

Report on the 37th Congress of the Polish Psychological Association “Psychology today – challenges and opportunities” Łódź, 18–20 September 2025

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37th Congress of the Polish Psychological Association (PTP) – meeting of psychologists

On 18–20 September 2025, the University of Łódź hosted the 37th Congress of the Polish Psychological Association, organized under the motto “Psychology today – challenges and opportunities”. The event was organised jointly by the Polish Psychological Association and the Institute of Psychology of the University of Łódź. The Scientific Committee of the Congress, chaired by Prof. Eleonora Bielawska-Batorowicz, was responsible for the academic content of the event. The committee consisted of representatives of leading Polish academic institutions educating psychologists.

The Congress was held under the honorary patronage of the Minister of Science and Higher Education, the European Federation of Psychologists’ Associations (EFPA), the Ombudsman, the Ombudsman for Children’s Rights, the Marshal of the Łódź Province, the Governor of Łódź, the Mayor of Łódź, the Rector of the University of Łódź and the Dean of the Faculty of Educational Sciences at the University of Łódź. The impressive scale and prestige of the patronage confirm the importance of the Congress both for the professional community and for the wider social environment.

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The organisers' mission was to maintain the highest scientific standards traditionally associated with PTP Congresses, while further internationalising the event and opening it up to contemporary challenges in practice and public policy. Among the invited speakers were eminent specialists and researchers representing Polish and foreign scientific institutions. Ole Tunolf (EFPA) gave the lecture entitled *The Profession of Psychologist in Europe – Legal Regulations, Scope of Practice, Mobility Potential and Diversity of Work Context*; Prof. Winfried Rief (Philipps-Universität Marburg, Germany) presented the lecture entitled *The Future of Psychotherapy*, Dr Michał Kosiński (Stanford Graduate School of Business) gave a lecture entitled *Making Sense of Modern AI*; Prof. Jan Ciecuch (Cardinal Stefan Wyszyński University) presented the lecture entitled *A Proposal to Assemble the Scientific Puzzle of Personality into a Coherent Unit Useful for the Practising Psychologist*; Prof. Aleksandra Łuszczzyńska (SWPS University, Wrocław) gave the lecture entitled *Challenges for (health) psychology: from better research to more effective personalised interventions with psychological components*; Prof. Monika Wróbel (University of Łódź) gave a lecture entitled *Why people cry, or the intra- and interpersonal functions of tears*.

The aim of the Congress was to reflect on the condition of contemporary psychology, and in particular on the challenges and opportunities it encounters in the context of dynamic civilisational changes. Reference was made both to the rich achievements of the discipline of psychology in the research and practice, as well as to the readiness of psychology to respond to the current problems of individuals and societies.

The focus was, among other things, on the consequences of global phenomena in recent years – pandemics, armed conflicts, climate change, the rapid development of new technologies – and on the role of psychology in understanding and mitigating their effects. It was emphasised that psychology, by developing its methodological tools, is able not only to describe and explain the mechanisms of human behaviour, but also to design and implement evidence-based preventive and intervention measures.

The Congress programme was organised into two complementary thematic tracks. The “Challenges” track covered contemporary issues that scientific psychology can address by providing reliable findings and explanations. Topics discussed in this area included:

- education and its transformation – the role of the psychologist;
- ethics in scientific and applied psychology;
- the quality of education in psychology and the quality of the professional practice, professional identity and legal regulations;
- psychological research methods;
- neurodiversity;
- new technologies and their wide application and possible effects;
- personality, emotions and motivation, cognitive processes – new research paradigms;
- psychology in the world of open science;
- social relations – their changes, consequences, adverse phenomena and ways to counteract them;

- diversity in social life – areas of diversity, building tolerance;
- stress and traumatic events – individual and social consequences;
- the work environment – adaptation to working conditions, adverse phenomena and ways of counteracting them;
- addictions – forms, effects, therapy, prevention;
- human resources and well-being – the perspective of demographic change and sustainable development;
- health throughout the life cycle – determinants and threats to physical and mental health.

