Information Package







Spirituality and/or Religiousness – A Remedy for Existential Emptiness and Health or a Modern Excess?

7th International Conference of the Polish Society for the Psychology of Religion and Spirituality

Royal Capital City of Krakow

SEPTEMBER 24–26, 2026

Welcome Message



Polskie Towarzystwo Psychologii Religii i Duchowości

Katarzyna Skrzypińska

President of the Polish Society for the Psychology of Religion and Spirituality

A warm welcome to Krakow!

On behalf of the Polish Society for the Psychology of Religion and Spirituality, it is with great pleasure and pride that I have the opportunity to open the 7th International Conference and welcome such a distinguished group. We gather today to discuss the topic of Spirituality and/or Religiousness – A Remedy for Existential Emptiness and Health or a Modern Excess? This topic is fraught with meaning – starting with the hyphenation/alternative "and/or," when spirituality intertwines with religiosity, sharing a common root in the motivation to gather beliefs and search for meaning in life, which initiates action, but also suggests that these two phenomena may exist in isolation. In today's turbulent and conflicted world, many difficulties arise in filling the existential void in spirituality. The search for an antidote to meaninglessness is one of the most significant challenges for social sciences, medicine, and even theology and religious studies. The psychology of spirituality and religiosity offers hope in the form of research on the premises that build and strengthen the sense of meaning in life, on personality factors that can strengthen it, such as resilience, ego strength, gratitude, forgiveness, love, etc. We are also searching for cognitive factors that determine the concept of sacred or a-sacred objects (i.e., God, deities OR science, art, interpersonal relationships, etc.). I hope that this conference will help you, all of us, to jointly search for solutions to today's problems: loss of purpose in life, emptiness, depression, or noogenic neurosis—in Victor Frankl's words. I believe we are here to help practitioners who struggle daily with these very difficulties for their patients and clients. Help yourself and others—through discussion, support, and the process of exploration. May the deliberations bear fruit in the form of cooperation and perseverance! And perseverance in wise spirituality.



Ignatianum University in Cracow

Jacek Prusak
Dean of the Faculty of Psychology, Ignatianum University in Cracow

On behalf of the Ignatianum University in Cracow community, I warmly welcome you to our university. This is a special moment for us. Psychology at Ignatianum is entering a new stage of development, as the current Institute of Psychology is becoming the Faculty of Psychology. It is difficult to imagine a better way to mark this moment than by bringing together researchers from different countries and academic communities around topics that are both scientifically important and deeply human: religion, spirituality, well-being, meaning, and purpose in life. It is also here, within the walls of our university, that the first Chair of the Psychology of Religion and Spirituality in Poland was established as part of a psychology programme.

The world is changing, but the need for meaning, belonging, and spiritual resources does not disappear. What changes are the ways in which people search for these resources and draw on them. This is why psychologists have an important task today: to carefully study when and how religion and spirituality relate to health, well-being, and coping with difficulties, and when these relationships may be more complex and require a critical perspective.

I hope this conference will be a space for open, thoughtful, and evidence-based discussion of these issues. Perhaps this kind of attention will also help us understand people in all their complexity and better recognize their needs, values, and experiences. This idea is closely connected with the Jesuit principle of *cura personalis*, which means care for the whole person in their uniqueness, with attention to their individual situation, experiences, and life journey. This care is not limited to current needs. It also opens the question of where a person is going and what direction and meaning they give to their life.

I wish you inspiring presentations, good discussions, and fruitful sessions. I would also like to thank the Polish Society for the Psychology of Religion and Spirituality for trusting us with the organization of this year's conference. I am also sincerely grateful to everyone involved in preparing this event.

Conference Venue



Ignatianum University in Cracow

26 Kopernika St., 31-501 Krakow, Poland

The Ignatianum University in Cracow is centrally located, approximately 800 metres (about 0.5 miles) from *Kraków Główny* and about 900 metres (about 0.6 miles) from the Main Market Square.

Please note: due to renovation works, the main entrance to the university is currently closed. Please use the **side entrance** to the building, located by the staff parking area. After entering the building, turn right toward the staircase and elevator, and then proceed to the **registration desk and cloakroom on the 2nd floor** (see the Registration section below for more details).





Krakow's public transport network is efficient and well developed, making the university easily accessible from all parts of the city. The closest and most commonly used tram and bus stops include *Lubicz*, *Teatr Słowackiego*, *Hala Targowa*, and *Rondo Mogilskie*, all located within a short walking distance of the university buildings. These stops are well connected with other parts of the city and provide convenient access to Krakow's main districts. For convenient route planning and ticket purchase, participants are encouraged to use mobile applications such as Jakdojade, which allows users to check connections, departure times, and buy digital tickets. Single-ride and time-based tickets are available, with standard prices starting at approximately PLN 4 (15-minute

ticket) and PLN 8 (60-minute ticket), while daily and multi-day tickets are also offered. The surrounding area offers a variety of small shops and cafés, providing convenient options for refreshments and informal breaks between conference sessions.

