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5th International Conference on

# Mental Health and Human Resilience

March 07-08, 2019
Barcelona, Spain



SCIENTIFIC PROGRAM

# DAY 1
## Thursday, 7th March

08:30-09:00 **Registrations**

09:00-09:30 **Introduction**

**09:30-09:50 COFFEE BREAK**

09:50-11:50 Meeting Hall 01 **KEYNOTE LECTURES**

11:50-13:10

| MEETING HALL 01 | MEETING HALL 02 |
|---|---|
| **Talks On:** | **Talks On:** |
| Emergency Mental Health | Mental disorders |
| Human Resilience | Psychiatric Emergencies |
| Mental Health and Wellness | Psychosis |
| Psychopathology | Women's Mental Health |
| Mental retardation | Positive Psychology: A new approach to Mental health |

**13:10-13:15 GROUP PHOTO**

**13:15-14:00 LUNCH BREAK**

14:00-16:00

| MEETING HALL 01 | MEETING HALL 02 |
|---|---|
| **Talks On:** | **Talks On:** |
| Diagnosis and Therapy | Suicide attempts and suicidal thoughts |
| Medications for Mental illness | Anxiety |
| Mental Health treatment | Psychiatric rehabilitation |
| Mental Health case reports | Etiology of psychiatric emergencies |
| Mental Health Nursing | Screening and prevention |
| | Mental state examination |

**16:00-16:20 COFFEE BREAK**

| MEETING HALL 01 (16:20-17:00) | MEETING HALL 01 (17:00-18:00) |
|---|---|
| Young Researchers in Mental Health | Workshop |

# DAY 2
Friday, 8th March

09:00-10:30 Meeting Hall 01 — **KEYNOTE LECTURES**

**10:30-10:50 COFFEE BREAK**

10:50-12:50

| MEETING HALL 01 | MEETING HALL 02 |
|---|---|
| **Talks On:** | **Talks On:** |
| Mental Health Research | Diagnosis and Therapy |
| Chronic Illness | Clinical depression |
| Down Syndrome | Anxiety disorder |
| Narcissistic personality disorder | Bipolar disorder |
| | Dementia |
| | Autism |

**12:50-13:35 LUNCH BREAK**

13:35-15:55

| MEETING HALL 01 | MEETING HALL 02 |
|---|---|
| **Talks On:** | **Talks On:** |
| Mental wellness | Psychological resilience |
| Epidemiology of mental health | Biological models of resilence |
| Alternative therapies | Approaches to resilience |
| Mental Health Evaluation | Resilience and ability |

**15:55-16:15 COFFEE BREAK**

| MEETING HALL 01 (16:15-17:00) | MEETING HALL 01 (17:00-18:00) |
|---|---|
| Poster Presentations | Workshop |

**Awards & Closing Ceremony**

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# 5th International Conference on Mental Health and Human Resilience

March 07-08, 2019 | Barcelona, Spain

AGENDA

## Title: Social Media - The Antisocial Media, it's Challenges and impact on mental health

**Dr Khurram Sadiq**

**Consultant Psychiatrists,**
**CMHT Central West**
**Manchester, UK**

Khurram Tanveer Sadiq, Consultant Psychiatrist in Manchester. I was given the award by International Association of Health Professionals as one of the Top Psychiatrist in UK and as one of Leading Physicians of the World. Included in The Leading Physicians of the World 2017 edition. Experienced Psychiatrist & Key Note Speaker with a demonstrated history of working in the Mental health. Niche areas are Social Media & Mental health, Leadership & Public Speaking. Strong consulting professional with a focus on Medical Education, Asperger's, ADHD and Psych oncology.

## Title: Can too much resilience be a bad thing?

**Alan Dovey**
**University of Birmingham**
**UK**

Alan has work as lead consultant psychotherapist to major private manufacturing businesses (over 22,000 workforce) and West Midlands Fire Service, UK for over 18 years and has extensive clinical experience in treatment individuals with anxiety and depressive disorders. He has spoken at the World Congress in CBT, Japan 2005 and many other conferences regrading mental health and work. His specialist interest in burn-out has developed over the last 5 years due to the increased pressures from a

## Title: Implementing Positive Risk-Taking in Practice

**Steve Morgan**

**Practice Based Evidence**
**Consultancy, UK**

Steve Morgan attained a Diploma in Occupational Therapy at Oxford in 1986, and an MA in Practice Development at Middlesex University in 1998. He worked as a clinician in ward and community settings, and as a trainer for the Sainsbury Centre for Mental Health. In October 2001 he established his own independent consultancy, *Practice Based Evidence*, and continues to provide practice development, service review and training services. He has also worked as a case manager since 2013 for people experiencing Acquired Brain Injury. He has over 60 publications, including textbooks, practice & training

