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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

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6th International Conference on Depression, Anxiety and Stress Management

APRIL 25-26, 2019 | LONDON, UK

AGENDA

Title: Losing Our Touch: A Closer Look at Our Changing Communities and Their Effects on Our Relationships

Ms. Alyssa Macaluso

Episcopal School of Baton Rouge, USA

Alyssa Macaluso is a senior at Episcopal School of Baton Rouge. She wrote a thesis called "Losing Our Touch: A Closer Look at Our Changing Communities and Their Effects on Our Relationships" that examines how loneliness and isolation affect our relationships with each other. Alyssa is president of many clubs, including Model UN, Mock Trial, and Quiz Bowl. She is one of the head editors of the school's literary magazine and helps lead the Writing Center and the Slam Poetry team. In the fall and spring, she stage manages school plays. Alyssa practices yoga and goes to indoor rock climbing.

Title: It's not just my cell battery that's always low!"

Dr. Andrew Mendonsa

California School of Professional USA

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.

Title: It's Not Just My Cell Battery That's Always Low!

Dr. Andrew Wakefield

Deputy Regional Director
National University
USA

Mr. Wakefield has provided evaluation and treatment to clinical and forensic populations for the past several years. He has provided care in various settings including hospitals, jails, inpatient units and outpatient clinics. He is licensed in California as a Marriage and Family Therapist. He is employed as a Deputy Regional Director with Sharper Future where he oversees the day-to-day forensic assessment and treatment operations in the Central and Northern California Regions. Mr. Wakefield works within the Containment Team Model in California to deliver innovative and evidence-based interventions to various populations.

SPEAKER SLOTS AVAILABLE

Title: Intentional Happiness: 7 Paths to Lasting Happiness

Dr. Elia Gourgouris

Author and President of The Happiness Center, USA

Dr. Elia is the author of the #1 Amazon Best-Selling book, 7 Paths to Lasting Happiness. In it, he helps readers identify and work through principles such as gratitude, personal branding, and forgiveness which everyone can apply to their lives for deeper, more meaningful and lasting happiness. He has published over 120 articles for various newspapers and magazines, including the Huffington Post.

Dr. Elia is an international Keynote Speaker, Executive Coach, and a Leadership Consultant. He received his B.A. in Psychology from UCLA and his M.A. and Ph.D. in Clinical Psychology from the California Graduate Institute.

Title: A Survivor's Self-Love Recipe for Understanding and Recovering from Anxiety and Depression

Ms. Maxine Outerbridge

New York, USA

Maxine Outerbridge is a New York City native, hardworking and passionate mother of two (including a special needs child) and mental health and healing advocate. Maxine's testimony of surviving domestic violence and sexual abuse, teen pregnancy and financial distress during her pursuit of her undergraduate degree landed her a role as surrogate to Hillary Clinton during the 2016 Presidential Campaign. Maxine was the youngest delegate to represent the state of New York at the 2016 Democratic National Convention. Maxine studied Finance and Accounting in her undergraduate and graduate studies and is a Certified Public Accountant (CPA) working in the financial services industry.

Title: Instagram: friend or foe? The application's impact on Psychological wellbeing

Ms. Samantha Mackson

Nova Southeastern University, USA.

Samantha Mackson is a 4th year graduate student who attended college at Duke University in North Carolina and is currently pursuing her Psy.D. at Nova Southeastern University in Ft. Lauderdale. She is interested in clinical psychology, having completed two practicums at the Anxiety Treatment Clinic at Nova's Psychological Service Clinic and at Barry University. In addition to clinical psychology, she is interested in the effects of social media and how affects its users' psychologically

SPEAKER SLOTS AVAILABLE

Title: Healing Movement and Biodanza as a method of increasing the sense of enjoyment and optimism in Mental health difficulties.

Mrs. Guahara Dominguez

University of Southampton
UK.