The “Opportunities” track covered scientifically based interventions and activities offered within the field of psychological practice. The following issues were analysed in this area:

- psychological diagnosis – areas of application, new methods;
- psychological expertise – areas of application, possibilities and limitations;
- e-health – the application of new technologies in the field of somatic and mental health;
- inclusiveness – the role of psychologists in combating discrimination and prejudice;
- interdisciplinarity of psychology vs. interdisciplinarity of science;
- psychological interventions – types and areas of application, traditional and new methods of therapeutic contact, the importance of evidence-based practice, the effectiveness of psychological interventions;
- popularisation of knowledge in the field of psychology – scope, methods, effects;
- psychology and social phenomena – areas of application, possibilities and limitations.

During the three days of the 37th Congress, participants had an opportunity to attend six plenary lectures, 17 thematic sessions (with overall 118 presentations), 20 thematic symposia with 89 presentations, two poster sessions with 47 posters, one discussion panel and a plenary discussion. Debates on the practice of psychology played an important role, as the current status of legislation on the profession of psychology was presented, and a separate session was devoted to evidence-based psychotherapy. Renowned specialists from Poland conducted nine workshops aimed at expanding the competences of researchers and practitioners, including new possibilities for diagnosis, statistical data analysis, and practical methods used in psychological counselling.

An important event during the Congress was the launch of the European Semester of Psychology: Psychology today – challenges for practice and science. This is an important and prestigious EFPA initiative, which aims to: (1) promote the profession of psychology as an evidence-based profession, (2) promote cooperation with EFPA – mutual inspiration and learning from experience, (3) strengthen international cooperation. As part of this initiative, the aforementioned plenary lecture was presented by EFPA Vice-President Ole Tunolf. In addition, a panel discussion was held: *European standards for preparing for the profession (EuroPsy): when does an internship make sense* (organised and moderated by Beata Krzywosz-Rynkiewicz), which encouraged reflection on the role of an internship

in professional development, and the implementation of European solutions within the framework of new Polish legal regulations. During the panel, the basic assumptions of EuroPsy as a European standard of quality in psychological education and practice were presented; the preparation of supervisors in Poland within the EuroPsy system and the process of supervising young psychologists were discussed; case studies were presented which showed the practical functioning of the EuroPsy supervision model in Poland. The symposium entitled *The test as a scientific method, diagnostic tool and market product* was also held, during which the following issues were discussed:

- efforts undertaken at the European level to improve the quality of diagnosis and testing (Urszula Brzezińska, Psychological Testing Laboratory of the Polish Psychological Association);
- list of psychological tests: opportunities, threats, challenges (Adam Tar-nowski, Nicolaus Copernicus University in Toruń);
- the great absentees – psychological testing in therapy offices (Marcin Kłowski, Cardinal Stefan Wyszyński University in Warsaw);
- the test review model as a guidepost in the education of psychologists (Anna M. Zalewska, SWPS University).

The Psychological Testing Laboratory was the main partner of the 37th Congress of PTP. This institution contributed significantly to the quality of the event by organizing several important elements of the scientific programme. These included: (1) a satellite session entitled *Tools of the PTP Psychological Testing Laboratory in response to contemporary psychological challenges*, led by the Psychological Testing Laboratory Team, presenting the tools offered by the Laboratory in three main thematic blocks: 1. *Cognitive functioning*, 2. *Neurodiversity*, 3. *Social and emotional functioning*; (2) the symposium entitled *The test as a scientific method, diagnostic tool and market product* organised by Urszula Brzezińska; (3) the symposium entitled *New theoretical models as the basis for diagnostic tools in clinical psychology* (organised by Jan Ciecuch); (4) workshop entitled *SENA Diagnosis System for Children and Adolescents – presentation of the tool and case study* (organisers: Joanna Niedziela, Emilia Wrocławska-Warchala); (5) workshop entitled *The Minnesota Multiphasic Personality Inventory for Adolescents – Restructured Version (MMPI-A-RF®) – presentation of the tool and introduction to interpretation*, (organised by Iwona Bac); (6) workshop entitled *Intelligence and Development Scales for Blind and Visually Impaired Children and Adolescents IDS-2-N – presentation of the tool and exercises from the procedure of selected tests* (organisers: Diana Fecenec, Sylwia Stalmierska); (7) workshop entitled *The use of Conners 3 questionnaires and the EXAT performance test in the diagnosis of ADHD in children and adolescents*; (8) paper entitled *Personality disorders in ICD-11 – theoretical model and diagnostic tool* (Jan Ciecuch); (9) paper entitled *ADHD in adults – theoretical model and diagnostic tool* (Emilia Wrocławska-Warchala, Radosław Wujcik); (10) paper entitled *The Minnesota Multiphasic Personality Inventory – from MMPI® to MMPI-3®. Evolution or revolution* (Joanna Iwona Bac, Joanna Stańczak). The Psychological Testing Laboratory also organised an exhibition stand where Congress participants could learn more about the Psychological Testing Laboratory's offer.