SPEAKER SLOTS AVAILABLE

## Title: STRESS, COPING AND LIFE QUALITY

**Javier Fiz Perez**

**European University of Rome, Italy**

**Javier Fiz Perez Ph.D.**, Psychotherapist and Professor of Psychology at the European University of Rome, where he cooperates also as *Delegate for the International Research Development*. He is Co-Director of the Laboratory of Applied (Business and Health Lab). Graduated in Philosophy, Psychology and Social Bioethics, getting also an specialization in Executive Business Administration (EMBA) after the PhD He's a Member of the Advisory Board of the Academic Senate of the Accademia Tiberina. Professor Fiz Perez is the Coordinator of the Scientific Committee of *The International School of Economics and Ethics* (Italy) and collaborates with the *International Academy for Economic and Social Development* (AISES) of which he has been Vice President for Spain and Latin

## Title: Are You Feeling Ok?

Barry Hurley

Service User Representative, Ireland

I have worked as Mental Health Peer Advocate for the Irish Advocacy Network for 12 years. I have completed a BSc in Health and Social Care and a BA in Literature and Classical Studies with the Open University. Alongside my work with service users, as Assistant Professor of Mental Health at the School of Nursing and Midwifery, Trinity College Dublin, I conduct research and deliver education modules from

## Title: Self-esteem, purpose and psychological well-being

**Beatrice Adriana Balgiu**

University Politehnica of Bucharest
Romania

Beatrice Adriana Balgiu is psychologist and associate professor at the University Politehnica of Bucharest (Department of Social Sciences) where she teaches several courses in psychology. Her concerns are related to the relationship between mental health and creativity. She published several empirical studies about creativity, curiosity, anxiety, depression, cognitive-emotional coping strategies, resilience in different groups etc.

SPEAKER SLOTS AVAILABLE

## Title: Cognitive-Behavioural Systems Approach in Couple and Sex Therapy

**Prof. Mehmet Z. Sungur**

Medical Faculty of Marmara University, Istanbul

Mehmet Sungur is professor of psychiatry at the Medical Faculty of Marmara University. He received training in cognitive behaviour therapy (CBT), sexual and marital therapies at the Institute of Psychiatry, London. He is accredited as a 'cognitive behaviour therapist' by the Europoean Association of Behaviour and Cognitive Therapy (EABCT). He is a founding fellow member and a certified cognitive therapist/supervisor of the Academy of Cognitive Therapy (ACT). He is the president of the International Association for Cognitive Psychotherapy (IACP) and has been a past president of the EABCT.Dr Sungur is also the president elect of the European Federation of Sexology (EFS).

## Title: Do You Take Things Personally?

**Kajal Kumar**

**CLEAR SKY THERAPY LIMITED, Harrow, UK**

Kajal is a practicing counsellor based in Harrow. Northwest London. I am a qualified and experienced counsellor and psychotherapist. As Member of British Association for Counselling and Psychotherapy (BACP), I adhere to its strict ethical framework. I am recognised CIGNA, Aviva, BUPA provider and affiliate for Workplace Options; O H Assist; Insight Health Care; Health Assured; Body Care Clinic; Inspire Therapy; Lifeworks and Advent Solutions Management.

## Title: Immediate Healing For Personality Development

**Dr. Hadi Eltonsi**

Cairo University, Egypt

Dr Hadi Eltonsi a medical graduate trained in group psychotherapy , hypnosis, silva mind control, NLP, Reiki Master, Pranic Healing,Life Couch, Mantra Yuga meditation among others courses for psychic powers, family constellation thru his medical study and practice then as a diplomat and Ambassador. He performed many TV , Radio interviews and seminars apart of two short American films about his work or inspired by his skills which were shown in international film festivals, the second got an award in Venice 2017.

SPEAKER SLOTS AVAILABLE

## Title: Journey Through Depression

**Tracey Maxfield**
Purple Angel
Ambassador, Canada

Tracey Maxfield, a hardworking, highly skilled, caring and compassionate nurse, hurtled headfirst down into an abyss of darkness, despair, pain and sorrow (she affectionately named the rabbit hole). Despite being no stranger to depression having made its acquaintance many times throughout the years, nothing could have prepared her for what was about to happen to her life, her heart, her soul, her very being.

## Title: Psychological Fine Art Collection Tool

**Dr. Beverley Antoine**
New Century BHS,
Las Vegas,
Nevada Area

**I'm first a psychotherapist more than 43 years in private practice and consulted in 11 hospitals. I'm also announcing the release of my project I developed and created more than 22 plus years ago, "The Psychological Fine Art Collection Tool " is near and dear to me.**

**I then developed and created them with help of a fine artist after I wrote complete descriptions of how each facial image must look, made them into charts to be then made into lithograph standard poster sizes. I've worked with all images within my private practice helping individuals become more realistic and authentic in feeling recognition.**

## Title: 'Letting Go': A Creative Initiative towards Freedom

**Jyoti Verma**

**Former University Professor of Psychology Patna University, India**

Professor Verma graduated from Banaras Hindu University with First Class Honors in the Bachelor of Arts degree and received gold medal for standing first among girl students in her special paper. She completed her Masters degree with Gold Medal in Psychology from Patna University and completed her Ph. D. from Patna University in the field of Social Psychology. Jyoti Verma joined Patna University as lecturer during her doctoral scholar days and became University Professor of Psychology in the year 1995. Dr. Verma has served as guest faculty for nationalized banks for teaching topics of human resource development to the trainees and held the position of Member Academic Council of the Nalanda Open University, consulting editor of international journal the *Asian Journal of Social Psychology,* been a member of the Editorial Board of the *Journal Culture and Psychology* and has been invited as Expert by the Indian Council of Social Science Research.

