



Professor Agnieszka Popiel, MD, PhD

SWPS University, Warsaw, Poland

EABCT's 2025 Global Ambassador

Personalising PTSD Treatment: Self-Efficacy Focused Cognitive Therapy (SEF-CT) for PTSD

Tuesday 11th November 17.00 – 20.30 PM CET.

This half-day workshop presents **Self-Efficacy Focused Cognitive Therapy (SEF-CT)** — a non-trauma-focused, process-based approach to PTSD developed through 15 years of TRAKT research. Originally designed as an alternative for patients who firmly refused trauma-focused therapy, SEF-CT blends the familiar “notes” of contemporary cognitive therapy into an evidence-based composition that no longer requires reliving or processing the traumatic memory. Grounded in the seven-factor model of PTSD (Popiel & Zawadzki, 2015), it targets coping self-efficacy as the central mechanism of change and uniquely incorporates temperament, assessed using the Regulatory Theory of Temperament (Strelau & Zawadzki) model, into case conceptualisation — opening the door to genuine treatment personalisation.

Participants will explore the therapy's theoretical foundations, treatment modules contents, evidence of efficacy compared to Prolonged Exposure, and its application in both treatment and prevention contexts, including a resilience-building program for first responders. This approach offers a personalised, flexible, and scientifically grounded alternative to traditional trauma-focused CBT for PTSD.

Agnieszka Popiel, is a psychiatrist, cognitive-behavioural therapist, supervisor, and professor at SWPS University, Warsaw, Poland. She co-directs both the Postgraduate School of Cognitive-Behavioural Therapy (CBT) and the Clinical and Scientific Centers for CBT at SWPS University.

As a co-founder and past president of the Polish Association for CBT and an active member of the European Association for Behavioural and Cognitive Therapies, she has played a key role in advancing CBT training and supervision standards in Poland since 1998. She currently serves on the EABCT Accreditation Committee and contributes to the EABCT Working Group on Humanitarian Crises.

The workshop will be delivered live on the zoom webinar platform and provide participants with the opportunity to ask Agnieszka questions in real time.

You will also be able to log onto a recording of the workshop for a minimum of 3 months; perfect if you are not able to attend the whole workshop, if you miss a bit, or if you enjoyed it so much you just want to do it all over again!

EABCT Association Member 45€
Reduced Rate/EABCT Emerging Country 30€
Non-Member 60€

Registration covers attendance at the live workshop, access to the recording, supporting resources and a **CPD certificate (3 hours)**.

Register at

<https://eyas.formstack.com/forms/eabctga>

The Global CBT Ambassador program is an initiative of the World Confederation of Cognitive and Behavioral Therapies which extends across borders, disciplines, and languages and is supported by all the Regional Associations represented on the WCCBT. Together, they strive to foster a global exchange of ideas that propel the field forward.

As an international association EABCT is proud to participate in this program and introduce our Global Ambassador each year, EABCT will be inviting an influential member from any of EABCT's associations to present a workshop or webinar and share their expertise and innovations with a European and worldwide audience.