Parking

For participants arriving by car, please note that parking on the university premises is not permitted and vehicle entry to the site is restricted. Participants may use public parking spaces in the surrounding paid parking zone or consider parking options in the vicinity of the University Hospital in Krakow, subject to local regulations and availability.

Taxi Services

Krakow has a reliable and well-developed taxi network, making travel around the city convenient and flexible. Taxis can be found at designated taxi ranks throughout the city or booked in advance via phone or mobile applications. Widely used taxi and ride-hailing services in Krakow include Radio Taxi Kraków, iTaxi, Bolt, Free Now, and Uber. These services offer convenient options for travel between the airport, city centre, and the conference venue.

See more: https://krakow2026.ptprid.org.pl/travel-stay/

Practical Information

Programme

The current conference programme is available at: https://krakow2026.ptprid.org.pl/programme/

Registration

Upon arrival at the conference venue, please go to the registration desk located on the **second floor**, in the area in front of Aula Wielka (Room 208). A **cloakroom** will also be available in this area. There, you will receive your conference badge and conference package, and you will be directed to the conference rooms. Please note that each participant is entitled to only one conference badge. **Please wear your badge at all times, as it may be checked when entering the catering area and selected conference facilities.** Registration does not apply to online participants.

Wi-Fi Access

Wi-Fi: **Konferencja** PASSWORD: **Ignat2025!**

You can connect to the conference Wi-Fi using the details above or by scanning the QR code on the back of your conference badge. ***eduroam*** is also available throughout the university. If you already use *eduroam* through your home institution and your device is properly configured, it should connect automatically using your existing credentials.

Attire

Business casual or smart casual is recommended.

Certificates

Attendance certificates will be sent electronically via the **Sertifier** platform shortly after the conference. If your certificate does not arrive or contains any errors, please contact the organizers.

Catering

Meals are provided for registered active participants and will be served in a designated catering area. On **Day 1**, participants will have access to a **coffee break**. On **Days 2 and 3**, both a **coffee break and lunch** will be provided. Please wear your conference badge when entering and moving within the catering area, as access is reserved for eligible participants. Detailed catering times are available in the conference programme.

Work Room – Room 210 (Second Floor)

Room 210 will be open throughout the conference and available as a **quiet workspace** with tables and chairs. Participants are welcome to use it to work on their laptops, make final adjustments to presentations, or take care of other conference-related tasks. Please keep noise to a minimum so that the room remains suitable for everyone who wishes to work there.

Conference Banquet

On **Day 1**, participants who registered separately for the banquet and completed the additional payment are warmly invited to join us at 19:30 in **Room 216 — Aula Kolegium**, 2nd floor, in the same university building as the conference. The banquet will include a hot meal. Business casual or smart casual attire is recommended. Please bring an ID document or your conference badge for identity verification upon entry.

Session Language

The language of each session (Polish or English) is indicated in the programme. Please observe the stated language, especially for English-language sessions, to ensure international guests can fully participate.

Media & Recording

By attending the conference, participants acknowledge that photographs and recordings may be taken and published. We warmly encourage you to share your own conference photos on social media and help promote the event. Please respect the intellectual property of presenters and do not photograph, reproduce, or post their presentation slides without prior permission.

Please share photos, videos, and other conference materials on your personal and university social media channels using our hashtags **#Ignatianum** and **#PTPRiD**.

Selected parts of the conference will be streamed live on **YouTube** only on the first and second days of the conference (Thursday and Friday) via the official Ignatianum University in Cracow YouTube channel and will be available here: https://www.youtube.com/@uniwersytetignatianumwkrakowie/streams

Travel documents (pol. *delegacje*)

Participants who need their official travel/delegation documents stamped are asked to leave them at the registration desk on Thursday or Friday by 13:00. Stamped documents can be collected after 15:00 on the same day.

Participation Standards

We want the conference to provide a professional, welcoming, and respectful space for everyone. Participants are therefore expected to:

- communicate with others respectfully and courteously;
- keep academic disagreement focused on ideas, evidence, and arguments rather than individuals;
- use language that respects differences in gender, age, ethnicity, religious affiliation or non-affiliation, worldview, disability, lifestyle, and other aspects of diversity;
- help create an environment in which all participants feel comfortable asking questions and contributing to discussion;
- allow speakers and other participants to finish before responding;
- respect personal boundaries and avoid unwanted physical contact;
- challenge discriminatory or disrespectful behavior rather than support or normalize it.