SPEAKER SLOTS AVAILABLE

## Title: Cultural practices and resilience : South Africa's Game Rangers' perspective

**Laurencia Mathekga**

South Africa, Pretoria, RSA

Laurencia Mathekga is a Corporate Manager: Employee Wellness at South African National Parks (SANParks' 19 national parks) spread across the South Africa. She completed her DPHIL (SOCIAL WORK) at UNISA researching on Resilience and has presented at local and international conferences

## Title: HOW TO HAVE CALM, PEACEFUL MIND, AND HAPPY LIVING BY SIMPLE MEDITATION

**Van Duy Dao**

Vietnam

Van Duy Dao from Vietnam, is a pharmacist, learner of personal development. Philosophy in studying is lifelong learning, from everyone, everywhere and study in joy, happiness from the drive inside.

## Title: A new study analyzes the effects of pharmacological treatment for ADHD on mood

**Ignacio Iglesias Colillas**

Argentina

Dr. Ignacio Iglesias Colillas (Ph.D. in Psychology, University of Buenos Aires, Argentina).

Position: Psychoanalyst, Clinical Psychologist, Postgraduate lecturer, Hospital Supervisor and Docent, Independent Researcher and Author.

SPEAKER SLOTS AVAILABLE

## Title: MENTAL HEALTH STIGMA

**Chris Young**

UK

Chris Young is an ex-social worker from Northamptonshire, UK. In 2008 he was diagnosed with borderline personality disorder. In 2011 Chris began his endeavour Walk a Mile In my Shoes. He walks around the edge of the UK – the edge of society being where many people with mental health problems feel they are – without spending any money and relying on the kindness of strangers.

## Title: *Health, Wellness, Research and Self- Care to Prevent Secondary Trauma and Burnout*

***Andrew Mendonsa***

*Licensed Clinical & Forensic Psychologist, California*

For over a decade, Dr. Mendonsa has provided treatment and assessment to forensic populations. He has provided care in settings including state and federal prisons, jails, outpatient clinics, state hospitals and private practice. He is a licensed California psychologist specializing in clinical and forensic psychology and has been involved in high-profile legal cases. Dr. Mendonsa's training outreach has included community and clinical supervision presentations aimed at educating professionals on forensic and clinical topics and interventions.

## Title: The Prevalence and Associated Factors of Mental Disorders in Ethiopia

**Ayele Gota ABESHA**

**Ethiopia**

I am a graduate of a Doctor of Philosophy (PhD) in Psychology (Developmental and Educational Psychology) from School of Psychology and Social Science, Edith Cowan University, Western Australia. In addition, my second degree (MA) is in Educational Psychology and my first degree (BA) is in Pedagogical Science. I have more than twenty two years of experience in teaching, educational administration and management, and research activities. My research interests are in the areas of (1) Educational Psychology, (2) Developmental Psychology, (3) Social Psychology, (4) Personality Psychology, (5) Cultural Psychology, (6) Education, and (7) HIV/AIDS.

SPEAKER SLOTS AVAILABLE

## Title: Psychopathology of Suicide Bombers-A psychiatric perspective

**Dr Sohail Qureshi**

**Consultant Psychiatyrist & Medical Director at ID Medical, United Kingdom**

Dr Qureshi is working as an inpatient consultant psychiatrist in the NHS for female with mental health issues and complex personality and trauma background. He is also the Medical Director of ID Medical, a leaading national locum agency providing millions of work hours to NHS and private health sector. He has studied for masters in Forensic Psychiatry at St George's University as well as at Kings College London. He has been studying and speaking on the unusual phenonmenon of terrorism in the context of suicide bombing in recent years from a psychiatric standpoint.

## Title: Resilience in the Bhagavad Gita: A Discourse Analysis

**Ruchika Garg**

**Christ University India**

Ruchika Garg has completed her Masters in Clinical Psychology in Christ (deemed to be University), Bangalore, India. She is also trained in clinical hypnotherapy. She currently has her private practice as a Psychologist and Clinical Hypnotherapist, at Live Better Therapy Centre, Bangalore, India. She also works as Training Manager and Trainer for Neuro Linguistic Programming at Indian Leadership Academy. She has a keen interest in the contribution of spirituality towards resilience and healing, and integrates spirituality with therapy for her clients.

