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6th International Conference on

Depression, Anxiety and Stress Management

April 25-26, 2019
London, UK



SCIENTIFIC PROGRAM

DAY 1
Thursday, 25th April

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:**
Suicide Prevention	Sexual Abuse and Substance Use Disorders
Post-Traumatic Stress Disorder	Panic Disorder and Trauma
Depression	Stress and Insomnia
Work Stress	Anxiety Disorders

13:10-15:15 GROUP PHOTO

13:15-14:00 LUNCH BREAK

14:00-16:00

MEETING HALL 01	MEETING HALL 02
Talks On:	**Talks On:**
Child and Adolescent Mood Disorders	Stress Therapies
Mindfulness for Mental Wellbeing	Yoga and Holistic Health
Managing Stress	Psychopharmacology
Autistic Spectrum Disorder	Phobia and its Treatment
Social Support and Health	Personality Disorders
Depression Treatment	Mental Illness

16:00-16:20 COFFEE BREAK

MEETING HALL 01 (16:20-17:00)	MEETING HALL 01 (17:00-18:00)
Young Researchers in Depression, Anxiety and Stress Management	Workshop

DAY 2
Friday, 26th April

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:**
Stress Therapies	Child and Adolescent Mood Disorders
Psychopharmacology	Yoga and Holistic Health
Managing Stress	Stress and Insomnia
Personality Disorders	Mindfulness for Mental Wellbeing
Depression Treatment	Mental Illness

12:50-13:35 LUNCH BREAK

13:35-15:55

MEETING HALL 01	MEETING HALL 02
Talks On:	**Talks On:**
Anxiety Disorders	Depression
Autistic Spectrum Disorder	Social Support and Health
Panic Disorder and Trauma	Suicide Prevention
Sexual Abuse and Substance Use Disorders	Work Stress
Phobia and its Treatment	Post-Traumatic Stress Disorder

15:55-16:15 COFFEE BREAK

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

PAST AFFILIATES

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Andrew J Ashworth
Bonhard Medical Ltd, UK

Paolo Scapellato
European University of Rome, Italy

Hanan Sheikh Ibrahim CCLCM -

Case Western ReserveUniversity, USA

Anna Contardi
European University of Rome, Italy

Monica Mendes
Valiant Clinic, UAE

Anat Ben-Artsy
Schneider Children's Medical Center of Israel, Israel

Verena Hein
4academy, Germany

Maria Teresa Aydemir
International Association for Analytical Psychology, Poland

Ishita Pateria
State of Mind - The Emotional Wellness Centre, India

Itsara Boonyarit
Chiang Mai University, Thailand

Rajesh Kumar
All India Institute of Medical Sciences, Rishikesh, India

Fouad Ktiri
ISPITS, Morocco

Sophia Almpani
Costeas Geitonas School, Greece

Rae Farmer
Next Steps - learning for life Ltd, UK

Hanieh Abeditehrani
Islamic Azad University, Iran

Aarti Sharma
Govindrakshak Ayurvedic and Acupuncture Centre, India

Yael Weinstein
University of Haifa, Israel

Martina de Witte
University of Amsterdam, The Netherlands

Jaime Senabre
University of Alicante, Spain

Robert M Gordon
Fellow of American Psychological Association, USA

Mike Lawrence
London Metropolitan University, UK

Deb Saville
Education & Training Consultants Pty Ltd, Australia

Amaraporn Surakarn
Srinakharinwirot University, Thailand

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Mika Sakurai
Kokushikan University, Japan

Maryam Eghbali Babadi
Isfahan University of Medical Sciences, Iran

Zahra Habibi Babadi
Isfahan University of Medical Sciences, Iran

Hanieh Abeditehrani
University of Amsterdam, The Netherlands

Javier Fiz Perez
European University of Rome, Italy

Andrea J Levinson
University of Toronto, Canada

Diana Kljenak
University of Toronto , Canada

Erez Yaakobi
Ono Academic College , Israel

Ali Khadivi
Bronx-Lebanon Hospital Center, USA

Einat Kaufman
Kaufman therapy , Israel

Hirokazu Osada
Senshu University , Japan

Yacov Rofe
Bar-Ilan University, Israel

Wayne Grant Carter
University of Nottingham, UK

Candice Conner
Highland Park Independent School District, USA

Alan L. Peterson
University of Texas Health Science Center, USA

Harry L Campbell
Biofeedback Resources International, USA

Esther Louise Sabban
New York Medical College, USA

Theodore A Petti
Rutgers-Robert Wood Johnson Medical School, USA

Andrew Firestone
Psychiatrists in private practice, Australia

Ming-hui Li
St. John's University, USA

Tulio Otero
Chicago School of Professional Psychology, USA

Torao Ishida
Suzuka University of Medical Science, Japan

Joanne Azulay
JFK Medical Center, USA

Darviri Christina
University of Athens, Greece

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Digdem Muge Siyez
Dokuz Eylul University , Turkey