On-Site Session Information

Keynote Lectures (English)

- All keynote lectures will be delivered in English and will not be translated into Polish.
- Each keynote lecture is scheduled for approximately 60 minutes: **45 minutes** for the lecture and **15 minutes** for discussion.
- Each keynote lecture will have a designated session chair who will introduce the speaker and facilitate the discussion.
- Keynote presenters are asked to send their presentation files no later than 2 days before the conference to the Conference Secretary.
- The presentation files will be saved in the **PTPRiD folder** on the desktop of the conference-room computer.
- Presenters are expected to open and display their own slides and advance them independently during the lecture.
- Microphones will be available in the room. Presenters and participants are kindly asked to use them both during the lecture and during the discussion, as the audio will be transmitted as part of the live stream.

Oral Sessions (in Polish or English)

- Authors are asked to copy their slides from a **USB** drive to the **PTPRiD folder** on the computer in their assigned room (.pptx or .pdf), preferably during a break before the session.
- We strongly recommend using the computers provided in the conference rooms rather than connecting personal devices.
- Oral presentations: 20 minutes total — **15 minutes** for the presentation and **5 minutes** for questions and discussion.

- **Audio:** Microphones and speakers are available in all conference rooms. In Room 407, the use of microphones **is required** throughout the entire session, including both presentations and discussions, as the audio will be transmitted as part of the live stream. In the other conference rooms (409, 501), presenters and participants **may decide** whether they prefer to use the available microphones.
- **Technical Support:** A student volunteer will be present in each room to assist with organizational and technical matters.
- **Session Chairs:** Each oral session has a Chair responsible for:
    - announcing the speakers in the scheduled order;
    - maintaining the order of presentations and keeping the session on time;
    - signaling the remaining presentation time using cards: 7 min, 2 min, and 0!;
    - coordinating the discussion and Q&A.
- Chairs do not provide detailed introductions or presenter biographies. If authors wish to introduce themselves or provide additional biographical information, they may do so within their allocated presentation time.

Poster Sessions (in Polish or English)

- Poster size: **B1** (100 × 70 cm / 39 × 27 inches), portrait orientation.
- Please **deliver** your poster to the registration desk on the second floor no later than **1 hour before** your scheduled poster session.
- At least one author should be present at the poster during the session to enable discussion and interaction with participants.

Other Session Formats (in Polish or English)

For other session formats, including symposia, debates, and similar activities, the person chairing or coordinating the session is responsible for its organization, time management, and smooth running.

Online Session Information

All online sessions will be held via **Microsoft Teams**. Online presenters are particularly encouraged to join their assigned session using the appropriate link below:

- **Online Oral Session 1 (English),** Spirituality in the Context of Culture and Meaning: https://teams.microsoft.com/meet/331729508412252?p=fb7wsyE9HxlXVxBxc6
- **Online Oral Session 2 (Polish),** Spirituality, Health, and Meaning in the Contemporary World: https://teams.microsoft.com/meet/346756619363636?p=DgUuMBu6E2ySlEdXol
- **Online Oral Session 3 (English),** Forgiveness, Sensitivity, and Mental Health: https://teams.microsoft.com/meet/313520253408 93?p=GAbqeVUgq9BoxDOjFS

Each online presentation is scheduled for 20 minutes total — **15 minutes** for the presentation and **5 minutes** for questions and discussion.

Presenters are responsible for displaying their own slides or other presentation materials using the **Share screen** function in Microsoft Teams.

Each online session will have a Chair responsible for announcing speakers in the scheduled order, keeping the session on time, and coordinating the discussion and Q&A. The Chair will not provide detailed introductions or presenter biographies. If a presenter wishes to introduce themselves or provide additional biographical information, they may do so within their own allocated presentation time.

All online sessions will also be displayed on projection screens in designated rooms at the university. We therefore encourage on-site participants to join these sessions together in the assigned conference rooms. If an on-site participant wishes to ask a question, the Chair will help communicate it to the online presenter.

Participants may also join the session individually through Microsoft Teams using the links above.

Additional Information

- **Publishers' Stands:** During the conference, participants are warmly invited to visit the publishing stands located on the second floor, in the area in front of the entrance to the Aula. These will include **MDPI**, publisher of the journal Religions, as well as the **WAM** Publishing House.
- **Ariadna Research Panel Awards:** The Ariadna Nationwide Research Panel, a conference sponsor, has provided three awards for conference participants:
    - a voucher worth PLN 2,500;
    - a voucher worth PLN 2,000;
    - a voucher worth PLN 1,500.
    - During registration, participants will be asked whether they agree to take part in the competition. The competition committee will attend and evaluate the presentations. The winners will be announced and the awards presented during the Closing Ceremony.
- **Accommodation Discounts:** Novotel Krakow Centrum (ul. Kościuszki 5, 30-105 Krakow) and ibis Krakow Centrum (ul. Syrokomli 2, 30-105 Krakow) have prepared a special offer for PTPRiD 2026 participants, including a **15% discount** on the daily rate. The offer applies to stays between 23 and 27 September 2026 and includes breakfast. Reservations require a credit card guarantee and may be cancelled free of charge up to 14 days before arrival. Participants should book using the dedicated link or, when booking by phone or email, use the password "PTPRiD 2026."
- **Food and Refreshments:** Apart from the conference catering area indicated in the programme, there is no commercial cafeteria or canteen on the university premises. Only vending machines with snacks and hot drinks are available.