## Title: Commitment and Perseverance: A collaborative talk on how to develop a desired quality of life when living with severe mental illness

**Robin Mohilner**

California

Robin have done her Undergraduate at UC Berkeley, BA in Psychology Graduate from School Philips Graduate University, MA in Marriage and Family Therapy and Art Therapy Licensed MFT in the state of California EAGALA certified Equine Mental Health Specialist.

SPEAKER SLOTS AVAILABLE

## Title: RESIST THE URGE: EXPLORING THE SOURCES OF ABSTINENCE SELF-EFFICACY OF DRUG REHABILITATION RESIDENTS IN ILOILO

**MARYCON ANNE C. BOSTON**
University of the Philippines Visayas

I am Marycon Anne Boston, Psych-Management graduate of University of the Philippines Visayas. Attached herewith is the abstract of my undergraduate research entitled "Resist the Urge: Exploring the Sources of Abstinence Self-efficacy of Drug Rehabilitation Residents in Iloilo." Findings of this study are alarming in a sense that even the family and the rehabilitation staff cannot increase the substance abusers' confidence to abstain from drugs. This is mainly because of the physical cravings which are hard to resist and also their perceived low self-control if tempted with the presence of the substance and peer pressure.

## Title: Surviving a Narcissistic Marriage. Understanding the complexities of living with a Narcissistic Partner

**Steven D Unruh**
Associate Professor
Ryokan College
Los Angeles, Canada

Steven Unruh has two graduate degrees form Fuller School of Psychology and Fuller School of Theology, Pasadena, CA. He is owner of UNRUH Mediation, as well as a licensed Psychotherapist. He is a professor at Ryokan College and has been in the field of Psychology for 3 decades. He is the father of 3 young men. He loves hiking, running, fishing and sky-diving.

## Title: The Patient in Room 1B... Confronting Our Fears to Overcome Reservation and Build Trust

**Nonye Aghanya**
Pace University
New York

Nonye Aghanya, working as a full time nurse at Family Nurse Practitioner, Retail/Hospital Pace University-New York, Alexandria, Virginia.

SPEAKER SLOTS AVAILABLE

## Title: Burnout, Turnover and Non-profit Social Work

**Maria Apuzzo-Okon**
New York University
USA

Maria Apuzzo-Okon is the Intake Supervisor for ICL's Personalized Recovery Oriented Services (PROS) program. Maria graduated with her MSW from NYU's Silver School and is excited to further her studies. She's invested in promoting self care for staff and helping improve the work environment for both staff and clients served. With a 8-year career in PROS programs, Maria has experience working in community mental health with adults with complex trauma, substance abuse history and helping clients with forensic involvement reintegrate in the community. Some of her skills and areas of focus in this setting are group therapy, harm reduction, grief counseling, crisis intervention, integrative health, dual diagnoses, trauma informed care and person centered planning.

## Title: Family role in recovery among men with schizophrenia in north Nigeria

**Bello Utoblo**

Leeds Beckett University,

UK

Bello Utoblo studied mental healthcare and obtained PhD in Mental Health from the School of Health and Community Studies in Leeds Beckett University, UK. He is keen on developing the understanding of the cause of schizophrenia and approaches to its recovery. He has built this current approach through exploration of the experiences of male services users and their mental healthcare professionals within a community in northern Nigeria. This approach highlight the occurrence of a transformation in men and women roles in contemporary Nigeria and provide insights into the link between gender as a social factor and men's management of their recovery in modern African context.

## Title: The secret world of hoarders

**Carol Rose Adkisson**

The Trauma and Healing Foundation, Fontana
California

Carol Adkisson is an author, speaker, a teacher and a Licensed Marriage and Family Therapist and The Transformational Coach. Carol Adkisson is the owner of a private practice and founder/Chief Executive officer of a group non-profit, The Trauma and Healing Foundation in Fontana. She is trained in various treatments including EMDR and Trauma Focused CBT and numerous other modalities. She has her Bachelor's Degree and Masters Degree in Marriage Family Therapy from Hope International University.

SPEAKER SLOTS AVAILABLE

## Title: The Risk Factors of Postpartum Depression among Arab Women

**Khalood al abri**

University of California
San Francisco

Khalood al abri Studied Bachelor of Science, Nursing at Sultan Qaboos University, Oman. Completed her Master Degree at University of California, Sn Francisco, USA. She is Performing the duties of teaching assistant and clinical instructor in Community and Mental Health Department at Sultan Qaboos University hospital. Currently, started working as nursing clinical instructor for fall 2017, winter 2018 and spring 2018.

## Title: Bipolar Disorders

**Charlotte Siya**
Valor Mental Health
Botswana

She is a Experienced Accountant with a demonstrated history of working in the accounting industry. Mental health activist and good events planner.

