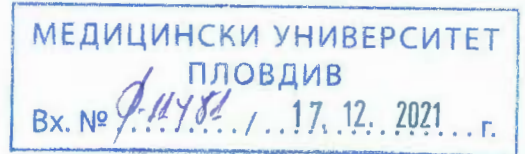


To the Chairman of the Academic Jury,  
Appointed by Order № P - 1882 / 22.10.2021  
of the Rector of the Medical University, city of Plovdiv  
15 A Vasil Aprilov Blvd.  
4002 city of Plovdiv  
On your Protocol № 1/ 03.11.2021



***Attached I present: Review***

in a competition for holding the academic position of "ASSOCIATE PROFESSOR".

in the field of higher education 7. **Healthcare and sport**

Academic field 7.1 **Medicine**

Academic specialty **Psychiatry**

Announced for the needs of Medical University – city of Plovdiv, Department of Psychiatry and Medical Psychology for teaching Psychiatry in both Bulgarian and English language

State gazette, No. 63/30.07.2021

**Reviewer: Prof. Ivanka Boncheva Paunova, PhD**

Academic major/s/: Clinical and Medical Psychology

Medical University of Varna: Department of Psychiatry and Medical Psychology

Retired since 2019

Address and contacts:

Postal address: 9002 city of Varna, 5A Polkovnik Sveshtarov Str.

E-mail: [ibontcheva@yahoo.com](mailto:ibontcheva@yahoo.com)

Phone: + 359 887 722 581

**Candidate:**

**Chief Assistant Professor Zlatoslav Petrov Arabadzhiev, MD, PhD**

**I. Short biography and career profile of the candidate**

Dr. Zlatoslav Arabadzhiev graduated with a master's degree in Medicine in the Medical University of Plovdiv, 2005.

Dr. Arabadzhiev started his professional career as a doctor at the Center for Emergency Medicine – city of Pazardzhik. He worked there for the period 2007-2017. Meanwhile, he started studying Applied Psychology and in 2008 he graduated with a master's degree from Paisii Hilendarski University of Plovdiv. At this time, he began specialization in Psychiatry at

the Medical University, Plovdiv in the clinical base of the University Hospital Sveti Georgi, Plovdiv, Clinic of Psychiatry. Since 2014 he acquired major in Psychiatry. Currently, he works as a psychiatrist at the Clinic of Psychiatry of the University Hospital Sveti Georgi, Plovdiv (appointed in 2013) and at Dimed Medical Center (since 2014). He has been an Assistant since 2017 is and since 2018 till now he is a Chief Administrative Assistant at the Department of Psychiatry and Medical Psychology of Medical University, Plovdiv.

In 2015 he acquired the academic degree Doctor after defending a dissertation with topic "Life quality of patients with schizophrenia and BAD manifested before the age of 18 as well as life quality of their relatives".

Throughout all years working as a doctor in the field of the emergency medicine, as a psychiatrist and as a lecturer, Dr. Arabadzhiev continues his qualification by participating in various trainings with leading specialists from Bulgaria and abroad in the field of neuroscience, psychodiagnostics and psychotherapy. The papers for this competition include diplomas and certificates from 33 additional trainings. The applicant's interest in trainings with comprehensive practical prevalence is impressive: "Work on cases of sexual violence in children" and "Work with difficult patients and patients with specific problems" - Animus Foundation and Training Center; "Screening methods for cognition evaluation", "Psychodiagnostics of cognitive functions", "Work with metaphorical associative arrays and TAT", etc. In the period 2018-2019 the applicant completed a training in "Case Conceptualization" and "Motivational Interviewing" with Alfred Adler's school representative, the world - renowned Prof. Jon Sperry of Lynn University, Florida, USA.

As a lecturer he conducts practical exercises in psychiatry and medical psychology to Bulgarian and English - speaking students in Medicine and Dentistry. He actively participates in the training programs of the Postgraduate Training Department (PTD) as well as with the general practitioners. In 2014-2019 he holds a weekly training course in Psychiatry for students in different majors. He participates annually as a lecturer at the students' Mental Health Days.

Dr. Arabadzhiev has a serious interest in psychotherapy. Through educational seminars and trainings he acquires knowledge and practical skills for a specialized psychological psychotherapeutic approach for children and adults. From the provided papers it is evident that he has more than 900 training hours in the fields of hypnosis and hypnotherapy, method of cognitive-behavioral and method of positive and transcultural psychotherapy. The number of training hours so far fully meets the requirements of the European Association of Psychotherapy (EAP) for holding European certificate as a psychotherapist which Dr. Arabadzhiev apparently strives to achieve.