Guahara completed her degree in Social work in Las Plams de GC. She proceeded to train as a Gestalt Therapist with the Gestalt Institute of Valencia and Las Palmas and qualified in 2009. She underwent the Official Biodanza training with Rolando Toro School .Guahara works as a Training and Developing Consultant and Psychotherapist. She completed her Master Degree in CBT and Compassion Focused Therapy as part of her Clinical Consultant role. She is the Founder of the "Sitting on Fire" and "The Reset" workshop. Guahara Dominguez has pusbished the “Guide for Holistic Education” in collaboration with Las Palmas City Council.

Title: Animal-Assisted Therapy as an adjunctive modality to DBT in the treatment of Borderline Personality Disorder

Mrs. Katherine Compitus

New York University,
USA.

Katherine Compitus is a bilingual clinical social worker and a doctoral candidate at New York University’s Silver School of Social Work. She has a MSED (Education), MSW and MA (Biopsychology). Her research focuses primarily on pediatric mental health, attachment theory, and the human-animal bond. She is especially interested in crisis intervention and working with trauma survivors; she is a Certified Family Trauma Therapist and trained in DBT, Hypnotherapy and EMDR. She is also passionate about cultural competency in social work and removing the stigma surrounding trauma-based mental illness. She currently lectures at New York University, Columbia University .

Title: Neuropharmacology of depression and suicide ideation among pediatric age group and appropriate prevention

Dr. Mary A Odejayi-Shotunde

J Arik LLC,
USA.

Mary A. Odejayi-Shotunde is the C.E.O of JArik LLC & Princess Arik Beauty Health Consult respectively, her Expertise is in clinical evaluation and passion for improving the mental health and well-being. She is a practicing physician where she assesses patients' needs & develops a plan of care. She provides good health teaching, guidance & counseling as needed. She orders diagnostic testing for the patient were relevant for expert diagnosis and creates new pathways for improving mental health care. She has imbibed this model after years of experience in research, evaluation, teaching, and administration both in hospital, outpatient and education institutions. She is a great motivational speaker, publisher, entrepreneur & an aspired Neurosurgeon, she possesses the quality of a good leadership, interpersonal and communication skills.

SPEAKER SLOTS AVAILABLE

Title: Energy vampires and how to dissolve their power

Ms Rae Farmer

**Rae Farmer Gangster of Light,
England,
UK.**

Rae Farmer is a Social Entrepreneur with Emotional Resilience at the heart. She is the Director/Founder and owner of Next Steps - learning for life Ltd and also the 'Gangster of Light' delivering one-to-one therapeutic support, through resilience coaching and reiki. Rae is also a published author of a series of children's stories exploring Emotional Literacy, Well-Being and Mindfulness.

Rae was invited in 2015 to become a panel member of the CPS North East Scrutiny Panel for Homophobic & Transphobic Hate Crime and has volunteered her time since to enhance the work of the CPS.

Title: The impact of Group Schema Therapy on depression, anxiety and stress in patients with Insulin-dependent Diabetes

Dr. Aileen M Pidgeon

**Bond University
Australia.**

Aileen Pidgeon, PhD (Clin) an Assistant Professor Psychology, Program Director Clinical Masters of Psychology and Chair 4th year Psychology Program at Bond University, co-Director of the Mindfulness Resilience Wellness Centre and a Clinical Psychologist. Dr Pidgeon's widely published research identifies innovative ways to reveal the factors that cultivate resilience. She explores how to cultivate resilience through evidence-based mindfulness training initiatives and evaluating their effectiveness on improving resilience, depression, anxiety and stress in the community.

Title: Changing Scenario of Adolescent Aggression and its Management

Dr. Ashima Soni

**Case Manager
inTouch Multicultural
Centre Against Violence
Melbourne, Australia**

Trained Internationally and in Australia with over 12 years experience in Teaching and Counselling with the main focus on clinical intricacies, human relations and report writing experience in a dynamic environment. A caring, supportive and enthusiastic team player who is trained to distinguish all aspects of human behavior and performance; individual differences in ability, personality, and interests; learning and motivation; psychological research methods; and the assessment and treatment of behavioral and affective disorders and is committed to the welfare, safeguarding and promotion of community. added to my successes.