## Title: THE USE OF ANIMAL ASSISTED THERAPY TO FACILITATE THE TREATMENT OF BORDERLINE PERSONALITY DISORDER

**Katherine Compitus**

New York University
USA

Katherine Compitus, MSED, LMSW, MA is a clinical social worker and a doctoral candidate at New York University. Her research focuses primarily on pediatric mental health, attachment theory, and the human-animal bond. She is especially interested in working with trauma survivors and is a Certified Family Trauma Therapist. Katherine utilizes an integrative approach that combines psychodynamic psychotherapy, DBT, TF-CBT, Animal-Assisted Therapy, EMDR, and Hypnotherapy. Katherine is the founder and chairman of Surrey Hills Sanctuary, a non-profit organization providing veterinary social work services in New York State. She is an adjunct lecturer at NYU, Columbia University and Fordham University.

SPEAKER SLOTS AVAILABLE

## Title: The Effects of Acculturative Stress, Trauma and Undocumented Immigration Status in a Latinx Community

**Leslie Peña-Sullivan**
New York University
USA

Leslie Peña-Sullivan, LCSW holds an MSW from NYU Silver School of Social Work, as well as a post-graduate certificate in Advanced Clinical Practice. She has experience assessing and treating trauma in adolescents and adults. Leslie participated in a Clinical Social Work Fellowship as a Postgraduate Associate at the Yale Child Study Centre Outpatient Psychiatric Clinic for Children. She is bilingual (Spanish) and works at the Larchmont-Mamaroneck Community Counselling Centre as a Psychotherapist.

## Title: MUNECA: THE COMPLICATED LIFE OF LATINA DOLLS

**Cheryl Lopez**
New York University
USA

I am a Bilingual Licensed Clinical Social Worker and Sanctuary Train the Trainer who has completed MS Degree from Columbia University. For the last several years my work has focused on providing trauma informed clinical care to diverse populations including adults, youth, and children. My specialty is in child development, abuse, grief, DV, PTSD, and personality disorders using a multimodal approach such as Art/Play Therapy, Cognitive Behavior Therapy (CBT), Trauma Focused - Cognitive Behavior Therapy (TF-CBT), and Dialectical Behavior Therapy (DBT). I am passionate about helping individuals and families overcoming barriers impeding recovery while providing a safe place for on-going journey of self-discovery, and self-care.

## Title: Self-Psychology, Healthy Narcissism, and Young Adult Psychopathology: Treating the Social Media Obsession in the Digital Age

**Cassandra Lenza**
New York University
USA

Lenza C., LCSW holds an MSW from NYU Silver School of Social Work, as well as a post-graduate certificate in Advanced Clinical Practice. She has experience assessing and treating trauma in adolescents and adults. Leslie participated in a Clinical Social Work Fellowship as a Postgraduate Associate at the Yale Child Study Centre Outpatient Psychiatric Clinic for Children. She is bilingual (Spanish) and works at the Larchmont-Mamaroneck Community Counselling Centre as a Psychotherapist

SPEAKER SLOTS AVAILABLE

**Title: Suffering in silence: Effect of composite package of laughter yoga on perceived stress, quality of sleep and caregiver burden among caregivers of mentally ill clients in AIIMS, New Delhi.**

**Merin Thomas**
AIIMS, India

Merin Thomas is a graduate of College of Nursing, All India Institute of Medical Sciences, New Delhi and is currently pursuing her M.Sc. in Psychiatric Nursing from the same institute. She was awarded the best oral paper at the 21st World Congress of Mental Health (2017).

**Title: The effectiveness of Mind Body Medicine Program on the Coping Styles and Quality of Life among people with Physical Disabilities in the Gaza Strip**

**Mohammed Naser**

Al-Quds University

Palestine

Mohammed Naser; has completed his Master in community mental health from (Al-Quds University). Works as pert time academic lecture instructor at (Al Quds Open University), Educational psychology, disabilities care, and adaptation & mental health care supervised, member of evaluation team and facilitator at (Global Impact for Consultation), public relation officer at (Baitona For Community Development), researcher part time at (Al Quds Bank for Information) & (Society Voice Foundation), social worker volunteer at (Jabalia Rehabilitation Society), & psychological counselor volunteer at (Gaza Mental Health Program). This is the first paper send to published.

**Title: Understanding Attachment Styles and Using Positive Psychology to Help Create Healthy, Loving, Lasting Relationships**

**Dr. LaWanda N. Evans**

Dallas, USA

Dr. LaWanda N. Evans is a Licensed Professional Counselor, Healthy Relationship Expert, Speaker and Author. She is a 7 Principles for Making Marriage Work Leader and helps women and couples Build Stronger Relationships for a Lifetime of Commitment and Love. Dr. Evans has been featured in the largest premium publisher reaching millennial women, Bustle and Romper.com, as a relationship expert, is a contributing relationship expert writer for Marriage.com

SPEAKER SLOTS AVAILABLE

## Title: Resilience or Not: Caregivers of Patients Having Schizophrenia and its Related Disorders

**Bobby Syiemlieh**
AIIMS
India

**Mr. Bobby Syiemlieh,** 24 year old, born and brought up in Shillong, Meghalaya, India who loved to play football. He completed his Graduation from College of Nursing, NEIGRIHMS, Shillong, Meghalaya, India. As well as Post-Graduated from Psychiatric Nursing at AIIMS, New Delhi, India. He is Currently working as Nursing Officer at AIIMS, Raipur, India. His Area of Interest includes Preventive Psychiatry, Addiction Psychiatry, Severe Mental Illness. Has attended and Presented Scientific Papers in National and International Conferences.