Participants wishing to purchase additional meals or refreshments are therefore encouraged to use the nearby cafés, restaurants, and other food outlets.

- **Restaurant and Café Discounts:** Conference participants can take advantage of special offers arranged by the Promotion Office of Ignatianum University in Cracow.
    - **Tużurek Restaurant**
        - Address: Westerplatte 15, Kraków
        - By presenting your conference ID, you can receive:
            - Buffet breakfast from 6:30 a.m. – PLN 60 per person
            - Served breakfast from 7:00 a.m. – coffee or tea and water included free of charge
            - **10% discount** on selected menu sets
        - Menu: https://tuzurek.pl/nasze-menu/
    - **INDIVIDUAL: coffee & friends**
        - Address: Lubicz 17A, Kraków
        - Conference participants receive a **15% discount** on the entire bill by using the password: "konferencja psychologia Ignatianum"
        - Menu: https://kawiarniaindividual.com/menu
- **Conference Monograph:** Submissions of chapters for the conference monograph are still open. More information is available here: https://krakow2026.ptprid.org.pl/call-for-papers-conference-monograph/
- **Exhibitions – Second Floor**
    - **Photographic Exhibition** – near the Great Hall (Aula Wielka, Room 208) and the registration desk: Participants are invited to visit the exhibition "Paweł Socha – Scientist, Poet, Photographer," dedicated to the late Paweł Socha, who was formerly affiliated with Ignatianum University in Cracow. The exhibition presents his passions and interests, showing him not only as a scholar, but also as a person deeply attentive to others and to the world around him. It also portrays him not only as a theorist of spirituality, but as someone who sought to live it in practice.
    - **Art Exhibition** – near Room 216: During the first day of the conference, especially during the banquet, participants are invited to visit the exhibition "Selected Artworks from the Collection of Stanisław Głaz, a long-serving member of the Institute of Psychology of Ignatianum University in Cracow."

Thank You for Creating This Event!

Scientific Committee

- Katarzyna Skrzypińska (University of Gdańsk, Poland)
- Halina Grzymała-Moszczyńska (Ignatianum University in Cracow, Poland)
- Dariusz Krok (University of Opole, Poland)
- Doug Oman (University of California, Berkeley, US)
- Beata Zarzycka (The John Paul II Catholic University of Lublin, Poland)
- Christopher A. Lewis (Leeds Trinity University, UK)
- Borys J. Soiński (Adam Mickiewicz University, Poznań, Poland)
- Zdzisław Kroplewski (University of Szczecin, Poland)
- Janusz Surzykiewicz (Catholic University of Eichstätt-Ingolstadt, Eichstätt, Germany)
- Stanisław Radoń (Pontifical University of John Paul II in Krakow, Poland)

Organizing Committee

- Jacek Prusak (Ignatianum University in Cracow, Poland)
- Sebastian B. Skalski-Bednarz (Ignatianum University in Cracow, Poland)
- Katarzyna Skrzypińska (University of Gdańsk, Poland)
- Dariusz Krok (University of Opole, Poland)
- Stanisław Radoń (Pontifical University of John Paul II in Krakow, Poland)
- Agnieszka Krzysztof-Świderska (Ignatianum University in Cracow, Poland)
- Marcin Wnuk (Adam Mickiewicz University, Poznań, Poland)
- Paweł Dudzik (Ignatianum University in Cracow, Poland)

Conference Volunteers

- Wiktoria Baran (Ignatianum University in Cracow, Poland)
- Zofia Bażela (Ignatianum University in Cracow, Poland)
- Weronika Chmura (Ignatianum University in Cracow, Poland)
- Olaf Chrzanowski (Ignatianum University in Cracow, Poland)
- Monika Domurad (Humanitas University, Sosnowiec, Poland)
- Maciej Jackowski (Ignatianum University in Cracow, Poland)
- Oliwia Leśnik (Ignatianum University in Cracow, Poland)
- Izabela Minda (Humanitas University, Sosnowiec, Poland)
- Kornelia Piątek (Humanitas University, Sosnowiec, Poland)
- Anastazja Pol (Humanitas University, Sosnowiec, Poland)
- Jakub Seiffert (Humanitas University, Sosnowiec, Poland)
- Wiktoria Stasica (Humanitas University, Sosnowiec, Poland)
- Patrycja Uram (Polish Academy of Sciences, Warsaw, Poland)