Besides his practical work as a psychiatrist - clinician and assistant – lecturer, as a specialist who constantly improves his qualifications in the field of psychiatry, psychology and psychotherapy, Dr. Arabadzhiev develops his academic skills through research and participation in scientific forums.

The applicant is a member of the Bulgarian Medical Association (BMA), the Bulgarian Psychiatric Association (BPA), the Society for Positive Psychotherapy in Bulgaria (SPPB) and the World Association for Positive and Transcultural Psychotherapy (WAPP).

Dr. Arabadzhiev is fluent in English and has excellent computer skills.

Overall assessment: Dr. Zlatoslav Arabadzhiev began his career at the Center for Emergency Medicine, city of Pazardzhik where he gained in-depth knowledge and clinical experience in the field of emergency medicine. As a specialist in Psychiatry he currently works in the clinical base of the University Hospital University Hospital Sveti Georgi, Plovdiv, Clinic of Psychiatry and as a Chief Administrative Assistant at the Department of Psychiatry and Medical Psychology, Plovdiv. Throughout his career, Dr. Arabadzhiev participated in various trainings with leading specialists from Bulgaria and abroad in the field of neuroscience, psychodiagnostics and psychotherapy. His diverse and consistent interests led to his growth as a highly qualified psychiatrist - diagnostician, clinician and psychotherapist as well as a researcher with a detailed interest in the bio-psycho-social unity of the mental health.

## **II. General description of the presented documents**

All required administrative documents, copies of academic publications including monograph, dissertation work, references for academic contributions, citations and the minimum scientometric requirements as well as documents on research and teaching work have been presented. All submitted materials meet the requirements of the procedure for the selecting "Associate Professor" in compliance to the Law on the Development of the Academic Staff in the Republic of Bulgaria (LDASRB) and the Regulations for its application at Medical University, Plovdiv.

## **III. Evaluation of the candidate's academic works for the overall academic development**

### **General characteristics of the academic work and publications**

The applicant in the current competition presents 28 academic works:

- 1 dissertation work
- 2 monographs; 1 habilitation work with topic "Traumas, crises and crisis interventions", co-authored, with a total volume of 228 pages and 1 collective monograph "Working with hyperactive students and students with attention deficit hyperactivity disorder (ADHD)"
- 21 publications and reports in scientific journals.

From them:

7 are full-text publications in foreign journals with impact factor (mainly between 3 and 7, maximum IF 7.577),

6 in Bulgarian refereed journals without impact factor,

3 in foreign unrefereed journals without impact factor.

5 in national journals and academic textbooks.

- 4 textbooks and teaching materials.

The textbooks are co-authored by: *Psychiatry* for students in Medicine - in Bulgarian and in English language; *Medical psychology* for students in Medicine - in Bulgarian and in English language. During the online training, the applicant contributed to the collective development of a series of tests and training materials.

The applicant is the first author in 9 of all publications. Genuine studies are presented in 8 of the articles and 13 of them are reviews. In some of the publications the applicant is a co-author with foreign researchers.

Dr. Arabadzhiev's academic works have 94 positive citations. Evidence is provided for his participation in 1 national and educational project "Young scientists and postdoctoral students", 2019.

#### **Academic activity – distribution and implementation of the academic and practical achievements of the candidate within the academic community.**

The applicant's academic interests reflect borderline areas of clinical psychiatry, applied psychology and psychotherapy. International and transcultural studies are presented in the publications. The large number of citations (94) express the importance and comparability of Dr. Arabadzhiev's academic work in national and international aspect. Publications and participations in national and international scientific forums with academic reports and presentations largely present the applicant's skills for teamwork with colleagues and students,

including international teamwork. Among psychiatric and psychological specialists, Dr. Arabadzhiev is known for his detailed interest in the complex biological-psychological reading of psychopathology and the various impact methods.

His academic work and publication activity is classified in the following areas:

✓ *Research of ways of interaction between the environment and the psychopathology*

The impact of green and blue spaces in residential areas has been studied in terms of the mental well-being of the people who live there in the context of a holistic approach and bio-psycho-social model for the etiopathogenesis of mental disorders. Opportunities for prevention and prophylaxis have been explored for mental disorders from the neurotic and affective circle. Another series of publications studied the preventive role of green spaces against factors harmful to the psycho-physical functioning of the individual such as noise and pollution. Unconventional methods have been explored to influence the genesis, course and outcome of mental suffering.

The author presents these studies as the first of its kind in Bulgaria.

