

CURRICULUM VITAE



Magdalena Jochimek

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Education

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| 2018 | Postgraduate studies at the school of cognitive-behavioral psychotherapy (level 1) |
| 2017 | Ph.D. in Physical Culture Science – Gdansk University of Physical Education and Sport |
| 2009 | Postgraduate studies in Clinical Psychology – Gdansk Medical University |
| 2009 | Postgraduate Studies in Sport Psychology – University of Gdansk |
| 2007 | Study of Socioterapy and Interpersonal Training – Krakow Psychodynamic Center |
| 2007 | M.Sc in Psychology – Institute of Psychology, Faculty of Social Sciences, University of Gdansk |

Employment experience

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| since 2017 | sports psychologist and psychotherapist in private practice PPAT |
| since 2009 | Gdansk University of Physical Education and Sport – academic teacher and researcher |
| 2006-2018 | sports psychologist – Sports Championship School in Gdańsk |
| 2007-2009 | psychologist – Junior High School No. 25 in Gdańsk |

THE MOST IMPORTANT PUBLICATIONS

- Lipowski, M., Poliwodzińska, M. (2012). Physical activity among other health-related behaviours of managers. W: M. Lipowski, Z. Nieckarz (red.), *Empirical aspects of the psychology of management*, 228-267. Gdynia: WSAiB.
- Krokosz, D., Jochimek, M., Lipowski, M. (2013). Psychological Aspects of the Polish National Team Performance at EURO 2012 Tournament in the Opinion of Students from Sports- and Humanities-Oriented Universities. *Baltic Journal of Health and Physical Activity*, 5(1), 27-36.
- Krokosz, D., Jochimek, M., Jastrzębski, Z., Lipowski, M. (2014). Changes of mood and attention divisibility in rowers exposed to high-intensity training. *Acta Neuropsychologica*, 12(1), 53-64.
- Lipowski, M., Lipowska, M., Jochimek, M., Krokosz, D. (2016). Resiliency as a factor protecting youths from risky behaviour: moderating effects of gender and sport. *European Journal of Sport Science*, 16(2), 246-255.
- Jochimek, M., Krokosz, D., Lipowski, M. (2017). Physical activity and sport as a protective factor against health-threatening experiments with adulthood. *Baltic Journal of Health and Physical Activity*, 9(3), 112-124.
- Krokosz, D., Jochimek, M. (2018). Coping strategies, perception of sport risk and satisfaction with life in men and women practicing extreme sports. *Baltic Journal of Health and Physical Activity*, 10(4), 238-245.
- Jochimek, M., Łada, A. B. (2019). Help or hindrance: the relationship of physical activity with aggressiveness and self-esteem in 16-year-old adolescents. *Health Psychology Report*, 7(3), 242-253.

Lipowski, M., Lipowska, M., Jochimek, M., Paweł, J. (2021). Ex-athletes as Parents Promoting Healthy Lifestyles in Their Families: The Nutrition and Physical Activity of Mothers, Fathers, and 6-Year-Old Children. *Journal of Family Issues*, 42(11), 2529–2553. <https://doi.org/10.1177/0192513X20984501>

Teaching experience

- Psychology
- Health Psychology
- Sports Psychology
- Interpersonal Communication
- Personal Development
- Methods of Psychoregulation
- Behaviour Therapy
- Movement therapy

Awards

2015 *Virtuti Medicinali 2015*

Membership in scientific organizations

Polish CBT Society

Polish DBT Society

Polish Psychological Society

Polish Neuropsychological Society

RESEARCH INTEREST

psychology of sport and physical activity

mental health and psychotherapy (CBT)

psychology of health and stress