## Title: STOP CRAVING HAPPINESS

**Iggy Tan**

Australian Institute of Company Directors
Australia

Iggy coined the term '10/10 happiness' meaning the ultimate state of inner peace, contentment, joy and bliss. Iggy considers himself 10/10 happy through regular happiness sweeping and meditation. Iggy now shares this technique with the world. The book's proceeds will support Rotary International and suicide prevention not-for-profit U OK? Iggy holds a Master of Business Administration from the University of Southern Cross, a Bachelor of Science from the University of Western Australia and is a graduate of the Australian Institute of Company Directors.

## Title: ROLE OF MINDFUL EMOTIONAL REGULATION IN COGNITIVE REAPPRAISAL

**Prof Sonali S. Patnaik**

IILM
Graduate School of Management
India

Sonali S. Patnaik, currently working as an Assistant Professor for Organizational Behaviour and Counselor at IILM Graduate School of Management, Greater Noida. She is a qualified (MPhil Clinical Psychology) and registered (RCI) Clinical Psychologist (CRR No. A37423) and currently pursuing Ph.D. from Lovely Professional University. She has an overall 7+ experience in the field of Industrial and Clinical Psychology.

SPEAKER SLOTS AVAILABLE

## Title: Validation of the Screen for Children Anxiety and Related Emotional Disorders-Revised Version (SCARED-R) to a Rwandan Sample

**Felicien Izaturwanaho**
University of Rwanda
South Africa

Felicien Izaturwanaho has completed his Bachelor's Degree at the age of 23 years from Clinical Psychology Department, College of Medicine and Health Sciences, University of Rwanda in academic year 2017-2018. He was the President of the Clinical Psychology Students 'Association of Rwanda (CPSAR) from 2016 to 2017 as well as a member and second advisor at NSINDAGIZA Volunteer Organization at the University of Rwanda-Huye Campus, which promotes the rights and welfare of older people in Rwanda since 2016.

## Title: STUTTERING A PROBLEM OF THE BODY OR THE MIND?

**Adriana Hariton**
Psychotherapist
Panama

**Clinical Psychologist** in private practice since 2002 to the present in Venezuela and Panama. Psychotherapist for Adults, Adolescents and Children. **Psychoanalyst in Training**, from the Psychoanalytic Studies Group of Panama (GEPP) from September 2014 to the present. **Bs. in Psychology** (1998) from Andrés Bello Catholic University. Degree Thesis: ***"Adaptation of the ADHD Differential Rating Scale (ESCADITA) for Adolescents".***

## Title: Quality of Life among Filipino Amputees after Prosthetic Rehabilitation at the UERMMMCI Philippine School of Prosthetics and Orthotics Charity Clinic

**Hannah Lois G. Tarroja**

University of the East
Ramon Magsaysay
Memorial Medical Centre
Philippines

Hannah has been interested in brain and behavior of the human person. A BS Psychology graduate, she obtained her medical degree at the UERM Medical Center, Inc. and pursued her interest by training in General Psychiatry at the same institution. She is currently on her final year of training.

SPEAKER SLOTS AVAILABLE

## Title: Traumas as Social Interactions

**Sam Vaknin**
Southern Federal University
Russia

Sam Vaknin is the author of "Malignant Self-love: Narcissism Revisited" and other books about personality disorders.

He is Visiting Professor of Psychology, Southern Federal University, Rostov-on-Don, Russia and Professor of Finance and Psychology in CIAPS (Centre for International Advanced and Professional Studies).
He spent the past 6 years developing a treatment modality for Narcissistic Personality Disorder (NPD). Over the years, with volunteers, it was found to be effective with clients suffering from a major depressive episode as well.

## Title: Resiliency Role Development Using Psychodrama and Role Reversal

**Julie Wells**
Suncoast Psychodrama Training
USA

**Clinical Psychologist** in private practice since 2002 to the present in Venezuela and Panama. Psychotherapist for Adults, Adolescents and Children. **Psychoanalyst in Training**, from the Psychoanalytic Studies Group of Panama (GEPP) from September 2014 to the present. **Bs. in Psychology** (1998) from Andrés Bello Catholic University. Degree Thesis: ***"Adaptation of the ADHD Differential Rating Scale (ESCADITA) for Adolescents".***

## Title: Human Resilience

**Sharon Colozzo**
NHS, UK

My background is in clinical psychology: I have completed the bachelor's degree and the master's degree. I grew my preparation with many courses about ADHD, learning disabilities and relaxation techniques. In London I've completed the following courses: level 2 Cardiopulmonary Resuscitation (CPR), level 2 Patient Manual Handling, complete induction for Support Worker position and Mental Health First Aid LITE.