SPEAKER SLOTS AVAILABLE

Title: Work Stress: Vision Inside and Outside & Work Stress Management by Health Coach

Dr. Ekaterina Fairand

Certified Integrative Health Coach
France

Ekaterina Fairand is a Paris-based Certified Integrative Health Coach. She has a degree in medicine from I.M.Sechenov First Moscow State Medical University. After 20 years of the corporate carrier in the international companies, Ekaterina made the decision to pursue her passion in lifestyle medicine and preventive health. She attended Institute for Integrative Nutrition (NYC, USA) where she studied over 100 dietary theories, studied a variety of practical lifestyle management techniques.

Title: Childbearing in times of HIV/AIDS: What it means for the African woman and her quality of life

Ms. Joyceline Ntoh Yuh

University of Oldenburg
Germany

Joyceline Ntoh Yuh is a Feminist and Doctoral candidate in the University of Oldenburg, Germany. She holds an MA in Women & Gender Studies from the ISS Erasmus University Netherlands. Her research interest includes HIV/AIDS related issues, Psychology, Gender, Sexual and Reproductive health. Since 2006 she took keen interest in the field of HIV/AIDS were she researched on the impact of HIV on Agriculture affecting mostly women with the UN FAO Gender unit(Italy), mainstreaming HIV policies in UNFFE Uganda, HIV stigma in Africa and currently facilitates workshops with MA students in the area of Gender, sexuality, Migration & HIV/AIDS(Health).She is also a Reviewer in the journal of AIDS.

Title: Work related stress

Ms. Olebogeng Tladi

North West University,
South Africa

Olebogeng Tladi is a qualified social worker with six years of experience in the field as a practitioner. She has a broad knowledge of various Social Work methods due to practicing as a generic social worker. While she is passionate about finding different approaches to offering effective services to people, her interests lie mostly in issues affecting children. She completed her Masters degree in the area of Foster Care. Olebogeng is currently a lecturer at the North West University in South Africa and is also pursuing her PhD. Besides Social Work, she is interested in fields of Psychology, Sociology and traveling the world.

SPEAKER SLOTS AVAILABLE

Title: An Intervention Based Approach to Improving Children's Social Emotional Well-Being

Ms. Olivia Kit

Brock University
Canada.

Olivia Kit is currently completing her Honour's degree in Child and Youth Studies with a minor in Psychology at Brock University. She is also pursuing her thesis on studying the social-emotional well-being in children with learning disabilities through a program that promotes and educates self-awareness, self-advocacy, and coping skills. She is a research assistant for Brock University's Learning Disability and ADHD lab, a program facilitator for the Learning Disability Association of Niagara's (LDANR) early literacy program, and a teacher at Oxford Learning Tutoring Institute. She has presented her current research at the annual Council for Learning Disabilities Conference in fall of 2018.

Title: A Study on Coping Strategies of Stress Free Environment among Self Financing College Teachers

Dr A.Jasmine

Thassim Beevi Abdul Kader College for Women
India

Dr.A.Jasmine is the Head of the Department of Business Administration and Dean of Arts in TBAK College for Women, Kilakarai. She holds Ph.D. from Alagappa University Karaikudi. She has edited a book titled "Entrepreneurship Development "and has presented papers in the international conference at University Sains Malaysia and at Kansas city, Marriott country club Plaza, USA. She has guided 12 M.Phil projects and approved guide for Ph.D at Alagappa University, Karaikudi.

