

## CURRICULUM VITAE

ANDRZEJ KOKOSZKA, M.D., PhD

## ADDRESS:

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## CURRENT POSITION

Professor of Psychiatry Head of the II Department of Psychiatry at Medical University of Warsaw  
Coordinator of Mental Health Center at Brodno Hospital of Warsaw  
Consultant of the Clinical Ward in Psychiatric Hospital "Drewnica", in Ząbki

DATE of BIRTH: May 9, 1957

CITIZENSHIP: POLISH

## EDUCATION:

- 2005 Professor of psychiatry, nationally recognize degree
- 2001 Certificate Training senior management in healthcare Project Hope and Jagiellonian University
- 1996 Postdoctoral lecturing qualification (habilitated doctor), Collegium Medicum, Jagiellonian University, Kraków. Thesis: An evolutionary-psychodynamic model of mental processes and its application to psychopathology and psychology of consciousness.
- 1991 Ph.D. in Psychiatry, Copernicus School of Medicine, Kraków. Thesis: The Altered States of Consciousness: Occurrence and Analysis of Phenomena.
- 1984 M.A. in Psychology, Jagiellonian University, Kraków, Thesis: On possibilities of Applying Relaxation Techniques Leading to the Altered States of Consciousness for Psychotherapeutic and Psychohygienic Purposes.
- 1981 Doctor of Medicine, Copernicus School of Medicine, Krakow

## ACADEMIC HONORS:

- 1992-1995 A Consulting Editor of The International Journal of Psychosomatics  
 1992 - An Assessing Editor of the Journal of Mind and Behavior  
 1992 Visiting Fellowship from International Center, Detroit Medical Center, Wayne State University  
 1989 Scholarship from Tadeusz Kościuszko Foundation. A Visiting Research Scholar at Department of Psychology, Cleveland State University, from April to August.  
 1988 A Visiting Professor at Department of Psychiatry and Human Behavior, University of California at Irvine, in November and December.  
 1987 Scholarship from Oxford Hospitality Scheme. A Visiting Research Fellow at Department of Psychiatry, University of Oxford, from May to July.

## AWARDS:

- 1997 Individual award of the first rank from Polish Ministry of Health for a published book

## GRANTS:

- 2004 - Research grant from the Academy of Medicine in Warsaw: Psychotherapeutic factors.  
 2001 -2004 Research grant from the Academy of Medicine in Warsaw: Application of metabolism of information model in psychotherapy.  
 1996-1999 Research grant from the Academy of Medicine in Warsaw: Psychobiological mechanisms of mental processes organization.  
 1996 Travel Grant from TEMPUS for a visit to University of Hamburg  
 1995 Research grant from the CM UJ: Estimation of defence mechanisms in psychiatric diagnosis.  
 1995 Research grant from the Collegium Medicum, Jagiellonian University in Krakow: Psychology and psychopathology of states of consciousness.  
 1994 Travel Grant from the Batory Foundation for a fellowship at Department of Psychiatry, Wayne State University in Detroit, USA  
 1993 Travel Grant from TEMPUS for a visit to University of Oxford  
 1992 Travel Grant from the Batory Foundation for a participation in the congress of the European College for the Study of Consciousness "Worlds of Consciousness" in Gottingen, Germany  
 1990-92 Research grant from the Copernicus School of Medicine in Krakow: Biological rhythms in waking consciousness  
 1990-91 Research grant from the Copernicus School of Medicine in Krakow: Occurrence of altered states of consciousness in health and mental illness.

**TEACHING INTERESTS:**

Areas of specialization: emergency psychiatry, psychodynamic psychotherapy, cognitive-behavioral therapy, group analysis, relaxation, psychology of consciousness, philosophy of psychotherapy,

Areas of competence: clinical psychiatry, psychodynamic psychotherapy, cognitive-behavioral therapy, sexology

**TEACHING EXPERIENCE:**

1999 Professor of Psychiatry, Medical University of Warsaw  
 1996-1999 Associate Professor of Psychiatry, Medical University of Warsaw  
 1983-1986 Assistant in Psychiatry, Copernicus School of Medicine  
 From 1985 Postgraduate Courses in Psychodynamic Psychotherapy, Courses in Interpersonal Skills and in Group Analysis  
 1992-1995 Courses of Psychodynamic Psychotherapy, Institute of Psychology at the Jagiellonian University in Krakow  
 1997 Course of Psychodynamic Approach, Faculty of Psychology, University of Warsaw  
 1997-2021 SWPS University, Warsaw

**RESEARCH EXPERIENCE:**

Psychological aspects of diabetes and chronic kidney disease  
 Cognitive processes in schizophrenia  
 Sexual problems in mental disorders  
 Emotions in schizophrenia  
 Models of mind  
 Altered states of consciousness  
 Chronobiology of consciousness (visual imagery)  
 Psychotherapeutic factors and psychotherapeutic diagnosis  
 Psychotherapeutic and psychohygienic effects of relaxation