✓ *Reviews in cyberpsychology*

The studied academic materials from a new psychological modality - psychology of cyberspace have been reconsidered by the applicant who is a specialist in mental health, in the context of behavioral addictions. Contemporary aspects of phenomena such as disinhibition of behavior in cyberspace, sexual behavior in cyberspace, etc. are presented. A hypothesis about the formation of the Self - image and the dissociative conflict is derived. The concept "third parent" has been introduced - smart devices and their impact on the children.

✓ *Studies related to reactions under frustration*

Theoretically, the normative crises in the life of the individual have been reviewed in the context of reactive behavior during puberty under frustration. The author's academic and practical contribution is the studied interaction between the style of parental behavior and the frustrating reaction of the teenager. The derived emotional, cognitive and behavioral characteristics in both age groups are related to a psychotherapeutic tool for normalization based on the academic understanding of the concept of empathy.

### **Participation in the implementation and management of projects**

The applicant participated in 1 national project - National Program "Young Scientists and Postdoctoral students", 2019.

### **Academic and creative achievements**

The high citation index (total citations since 2016 till now - 177; Hirsch Index 5 and i10 – index 4) is a proof for well-deserved acknowledgment of the applicant's academic achievements. This is evidenced by the fact that in 2021 he was invited to review articles in *Global Psychotherapist*, a journal for positive psychotherapy by the World Association for Positive and Transcultural Psychotherapy and "Frontiers" magazine. The applicant prepared 3 reviews for "Global Psychotherapist" magazine and 1 review for "Frontiers" magazine.

### **Assessment of the monographic work and/or equally presented publications**

The applicant's monographic work "**Traumas, Crises and Crisis Interventions**" is accompanied by a protocol for inseparable co-authorship in compliance with the rules for writing a collective monograph by two authors: Dr. Zlatoslav Arabadzhiev, MD and Dr. Stefanka Tomcheva, MD.

It has extremely up-to-date content due to the fact that the whole humanity has been living for the last 2 years with the imprint of one serious psycho-traumatic event - the Covid 19 pandemic. In the beginning of the book, the author introduces definitions of the concept of trauma - as an event and as an experience, following significant researchers of the subject in the field of psychiatry, psychology and social work. Studies and practical works have been cited of contemporary authors and scholars recognized as classics such as G. Caplan, A. E. Cohen, E. Lindemann, N. E. Miller and S. Rosenzweig. The bibliography contains references on 84 sources in Cyrillic (Bulgarian and Russian authors) and 66 - in Latin. Mostly general formulations gradually turn to the systematization and differentiation of the concepts of psychological trauma and crisis as a prerequisite for the development of psychopathological manifestations (symptoms). Again, generally, types of psychotrauma (events) are studied and also gradually the author moves on to the more essential - the way in which the individual experiences the psychotraumatic event. Here, the monograph traces psychodynamics - the relationship between events in time, the way of experiencing the events happening at the same time and its psychological consequences. The subjective reading of the individual (the experience in and after the event) depends on the age, the acquired life experience and the psychological characteristics of the individual (abilities, skills and strategies, stable psychological experience on emotional and rational level). Dr. Arabadzhiev as a specialist in the field of psychiatry, psychology and psychotherapy has tried to offer the reader his opinion

of this trinity - physical, mental and social (according to the WHO definition of health) by tracing the normal psychological and psychopathological (disease) response in situations of crises and traumas. The necessary attention has been given to the mental state of the individual, to the diversity of their specific thoughts and feelings in the different stages. The relatively short-term consequences of psychotrauma, manifested through mental and psycho-vegetative symptoms are described in detail. More serious consequences have been worked out in great detail. Some that are the result of traumatic events and experiences from early childhood and are the basis for deep (pushed into the unconscious) psychological issues ("developmental" trauma) and others - modifying the psychological characteristics of the individual in adulthood (varieties of "complex" trauma).

The author has duly given a proper place (a separate chapter in the book) to the specifically formed mental identity as a result of going through a series of vital events (macro- and micro-traumas) experienced as psychotrauma. The section on crises reflects the three important areas - age, personality and situational crises. Emphasis is placed on a more detailed development of the specifics of the early and true adolescence. Undoubtedly, this as a period in which the personal structure of the individual is formed is most decisive for how a person goes through a series of psycho-traumatic events and life crises. It determines both the personal characteristics (stable psychological experience) and the moral system of the individual and their adaptive or problematic social functioning. In the following chapters of the monograph, the author studies the specific phenomena of going through a crisis - from a normal psychological experience which natural end is the adaptation to the varieties of the psychopathological/disease. The last, third part of the book is a reflection of a part of psychotherapy as a practice - crisis intervention. The author traces the essence and peculiarities of the crisis intervention, the stages of the therapeutic approach, the models for intervention and the necessary abilities of the specialist. The last chapter presents protocols of the most common situations requiring crisis intervention. They are consequent, short and clearly structured in content and can be a guide to refer.

