R E V I E W

by Prof. DSc Antoaneta Hristova

IPHS-BASc

member of the Scientific committee under the procedure for acquiring a scientific and educational degree "doctor" by Diyana Dobreva-Hristova, according to order No. RD-6-509 of 18.10.2023

Subject: presented dissertation work on the topic "Existential fulfillment and full human functioning in actors (Guidelines for psychological counseling)" for the award of the educational and scientific degree "PhD" in the field of higher education 3. Social, economic and legal sciences, professional direction 3.2 . Psychology, doctoral program "Counseling Psychology"

The doctoral student has submitted all the necessary documents needed to develop an opinion. The certificate of fulfilled minimum requirements under the Law on the Development of the Academic Staff in the Republic of Bulgaria and the presented extracts from protocols show that all the necessary conditions for acquiring the educational and scientific degree "doctor" have been met according to the Law on Higher Education, the Law on the Development of the Academic Staff faculty in the Republic of Bulgaria, the Regulations for the Implementation of the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations for the Terms and Conditions for Acquiring Scientific Degrees and for Holding Academic Positions in the Bulgarian Academy of Sciences.

The presented dissertation includes 282 literary sources, 30 tables and 11 figures. The doctoral student presents 4 publications on the topic and received 350 credits, which exceeds the minimum allowed.

The main goal of the dissertation is psychological help oriented to the needs of people with creative realization (artists, painters, musicians) who have specific needs due to the nature of their profession. The research focus is directed to the humanistic principles and ideas of psychological counseling, as well as to the consideration of the person in his life context (personal and professional). The dissertation was developed within the framework of counseling psychology and uses the theoretical concepts of the existential-humanistic paradigm. In the first part of the development, in its first chapter, a theoretical analysis of the development and place of counseling psychology and practice in the system of scientific psychology was carried out. The content of Carl Rogers' metatheoretical model is presented. The second chapter is devoted to existential theories and practical approaches in

psychotherapy and psychological counseling. A special place is devoted to presenting the content of the construct "existential fulfillment" in the understanding of the modern existential-analytical paradigm presented in the theory of Alfred Lengle. The third chapter justifies the choice of object (consultative field) of the study (people in the acting profession). Special attention is paid to stress related to acting and theoretical frameworks for its study. The second part of the work (Design and staging of the study) contains three chapters corresponding to the classical content of an experimental part. The third part presents the results of the empirical research, their analysis and discussion on each of the raised research hypotheses. The possibilities of the existential-analytic method "Steps to Existential Meaning" as a concrete expression of the consultative applicability of the theory of existential fulfillment are commented. Based on the theoretical analysis and the results of the empirical research, guidelines for psychological counseling and future research are outlined.

The scientific contributions of the dissertation work can be formulated as follows: 1. An original multi-dimensional theoretical model is proposed, which is based on the methodological expansion of traditional models in the research practice of studying positive functioning and takes into account the latest developments and achievements in the field of humanistically oriented counseling psychology and the leading trends in its development worldwide. 2. An adaptation was made and a questionnaire was constructed for the study of stress related to acting for the Bulgarian socio-cultural context (Questionnaire "Stress related to acting"). 3. The first psychological empirical study in the field of counseling psychology among Bulgarian actors was conducted. Significant personal determinants of mental well-being, resilience and resilience in actors have been identified.

Diana Dobreva-Hristova shows a systematic interest in the topic of the dissertation. Her professional commitment since 1996 has been related to practical psychological work related to diagnostics and counseling. Her dissertation is a natural extension of her dedication to psychological counseling and practice and is an example of detailed and perfectionist work done. I must also note Diana's additional qualification of networking and making contact with the original authors of the methods she cites.

Reasoned conclusion - the presented dissertation work on the topic: "Existential fulfillment and full-fledged human functioning in actors (Guidelines for psychological counseling) is structured very well, it is theoretically justified, a

valuable empirical study has been conducted. The results have been processed precisely and reasoned conclusions have been made with specific practical orientation and applicability. All this gives me sufficient reasons to confidently express my positive opinion and categorically vote for Diyana Dobreva-Hristova to be awarded the educational and scientific degree "PhD" in the field of higher education 3. Social, economic and legal Sciences, Professional field 3.2 Psychology, doctoral program "Counseling Psychology".

Sofia, 14.11.2023 Prof.DSc Antoaneta Hristova