Another partner of the Congress was the Ariadna National Research Panel, which conducted a survey on the perception of psychologists in Poland with a representative sample of Poles ($N = 1146$).

The research team [Eleonora Bielawska-Batorowicz (UŁ), Beata Krzywosz-Rynkiewicz (UWM), Katarzyna Nowakowska-Domagala (UŁ), Marta Znajmiecka (UŁ) and Tomasz Baran (Ariadna Research Panel)], in cooperation with the Scientific Committee of the Congress, developed a 60-questions survey covering, among other things:

- the image and perception of helping professions;
- common knowledge about psychology and related professions;
- experiences, needs and barriers in using psychological assistance;
- attitudes towards modern forms of assistance (including IT and AI);
- the role of media in shaping the image of psychologists.

The study, conducted between 20 and 30 June 2025, provided a holistic social diagnosis combining socio-demographic representativeness with an analysis of attitudes, knowledge and readiness to use innovative forms of support. The initial results were presented during the Congress by Dr Tomasz Baran in the paper entitled *The image of psychologists in Poland*. A detailed report will be published in 2026.

Psychology for Everyone – Open Programme of the 37th Congress of the Polish Psychological Association

The organisers ensured that the traditional scientific format of the Congress was maintained, while at the same time opening the event to a wider audience. This was achieved through the Open Programme “Psychology for Everyone”, which aimed to popularise psychology as a science and practice.

The business partner of the Congress was Contrain Group, which organised a pre-congress conference on 17 September 2025 entitled *Brain-Driven Work – change your work environment with neuroscience*, addressed to the business community. The programme consisted of three blocks:

1. *Individualism vs. Teamwork – One Company, Different Brains* – lectures on cognitive diversity and neurodiversity at work, a case study on cognitive diversity management, and a panel discussion on *Neurodiversity in the Age of Transformation*.
2. *Neuroleadership and mental resilience* – a lecture on the basics of neuroleadership, a workshop for leaders on mental resilience, and a panel on building resilience and a safe work environment.
3. *Business and people – neuroscience for maximum effectiveness in a friendly work environment* – lectures on, among other things, how the brain functions at work, the impact of greenery on well-being and the “internal dialogue” of the individual, as well as a case study in the field of neuroarchitecture.

The conference was concluded with a lecture entitled *Superhuman or AI – challenges and opportunities for the human mind in a world shared with*

technology. In addition, a quasi-experiment called the “Workspace Impact Test” was conducted.

Furthermore, as part of the open programme, lectures were given on:

- *Socialisation in the world of smartphones – how digital media are changing the minds and brains of young people* (Prof. Beata Krzywosz-Rynkiewicz, UWM);
- *What is happening to our children? – is it time to change our parenting methods?* (Dr Andrzej Śliwerski, University of Łódź);
- *What is and what is not a psychological test? On the differences between a psychological tool and a psycho-game* (Bartosz Jasiński, MA, Psychological Testing Laboratory of the Polish Psychological Association).

A group of young speakers from Secondary School No. 3 in Gdynia: Zuzanna Kizielewicz, Oskar Kotela, Łucja Mielnik, Natalia Sikorska, Jakub Gawinek (project coordinator: Anna Rzepa, consultant: Dr Marta Kutniewska-Kubik) gave a presentation entitled *Skibidi – cognitive warfare through the eyes of young people*.