James McCarthy
Pace University, USA

Maria Corena McLeod
Maria Corena McLeod

David Muss
BMI Hospital, UK

Elizabeth A Boerger
Slippery Rock University, USA

Eman Ahmed Zaky
Ain Shams University , Egypt

Paolo Scapellato
European University of Rome , Italy

Thomas P. Dooley
Trends in Pharma Development, USA

Aris Karagiorgakis
Black Hills State University, USA

Ren Lauren VanderLind
Texas State University, USA

Flavia Maria Margaritelli
Observatory Health and Safety , Italy

Mariyah Hussain
Houston Psychiatry Health Care, USA

Pam Ramsden
University of Bradford, UK

Mohammad Reza Dawuodi
Turku University of Applied Sciences, Finland

Denny Meyer
Swinburne University of Technology, Australia

Massimo Cocchi
Paolo Sotgiu Institute for Research, Switzerland

Tores Theorell
Stockholm University, Sweden

Arthur G O'Malley
Mascot Child and Family Services limited, UK

Belinda Neil
Author - Under Siege, Australia

Anna Eremeeva
Psychoneurological Dispensary Russian Federation, Norway

Mona A Eissa
The University of Texas Medical School, USA

Deen Mirza
Clinical Educator, AT Medics, UK

Asa Westrin
Lund University, Sweden

Adsson Magalhaes
University of Sao Paulo , Brazil

PAST AFFILIATES

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Maya Libben
University of British Columbia , Canada

Andrew John Ashworth
Breich Valley Medical Practice, UK

Bethany Devenish
Deakin University, Australia

Simona Trifu
University of Bucharest , Romania

Kay Sio Nga Chang
University of Macau , Macau (China)

Indra Boedjarath
Tilburg University, Netherlands

Ravimal Galappaththi
National Institute of Mental Health (NIMH), Sri Lanka

Victoria Zakopoulou
Technological Educational Institute of Epirus, Greece

Jacqueline A Hinds
Society of Emotional Intelligence , UK

Silvina Diaz Bonino
Perinatal Parent Infant Mental Health Service, UK

Angel Jose Salvador Casanova
Complutense University of Madrid , Spain

Sailaxmi Gandhi
NIMHAS, India

Nuhaila Al- Rawahi
Educational Psychologist, Oman

Hulya Kok Eren
Eskisehir Osmangazi University , Turkey

Catherine MacWillie
Custody Calculations, A Public Benefits Corporation, USA

Yuping Cao
Central South University, China

Nidesh Sapkota
B P Koirala Institute of Health Sciences , Nepal

Ingrid Sellschop
University of the Witwatersrand, South Africa

Prasanna Jayatilake
Global Minds (Private) Limited , Sri Lanka

Gaurav Chaudhari
Johns Hopkins Bloomberg School of Public Health, USA

Simon Michaels
Mindful Work , UK

Anastasia Giannaki
University of Athens, Greece

Margarita Kolesnikova
Saint-Petersburg State University, Russia

Dilek Yelda Kagnici
Ege University , Turkey

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Adi Jaffe
University of California, USA

Bahar Baran
Dokuz Eylul University, Turkey

Jouko Miettunen
University of Oulu, Finland

Joanne Zanetos
College of Coastal Georgia, USA

David Truswell
Somefreshthinking Consultancy, UK

Sawsan Elgalad
King Saud bin Abdulaziz University for Health Sciences , Saudi Arabia

Begum ENGUR
King`s College London, UK

Amanda Tuffrey
Great Involvement Future Thinking (GIFT) Partnership, England

Lucy Lila Nelson
Certified Life Coach & Yoga Teacher, USA

Fantinati Maral
Villa Igea Psychiatric Hospital, Italy

Judi Amberg
College of Saint Elizabeth, USA

Annie M Temane
University of Johannesburg, South Africa

Radu Mutihac
University of Bucharest, Romania

Marina Ziff
The Albany Centre & Mosaic Counselling Services, UK

Ann Marie Pike
HWYL Associates Therapeutic Mental Health Clinic, Newzealand

B Ramesh Babu
Raichur Institute of Medical Sciences, India

Tonnette Alcide
College of Saint Elizabeth, USA

Aboelezz Mahmoud Kalboush
Alnoor Specialist Hospital, Saudi Arabia

Wenn B Lawson
Private Practitioner, Australia

Jane Montague
University of Derby, UK

Margret Gisladottir
Landspitali University Hospital, Iceland

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Glimpses of Stress 2018











