

Editorial

Stanisław Głaz

In 2014, the Institute of Psychology was established at Ignatianum University in Cracow, which, as of September 1st, will be renamed the Department of Psychology. We present to you the first issue of the journal *Forum Psychologicum*, part of the Institute of Psychology at Ignatianum University. I would like to thank everyone who contributed to its establishment and wish its readers a pleasant read.

The first issue of the journal is devoted to issues of psychological well-being and religiosity. The first two articles are theoretical in nature, while the remaining ones are empirical.

In the first article, the author demonstrates the need for transformative changes in therapeutic techniques and theoretical advances, which often result from groundbreaking shifts in psychological perspectives.

In the second article, the authors present the issue of religious experience as understood by Stanisław Głaz, considering its complex structure and relevance to the lives of contemporary people.

The remaining six articles are empirical in nature and present the results of research conducted among women, focusing on various aspects of their lives, such as mental health, religiosity, marital functioning, and experiences related to illness and loss.

The third article examines the relationship between religious comfort and religious struggles, empathy, and a sense of meaning in life in healthy women and women post-COVID-19, while also highlighting the potential of religiosity in shaping aspects of mental health, such as empathy and a sense of meaning in life.

In the fourth article, the authors analyze the relationship between religious comfort and religious struggles in the life of religious and practicing women following stillbirth. Furthermore, they demonstrate the role of religious comfort and religious struggles in shaping the presence and search for meaning in life in these women.

The fifth article examines the relationship between selected emotion regulation strategies, fear of disease recurrence, and the level of acceptance of living with the disease in women after mastectomy.

In the sixth article, the authors demonstrate the extent to which fertility regulation methods differentiate psychological well-being, marital intimacy, and life

satisfaction among married Polish women of reproductive age. Furthermore, they analyze the extent to which psychological well-being and marital closeness shape life satisfaction in these women.

The seventh article presents the relationship between empathy and marital satisfaction with marital success, further demonstrating the role of empathy and marital satisfaction in shaping marital success.

The final, eighth, qualitative article concerns a qualitative analysis of the motivation of women who participated in missionary volunteering. The authors present the structure of motivation and its consequences for women who voluntarily began working as missionary volunteers.

In addition, this issue of the journal includes a book review and a conference report. The review focuses on Brittany Fair's book, "The Neuroscience of Yoga and Meditation" (2023). Written by a neuroscientist and yoga instructor, the book explores the neurological and physiological foundations of ancient practices, aiming to make these insights accessible to both practitioners and the general public. The reviewer critically evaluates Fair's contribution, highlighting its strengths as a work of scientific communication while also examining its methodological limitations, cultural assumptions, and position within the broader literature on yoga and meditation.

This report covers the conference organized to mark the 10th anniversary of the Institute of Psychology at Ignatianum University in Cracow, summarizing the Institute's teaching and research achievements to date. We hope that the content in this issue will prove valuable and inspiring.

We want the *Forum Psychologicum* to be a space for informed scholarly reflection, open to both readers and researchers interested in contemporary psychology.