SPEAKER SLOTS AVAILABLE

## Title: *The Journey Home from Trauma, A Study of Complementary Treatment*

**Dr. Terry J Martin**
USA

Dr. Martin has an exemplary clinical career working with the military and their families. For over twenty-five-years he has done private practice, directed and managed multiple outpatient programs in federal, state, and private health care settings. He is currently in private practice in Aiea, HI, and lives with his family in Mililani, HI. He is a cognitive behavioral therapist who has a specialty treating soldiers and their families dealing with stress related issues related to deployment(s).

## Title: *Cultivating mental health resilience in people not equipped with the perceived physiology of human resilience.*

**Prakriti Saxena Poddar**
Poddar Foundation
India

Dr. Prakriti Saxena Poddar obtained her Doctorate in Alternative Medicine at 29 years of age from the Indian Board of Alternative Medicines as well as a certified Hypnotherapist from the California Hypnosis Institute, and certified Transpersonal Regression Therapist from the Tasso Institute. She is the Founder/CEO of Mind Over Image, a mental wellness center and Managing Trustee of Poddar Foundation. She has over 18 years of experience in mental health, healing therapies, training and development for corporates and wellness.

## Title: *Change through Stillness: Mindfulness meditation as an intervention for men with Self-Perceived Problematic Pornography Use (SPPPU).*

**Luke Sniewski**
Auckland University
Australia

Luke Sniewski studied Ph.D. Psychology at Auckland University of Technology, Australia.

SPEAKER SLOTS AVAILABLE

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Biography

## Title: Use of a "Crisis Protocol" tool in the treatment of substance use disorders

**Federico Pavlovsky**
Dispositivo Pavlovsky,
Argentina

Federico Pavlovsky is psychiatrist from Buenos Aires, Argentina. He has a Master degree in Psychopharmacology and he is the director of Dispositive Pavlovsky, a mental health centre with an outpatient intensive program for substance use disorder based mainly on group therapy.

## Title: Use of a "Crisis Protocol" tool in the treatment of substance use disorders

**Rebeca Faur**
Dispositivo Pavlovsky
Argentina

Rebeca Faur is a also a psychiatrist from Buenos Aires, Argentina. She works as a psychiatrist and therapist at Dispositivo Pavolvsky. She has worked in research in the field of addictions in the Hospital Lic. Laura Bonaparte, a public hospital in Buenos Aires.

DATE & VENUE

## Title: A novel approach to Behavioural Health Care services in a hospital setting

**Luis Allen**
Advent Health
Florida

Dr. Allen has been associated with Florida Hospital's Centre for Behavioural Health since 1997 serving as its Medical Director since 1998. He currently holds the positions of Section Chairman of the Department of Psychiatry for Florida Hospital, Orlando Division, Medical Director of the Psychiatric Medical Unit, and Medical Director of Florida Hospital's Outlook Clinic, a community based mental health initiative, as well as being coordinator of the Consultation Liaison for Psychiatric Services Department.

SPEAKER SLOTS AVAILABLE

## Title: Understanding Stigma Associated with Autism Spectrum Disorder in the Older Filipino Community: A Case Study

**Tramy Nguyen**
**USA**

Tramy Nguyen is currently a junior at Ross S. Sterling High School in Baytown, Texas, as well as a Jack Kent Cooke Young Scholar. She attended the Research Mentorship Program at the University of California, Santa Barbara, with a full scholarship from both the Research Mentorship Program and the Jack Kent Cooke Foundation. During the course of the six-week program, Tramy conducted research and shadowed clinical work at the Koegel Autism Center.

## Title: The Lived Experience of GP Burnout

**Philippa Shaw**
University of Westminster
UK

Philippa Shaw is in her second year of study working towards a PhD in Psychology. Philippa is investigating the topic The Impact of GP Burnout on Patient Care, at the University of Westminster. The presented study is one of the pieces of research which will contribute to her PhD thesis.

## Title: Stigma towards mental disorders in patients in Qatar: A cross sectional mixed methods study

**Vahe Kehyayan**
University of Calgary
Qatar

Dr. Vahe Kehyayan, PhD, is Assistant Professor at the University of Calgary in Qatar. He holds a doctoral degree from the University of Waterloo, Ontario, Canada with a specialization in Aging, Health and Well-being. He is, as well, an experienced researcher from Canada with interests in mental health, healthy aging, neurological disorders, and quality of care/life in persons with mental illness and the elderly. In 2017, he was named a Fellow with the prestigious interRAI Organization, a collaborative network of international researchers who are committed to promoting evidence-informed clinical practice.