Title: Study on Impact of Health and Well Being Initiatives among College Teachers

Dr S.Sumayaa

Thassim Beevi Abdul Kader College for Women
India

Dr. S.Sumayaa is the Head of the Department of Business Administration and Dean of Arts in TBAK College for Women, Kilakarai. She holds Ph.D. from Alagappa University Karaikudi. She has edited a book titled "Entrepreneurship Development "and has presented papers in the international conference at University Sains Malaysia and at Kansas city, Marriott country club Plaza, USA. She has guided 12 M.Phil projects and approved guide for Ph.D at Alagappa University, Karaikudi

SPEAKER SLOTS AVAILABLE

Title: Very low density and low densitylipoprotein contribution to vascular dementia

Dr. Edward Chan
WellLab
Malaysia

Dr. Edward Chan has completed his Masters in Nutritional Medicinewith theSociety for Advancement of Hormones & Healthy Aging Medicine Malaysia, Masters in Learning from Lancaster University, UK andDoctorate in Psychology from the Intercultural Open University School of Medicine. He is the principal consultant of WellLab, a premier laboratory diagnostic testing organisation. He has published numerous papers in reputed journals and has been serving as an editorial board member of repute

Title: The Effect of Psychoeducational Intervention on Adjustment, Coping Self-efficacy, and Psychological Distress of International Students in Turkey

Mr. Aman Sado Elemo

Anadolu University,
Turkey.

Aman Sado Elemo obtained his B.Ed. from the Bahir Dar University in Pedagogical Sciences and MA from the Addis Ababa University, Ethiopia. Currently, he is a PhD candidate in the Psychological Counselling and Guidance at Anadolu University, Turkey. He has research interests in International students' adjustment, Stress Coping, and Positive Psychology.

Title: Mathematical Proof of the Therapeutic Effect of Relaxation

Mr. Ktiri Fouad

ISPITS,
Morocco.

Ktiri Fouad is a clinical psychologist, a psychology teacher, a researcher and a yoga coach. His experiences in clinical psychology and yoga-relaxation allowed him to publish, in 2015, a paper book entitled "Stress - How to prevent and fight it - New psychological, spiritual, body and cognitive techniques". From 2009, he has animated conferences and participated in many radio psychological programs.

His experiences as a physics and computer graduate helped him to combine psychology and mathematics, which allowed him to elaborate a new stress numerical model and published it on 2016.

SPEAKER SLOTS AVAILABLE

Title: Three-year trajectories of social anxiety symptoms for youth with chronic health conditions

Dr. Janette McDougall

Western University, Canada

Janette McDougall is an Adjunct Research Professor in the Faculty of Health Sciences at Western University in Ontario, Canada. She holds a Master of Arts in Sociology and a PhD in Rehabilitation Sciences from Western University. Janette also has a Bachelor of Education from the University of Windsor. She has been a Researcher at Thames Valley Children's Centre in London Ontario for over 22 years. Janette's research interests include: health measurement and examining the factors that influence health, well-being and quality of life for children and youth with chronic health conditions and disabilities. She has numerous peer-reviewed publications and has presented at international conferences.

Title: Impact of primary nocturnal enuresis on the quality of life in Egyptian mothers: a case–control study

Dr. Nehal Attia

Cairo Univeristy School of Medicine , Egypt

Nehal Mostafa Ahmed Attia has completed her Master degree at age of 28 and her PhD at the age of 32 years from Cairo University and postdoctoral studies from Cairo University School of Medicine. She is a lecturer at Cairo Univeristy School of Medicine. She is also a member of the Egyptian Psychiatric Association. She has published one paper in reputed journal.

Title: Therapeutic competencies in reducing emotional and social distress after cognitive behavior therapy training program

Dr. Zizi E. Ibrahim

Fayoum University, Egypt.

Zizi Sabra is an assistant professor of clinical psychology at the University of Al-fayoum, in Egypt. She is an accredited therapist from the Egyptian ministry of health and consultant of clinical psychology from Saudi commission for health specialist. Delivering & teaching cognitive behavior therapy (CBT) for more than 20 years. Zizi Graduated from the psychology department, Cairo university1990. As a visiting scholar at University of Pennsylvania (2000- 2002), she was lucky to learn (CBT) under the supervision of Professor R. J. DeRubies. She is accredited trainer of (CBT) in Egyptian Psychological Association (EPA-RANM) and Psychological Research Center- Cairo University. Her book of Cognitive Behavior therapy for depression: theoretical basis and practice published in 2007 is recommended reading for CBT students and therapists.

