

Angelika Kleszczewska-Albińska¹

Management Academy of Applied Sciences

Faculty of Psychology

<https://orcid.org/0000-0003-2309-7071>

Report From the International Scientific Conference *Values, Ideas, Emotions in Words and Images* (Warsaw, March 16th, 2024)

On March 16th, 2024 in Warsaw took place a scientific conference, organized by members of the Faculty of Psychology of Management Academy of Applied Sciences in Warsaw. It was the sixth annual meeting within the series *Values, ideas, emotions in words and images*, entitled *Man in a changing world. Interdisciplinary reflections*.

The event was divided into five panels, two of which were devoted to different aspects of mental health, one concerned education and society functioning, another was devoted to issues concerning contemporary problems corresponding to the war related and violence related threats. The last panel was devoted to the functioning of young people in modern society. The presentations given during the conference were delivered in one of three languages: Polish, English or Ukrainian.

The conference was officially opened by the Rector of the Management Academy of Applied Sciences, Zbigniew Ciekanski, PhD, DSc eng., who underlined the significance of this sixth annual international meeting that serves as a forum for the exchange of ideas and experiences of a scientists representing various disciplines and academic centers. The Dean of the Faculty of Education and Psychology, Izabella Kust, PhD also drew attention to the importance of the scientific discussions held during the conference.

During the first panel, devoted to mental health, and moderated by Katarzyna Koczeń-Rychter, PhD, Angelika Kleszczewska-Albińska, PhD discussed temperamental properties and the emotional regulation observed in groups of people prone to repression and sensitization. Next, Patrycjusz Matwiejczuk, PhD and Patrycja Lewicka, M.A., presented the results of their research on the relationship between the properties of the nervous system and motivation observed in people engaged in training of team sports and individual sport activities. Olena

¹ Correspondence address: a.kleszczewska.wsm@gmail.com.

Kuptsova, M.A., presented data on the relationship between attachment styles and people's behavior observed during significant life changes. Lastly, the meaning of motivation for success in an individual's mental health was presented by Yana Manziuk, MA.

The next conference panel, moderated by Kamila Pawłowska, PhD concerned issues related to education and social functioning in the digital era. During this panel, a team led by prof. Maria Alexieva discussed research results regarding the so-called Flipped Classroom approach which is an innovative, interactive method of working with students. Elżbieta Mudrak, PhD presented data concerning the chances and challenges corresponding to intensive development of AI tools as they are perceived by students of education. Karolina Wyrwicz, MA, also presented information about the advantages and potential problems resulting from the use of artificial intelligence. Next Kamila Pawłowska, PhD explained the nuances of lifelong learning and the implementation of learning outcomes in the context of the Integrated Qualifications System.

During the third panel, moderated by Aneta Pasternak, PhD the speakers discussed an interdisciplinary perspective of mental health. A computer-based diagnostic tool useful both in clinical work with oncological patients as well as in empirical research in this area, was presented by Aneta Pasternak PhD. Marcin Jach, MA underlined the significance of an interdisciplinary approach involving both mental health specialist and physiotherapist in effective treatment of trauma. Monika Żak, MA, in cooperation with Agnieszka Konieczna, PhD DSc presented tools useful for maintenance of high memory effectiveness in elderly people. Julia Bober, M.A. presented data on currently changing eating habits and problems connected to this issue. Next Mateusz Barłóg, PhD in cooperation with Katarzyna Barłóg, M.A. discussed issues concerning the relationship between medical workers and their patients. The presenters emphasized the need for the active involvement of patients' relatives in the treatment process and the importance of equivalence between specialists and patients' family members in the therapeutic relationships.

The fourth conference panel, moderated by Kamila Pawłowska, PhD was devoted to the general functioning observed in a broad context of current political events and violence. During their presentation, Sabina Zalewska, PhD in cooperation with solicitor Sylwia Młyńska, described specific professional steps of members of interdisciplinary teams that include psychologists and lawyers working with victims of psychological violence. The team led by Marianna Velykodna, PhD discussed the factors contributing to the changes in the sense of subjective well-being of adult residents of Ukraine after the Russian invasion in 2022. The team led by Olena Charkina, PhD presented data on the level of well-being of mothers raising children with disabilities during the war. Svitlana Timofieieva, MA, described the specific nature of work aimed at the reintegration of war veterans into society, and Tomasz Mirecki, MA, based on data from Italy, introduced the audience to the issues of migration crises and other challenges related to migration.

The last panel of the conference, moderated by Katarzyna Kocoń-Rychter, PhD, was devoted to the functioning of young people in the modern world.

During this panel, Iwona Klonowska, PhD DSc discussed the relationships between the emotions experienced by an individual and their sense of self-worth. Student Anhelina Kuptsova discussed the importance of art therapy and group therapy in maintaining and/or improving the mental health of Ukrainian residents, while student Natalia Modzelewska explained the algorithms of unrealistic beauty canons observed in social media and their correspondence to mental disorders. A team of students led by Katarzyna Kocoń-Rychter, PhD discussed the chances and risks related to the active involvement of adolescents in social media. Next, students Agata Wziątek and Kamil Michalski discussed research results concerning the relationship between the level of satisfaction and time spent on social media among representatives of the generation born before 1999 and people born after that year.

The conference met its aim, and it became the platform for discussion concerning numerous dynamic processes affecting the everyday functioning and quality of life of people of different ages, coming from various groups and societies, experiencing diverse life events or living in various areas. It allowed highlighting the chances and challenges present at current times. Moreover, it was a platform for the integration of different university departments and research centers, as well as professional centers carrying out psychological support and help to various groups of people.