**PROFESSIONAL EXPERIENCE:**

2004 Specialization in sexology  
 1989 II (final) degree of specialization in psychiatry  
 1985 I degree of specialization in psychiatry  
 1983-85 Training in general, clinical psychiatry at Adult Psychiatric Clinic, training in neurology and adolescent psychiatry

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## PSYCHOTHERAPEUTIC TRAINING

- 2005 Certificate of supervisor and teacher from the Polish Association of Cognitive and Behavioral Therapy
- 2003 Certificate of supervisor from the Section of Psychotherapy at the Polish Psychological Association
- 1995 Certificate of Qualifying Course in Group Analysis from the Institute of Group Analysis in Heidelberg, Germany
- 1995 Certificate of Qualifying Course of Leaders of Balint Group from the Polish International Society and International Balint Society
- 1994 Certificate of supervisor from the Section of Psychotherapy at the Polish Psychiatric Association
- 1991 Certificate of psychotherapist from the Section of Psychotherapy at the Polish Psychiatric Association

## OTHER QUALIFICATIONS:

- 1982 Authorized Instructor within the scope of relaxation- concentration training, Professional Certificate of the Polish Ministry of Physical Education

## ADDITIONAL STUDIES:

- 1984-87 Student at Faculty of Philosophy, the Pope's Theological Academy, Kraków

## LANGUAGES:

Fluent in English; reading knowledge of Russian

## MEMBERSHIPS:

Polish Psychiatric Association  
 Polish Psychological Association  
 Polish Association of Cognitive-Behavioral Therapy  
 PsychoSocial Aspects of Diabetes Study Group  
 European Depression in Diabetes Research Consortium

## INVITED LECTURES:

- 1997 What does it mean that psychotherapy is treatment: An axiological analysis. Department of Psychiatry and Psychotherapy, Semmelweis University of Medicine. Budapest, Hungary.
- 1994 Neuroscience and psychodynamics: is integration in clinical practice possible. Grand Round at Department of Wayne State University, Detroit.
- 1994 Combining neuroscience and psychodynamics in treatment of anxiety disorders. Grand Round at Department of Psychiatry Medical College of Ohio, Toledo, Ohio.

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- 1994 Schizophrenia in Poland: transcultural perspective in diagnosis and treatment. Grand Round at Northville Regional Psychiatric Hospital, Northville, Michigan.
- 1994 Combining neuroscience and psychodynamics in treatment of anxiety disorders. Grand Round at Department of Psychiatry Sinai Medical Center, Detroit.
- 1992 Relaxation as an altered state of consciousness. Department of Psychiatry, Detroit Receiving Hospital and University Health Center.
- 1992 Biological rhythms in consciousness. Grand Round at the Department of Psychiatry The Detroit Medical Center, Wayne State University.
- 1992 Altered states of consciousness in health and mental illness. Northville Regional Psychiatric Hospital, Northville, Michigan.
- 1985 Relaxation as an altered state of consciousness. The Faculty of Psychology, The Catholic University, Louvain-La-Neuve, Belgium,
- 1985 Contemporary psychiatry in Poland (written with A. Szymusik). The Faculty of Psychology, The Catholic University in Louvain-La-Neuve, Belgium.
- 2002 Information metabolism model and its application to psychotherapeutic diagnosis. International Summer Conference. Trends in Therapy and Rehabilitation of Psychiatric Disorders, Catania
- 2005 Metabolism of information as a model of mental processes and its application for psychotherapy. International Congress of Cognitive Therapy, Goteborg,
- 2005 Trauma in individual history of life. XIV World Congress of Dynamic Psychiatry, Kraków.
- 2020 Development of cognitive therapy according to my personal perspective – from Poland: 1980 – 2020. Aleteia International. A world wide Conference, Enna.

#### FOREIGN EXPERIENCE:

- 1995 A preparation of an international project at Department of Psychiatry, University of Hamburg, Germany, from 28th of May to 28th of June
- 1994 A visiting fellow at the Department of Psychiatry, Wayne State University in Detroit, USA, from 15th of August to 1st October
- 1993 A consultation at Department of Psychiatry, Oxford University, from 20th of November to 18th of December
- 1992 A visiting fellow at Department of Psychiatry, Detroit Receiving Hospital, University Health Center, Wayne State University, Detroit, from 9th of April to 3rd of June
- 1989 A visiting research scholar at Department of Psychology, Cleveland State University, from 14th of April to 20th of August
- 1988 A visiting scientist at Department of Psychiatry and Human Behavior University of California at Irvine, from 14th of November to 16th of December
- 1987 A visiting research fellow at Department of Psychiatry, Oxford University, from 15th of May to 10th of July

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- 1985 A visiting scholar at Faculty of Psychology, the Catholic University in Louvain-La-Neuve, Belgium, from 15th of April to 5th of May
- 1980 Training stay at Provincial Psychiatric Hospital "Padre Jofre" in Valencia, Spain, from 15th July to 15th of August
- 1979 Training stay at Department of Clinical Chemistry, Finsen's Institute, Copenhagen, Denmark, from 1st to 31st July