SPEAKER SLOTS AVAILABLE

Title: The impact of Group Schema Therapy on depression, anxiety and stress in patients with Insulin-dependent Diabetes

Ms. Azadeh Eghbal Manesh
Tehran Medical University

Azadeh Eghbal Manesh has her expertise in psychiatery of nursing and has a background of working in psychiatery ward as a nurse, expert in medication , health provider and being able to improve people's wellbeing. I work on diabetes people , so because they have many psychophysiological problems, I decided to research about new psychotherapy helping them to promote their wellbeing , hence decreases their mental problems such as depression, anxiety and stress. I am a hypnotherapist and recommend hypnotherapy to reduce mental problems in diabetic people.

Title: Psychiatric morbidity among the patient of first ever ischaemic stroke

Dr. Muhammad Sayed Inam
Upazila Health Complex

Dr Muhammad Syed Imran is currently working as a Psychiatrist at Upazilla Health Complex, Bangladesh. He has completed M.Phill In Psychiatry from Shahjalal University Of Science & Technology, Sylhet, Bangladesh and M.B.B.S from Dhaka medical college & Hospital, University Of Dhaka, Bangladesh.

Title: Hey, you're a big hero demonstrate your strength

Mrs. Liora Gov Ari de Vries

Bar-Ilan University

Owner if a BA in Land of Israel studies, as well as a BA in Social work, both from Bar Ilan University. Besides that owner of a MA in Gender studies from Schechter Institute for Jewish studies. Working as a social working in the health care system for more than 14 years. For the last 6 years working at the Hematological Daycare department in Sha'are Zedek Hospital in Jerusalem. Works also as a Group facilitator for cancer patients and their families, the beraved and for staff inside the hospital. Head of a forum of social workers in the hematological field in Israel, as well as a member of hematological medical forums in Israel. Lecturer at national and international conferences in the field of hematology

SPEAKER SLOTS AVAILABLE

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Biography

Title: Elimination of Stress, Anxiety and Depression @ rate 25% to 35"% globally.

Mr. Mahboob Ashraf

The Ultimate Solutions, My Life and Progress

By choice Mahboob Ashraf is passionate psychologist, motivator and life coach/spiritual guide. 14 years continuous research/development work with purpose of life to develop students/professionals/parents into fully effective personalities by eliminating self defeating behaviors, stress, anxiety & depression @ of 25% to 35% globally.

Mahboob, also founder of The Ultimate Solutions, My Life and Progress (CEO), providing one stop solutions belongs to personality/life/profession through guidance/counseling/training (soft & hard skills set, in focus students/teachers/parents), complete road map (education/jobs/careers/professions), psychological treatment along with interest free financial aid by using channels of individual/micro, short/long terms financing from banks/different types of institutions.

Title: Adopting laughter therapy to get dosage of happy hormones to remove stress caused by being in slight pain ,being depressed, being unhappy anxious or sad.

MS. SUCHI

Specialist Diploma In Early Childhood Education

MS. SUCHI is an experienced International Pre School Principal/Manager who picked up Laughter exercises from many coaches around the world. She then designed 'Laughter Therapy' which is being used in many places such as hospitals and Senior Activity Centres. She provides individual and group therapy in educational and home settings.

Title: The factors of stress in diploma of science program students

Mrs. Piyarat Jitpakdee

Sirindhorn College of Public Health,

Piyarat Jitpakdee is a psychiatry student pursuing her phd in Siridham College. She has a vast knowledge in the field of psychiatry.

SPEAKER SLOTS AVAILABLE

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Margret Gisladottir
Landspitali University Hospital, Iceland

London Attractions



















Glimpses of Stress 2018











