Australia. Though Australians are the fifth biggest national group in the EHPS (2012), they were not represented in the national Delegates forum till this year.

Dr. Mullan is originally from Ireland. She completed her undergraduate studies in University College Dublin, where she then studied social and organizational psychology. She completed her PhD in health psychology in University of Wales Institute Cardiff. Dr. Mullan is a Chartered Health Psychologist with the British Psychological Society, a registered Health psychologist with the Health Professions Council, a long-time member of the European Health Psychology Society (EHPS) and has worked in health psychology for more than 15 years. Her research interests include social cognition models in predicting and intervening to improve health, particularly food-related behaviours, physical health and addiction, with over 70 peer reviewed publications.

Dr. Mullan moved to Australia seven years ago in order to work at the School of Psychology at the University of Sydney. She developed the master's program in health psychology, where the program has 18 students annually. As of November this year Dr. Mullan will be taking up a new Associate Professor position as part of the Health Psychology & Behavioural Medicine Research Group in the School of Psychology & Speech Pathology at Curtin University. Dr Mullan is newly appointed to the Executive Committee of the Australasian Society for Behavioural Health and Medicine (ASBHM), who hold an annual conference, which will be in Auckland next year. APA Health College holds a professional meeting every two years, but health psychology in Australia is still an emergent area, and hence the contact with the EHPS provides and fosters a much needed professional identity. Dr. Mullan is in favour of developing EHPS activities in Australia and will work with the EC of the EHPS to realize such plans.



**Barbara Mullan**

*National Delegate*

*Australia*