Reading the monograph gives the impression that you read a short handbook on Psychotrauma, Crises and Crisis Interventions. The language is clear, easy to understand and at the same time very sophisticated. This provokes the reader to think deeply about what is written. Moreover, it raises the need to seek additional information. The available text in its clarity and brevity of presentation is another benefit. Thus presented, the academic content is a good base for associative references to reader's own life path and inner world.

### **Reflection (citation) of publications in national and foreign literature (publications)**

Dr. Arabadzhiev's academic publications are in a total of 94 positive citations. The Hirsch index of the applicant according to a check in Google Scholar database is 5. This gives a noteworthy high international assessment of the applicant's publishing activity.

#### **IV. Evaluation of teaching activity including academic guidance for students, postgraduates and doctoral students**

As an assistant at the Department of Psychiatry and Medical Psychology of Medical University, Plovdiv since 2016 till now, the applicant conducts the practical training in Psychiatry for students of Medicine and Dentistry, including English-speaking students. In the period 2018-2021 he taught psychiatry (lectures and practical exercises) for major "Physical Therapists" at the Medical College, Plovdiv. Throughout the years, he has been actively involved in Erasmus training and in the training programs for general practitioners. Since 2020 Dr. Arabadzhiev is the leader of three programs for post graduate training, each with a duration of 2 terms: "Psychology and Psychotherapy of Crisis", "Sexology" and "Integrative Psychotherapy" and two one-month courses: "Medical Psychology" and "General and Clinical Psychopathology". His main practical contribution is his work with students. In 2014-2019 he conducted a weekly course in Psychiatry for students in different majors. He participates annually as a lecturer at the students' Mental Health Days.

The academic report shows that the study load of the applicant for the last 3 academic years exceeds the required load for the clinical majors. The applicant has an average of more than 150% teaching work in lectures and exercises in psychiatry and medical psychology.

#### **Critical notes and recommendations**

The presented papers for the procedure makes me see a successful professional and career development of the applicant. Considering that, I have no critical remarks but rather recommendations.

It would be very valuable that the acquired academic and practical experience of Dr. Arabadzhiev regarding the application of bio-psycho-social unity in genesis, psychodynamics and therapy, especially psychotherapy of neurotic and affective disorders becomes a practical



guide, a textbook or a monograph in support of the doctors and psychologists who are qualified and certified as psychotherapists.

I believe that Dr. Arabadzhiev has the qualities to be not only a successful co-author though the leading one but also to represent himself more as an independent scientist.

**V. General assessment of the compliance of the applicant concerning the minimum requirements under Art. 26, par. 2 and 3, respectively the requirements under Art. 26, par. 5 of the LDASRB and the specific requirements for Medical University, Plovdiv by fields and units with/without clinical activity defined in the Regulations for the Academic development in Medical University, Plovdiv**

The applied table shows that the applicant has covered and exceeded the minimum scientometric requirements, especially in groups C, D and F.

<b>Indicators group</b>	<b>Minimum requirements</b>	<b>Real indicators of the applicant</b>
Group A	50	50
Group B	100	100
Group C	200	<b>385.5</b>
Group D	100	<b>1410</b>
Group E	60	66
Group F	300	<b>587,5</b>
<b>Total</b>	<b>810</b>	<b>2599</b>

**Conclusion**

The applicant Chief Assistant Dr. Zlatoslav Arabadzhiev fully meets the compulsory and specific conditions and scientometric criteria for holding the academic position of "Associate Professor" set in LDASRB and in the Regulations for its implementation at Medical University, Plovdiv.

The presented content in this review allows me to evaluate highly the applicant's career development, his professional development as a psychiatrist with extensive psychological knowledge and psychotherapeutic training, his research and teaching activity.

I give my positive opinion that Dr. Zlatoslav Arabadzhiev is awarded with the academic position of Associate Professor in specialty "Psychiatry" for the needs of the Department of Psychiatry and Medical Psychology at Medical University, Plovdiv. Therefore I give my positive support for his application and I would kindly recommend that the Academic Jury supports the procedure.

16.12.2021

City of Varna

**Reviewer:**



/Prof. Ivanka Boncheva, PhD/