This part of the programme culminated in a debate entitled *How does the digital environment shape the minds, relationships and perception of the world of young people in the era of smartphones?* with the participation of Prof. Beata Krzywosz-Rynkiewicz, (UWM), Dr Marta Kutniewska-Kubik and Dr Andrzej Śliwerski (UŁ). The debate was moderated by Prof. Eleonora Bielawska-Batorowicz.

An important element of the Open Programme were workshops conducted by students’ research clubs from the Institute of Psychology at the University of Łódź, devoted to topics such as:

- the impact of the Internet on self-esteem;
- recognising aggression in the workplace and in education;
- reconciling different roles in life;
- heuristics and cognitive illusions;
- manipulation mechanisms and ways to defend against them;
- psychological games in relationships.

The involvement of students and their academic supervisors created a space for dialogue between academia and the local community and strengthened the educational function of the Congress.

The organisers’ intention was not only to ensure a high level of scientific content, but also to take care of the participants’ comfort, balance intensive work with rest, and create conditions conducive to informal contacts and networking.

Cooperation with the Polish Association of Garden Designers (OSTO) resulted in the design and implementation of a relaxation zone based on the concept of *biophilic design*. Small architectural elements (benches, pergolas, planters) were combined with living greenery selected for its aesthetic and regenerative qualities; care was also taken to ensure the ergonomics of the equipment and appropriate lighting.

Thanks to cooperation with the Łódź Tourist Organisation, participants were able to take advantage of two organised trips: to Monopolis – an example of successful industrial heritage revitalisation – and to Geyer’s Gardens, a unique space combining the historical urban fabric with the modern use of post-industrial areas. These events fostered integration among participants and allowed them to get to know contemporary Łódź.

The main objective of the 37th Congress of the Polish Psychological Association was to support the development of science and society through: (1) the promotion of scientific research with application potential – the presentation of the latest psychological research results that have direct application in professional practice, education and social policy; (2) building cooperation between scientific institutions and the socio-economic environment – integration of the academic community, public institutions and the business sector; (3) implementing solutions that serve communities – popularising psychology as part of the “Psychology for Everyone” programme, promotion of the profession of psychologist (European Semester of Psychology) and development of practical tools (e.g. psychological tests, therapeutic methods).

Those interested in disseminating the presented research results were offered publications in special issues of *Przegląd Psychologiczny (The Review of Psychology)*, devoted to: (1) the practical possibilities offered by contemporary psychology – interventions, tools and forms of psychological support and influence based on reliable scientific foundations, (2) contemporary challenges that psychology as a science can and should respond to – by providing reliable knowledge, systematising observed phenomena and proposing explanations and practical solutions. The editors of the issues are professors from the University of Łódź: Eleonora Bielawska-Batorowicz and Monika Talarowska.

Evaluation

An evaluation survey was conducted to verify the level of satisfaction of Congress participants. A five-point Likert scale (1–5) was used. Feedback was obtained from 115 participants. The average overall rating was 4.6 points. The highest ratings (4.9) were given to the location of the Congress (transport accessibility, attractiveness of the venue), the organisation of the event (schedule, availability of information, participant service), technical conditions (rooms, multimedia equipment, comfort of participation) and overall satisfaction with participation in the Congress (4.7). The diversity and attractiveness of the programme (topics, number of sessions, choice) and the opportunity to network and integrate were rated at an average of 4.6 points. Pre-Congress communication (website, registration, abstract submission, information flow) and the usability of the mobile application were rated at 4.5 points. Additional events (congress dinner, excursions, informal meetings) received an average rating of 4.3 points. The results confirm the high organisational and scientific level of the Congress and its positive reception among participants.

Summary

The 37th Congress of the Polish Psychological Association proved to be an exceptionally successful event in terms of content, organisation and attendance.

The participation of nearly 1,000 people (in the scientific part and the open programme combined), a wide range of topics, the presence of guests from abroad, cooperation with institutional and business partners, and the high ratings given by participants testify to the successful achievement of the ambitious goals set by the organisers.

It should be added that, from the perspective of the participants of such a well-received event, it would be natural to announce the date and venue of the next meeting at the end of the Congress. This would allow the new goal to be “anchored” in the consciousness of the psychological community and maintain the momentum of cooperation initiated in Łódź.