SPEAKER SLOTS AVAILABLE

## Title: Expanding Clinical Approaches of Treatment for Female Teens with Depression and Anxiety

**Vanessa Benzan-Monteiro**
**USA**

Ms. Benzan-Monteiro obtained her MSW from Arizona State University. Since then, she has supported youth and families by delivering thoughtful, clinical services. Currently, Ms. Benzan-Monteiro is running her group practice, supporting clients and providing trainings.

## Title: Multi-Level Family Factors and Affective and Behavioral Symptoms of Oppositional Defiant Disorder in Chinese Children

**Yixin Tang**
Beijing Normal University
China

Yixin Tang is a third year graduate student in the faculty of psychology, Beijing Normal University. Expected to receive master degree is the year of 2019. She is now focusing on developmental psychopathology studies with three publications in international journals.

## Title: Agency and resilience behind the we-ness. A case study of a couple therapy for mental disorders.

**Jonna Karasmaa**
University of Jyvaskyla
Finland

Jonna Karasmaa is a PhD student from the University of Jyvaskyla. She works as a psychologist with psychosis patients in the outpatient care of adult psychiatry.

SPEAKER SLOTS AVAILABLE

## Title: OMM (One Minute Meditation) path for increasing resilience and well-being

**Patrizio Paoletti**
Patrizio Paoletti Foundation
Italy

Patrizio Paoletti is the President of the "Patrizio Paoletti Foundation for Development and Communication". As President of the homonymous Foundation, Paoletti is leading international social projects and educational programmes with the aim of promoting human resilience, personal and community well-being. He is member of several scientific boards and committee's ad has numerous publications concerning lifelong learning processes for personal and social development and growth. Moreover, he is one of the leading teachers of meditation in Italy and the creator of several scientifically studied meditation techniques.

## Title: INCREASING RESILIENCE: MOLECULAR AND ELECTROPHYSIOLOGICAL CHANGES FOLLOWING QUADRATO MOTOR TRAINING

**Tal Dotan Ben-Soussan**
Research Institute for Neuroscience
Italy

Tal Dotan Ben-Soussan is the director of Neuroscientific Research Unit, of the Patrizio Paoletti Foundation. Leading studies examining the effects of different training paradigms on neuroplasticity, resilience and well-being, Ben-Soussan's multidisciplinary approach utilizes electrophysiological, neuroanatomical and molecular tools to examine the underlying mechanisms promoting cognitive and emotional well-being. Ben-Soussan's pioneering work on the Quadrate Motor Training has demonstrated that specifically-structured sensorimotor activity can improve neurobiological, emotional and cognitive functions. She is also applying her neuroscientific model to examine the interconnectedness of motion, emotion and cognition for increasing resilience and performance in the workplace, as well as in schools and neurodegenerative states.

## Title: A study to assess personality, psychological distress and adjustment difficulties among nursing students at AIIMS

**Anita P.**
AIIMS
India

Anita is a graduate of College of Nursing, All India Institute of Medical Sciences, New Delhi and has also pursued her M.Sc. in Psychiatric Nursing from the same institute. She has been awarded with second prize for scientific oral paper presentation in the 15th annual conference of the Indian Academy of Geriatrics.

SPEAKER SLOTS AVAILABLE

## Title: Strategic Approaches to Sexual Violence Prevention in Adolescents

**James Bush**
Bush Counselling Services
USA

James Bush, a Licensed Professional Counselor in the State of Tennessee. He completed his M.A. in Clinical Mental Health Counseling from Argosy University. He is the Program Director of Youth Overcoming Drug Abuse. For years, his efforts have concentrated on the growing adolescent population within the Middle Tennessee area and surrounding counties, which has led to service through community events, and partnerships with various organizations. He has also provided trainings for many audiences, on the topics of sexual violence prevention, alcohol and drug abuse trends, anxiety relief, deep-breathing techniques, and Adverse Childhood Experiences.

## Title: The Relation between Substance Abuse and Psychiatric Disorders in Adolescence and Young Adulthood

**Areeg Osama Amin El-Shaarawy**
Cairo University, Egypt

Dr Areeg El-Shaarawy has completed her masters degree in the field of Neuro-Psychiatry from Ain Shams University in Cairo, Egypt. She graduated from Cairo University in Egypt in December 2010. She has worked extensively with psychiatric patients of various disorders, such as, depression, bipolar affective disorder, PTSD, OCD, etc.. , as well as offering psychotherapy for patients battling obesity in specialized centres and has worked extensively with children in nurseries, back home.

## Title: Binge Eating Addiction among women who suffer from psychological abuse in their relationship: The moderating role of defence mechanisms

**Orly Yona Drori**
Israel

Orly Yona Drori, MSW, Clinical Dietitian B.Sc. Lev Hasharon Mental Health Medical Centre. Pardessyia; Israel.

SPEAKER SLOTS AVAILABLE

# Glimpses of Mental Health






















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# **Barcelona** Attractions



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