conferenceseries.com

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

conferenceseries.com

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 Mcaluso 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 & Trans phobic 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 Counseling 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 Master's 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 Honor'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 density lipoprotein contribution to vascular dementia

Dr. Edward Chan
WellLab
Malaysia

Dr. Edward Chan has completed his Masters in Nutritional Medicine with the Society for Advancement of Hormones & Healthy Aging Medicine Malaysia, Masters in Learning from Lancaster University, UK and Doctorate in Psychology from the Intercultural Open University School of Medicine. He is the principal consultant of Well Lab, a premier laboratory diagnostic testing organization. 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 Counseling 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 University 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 psychiatry of nursing and has a background of working in psychiatry 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.Phil. 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 bereaved 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

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 Centers. 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

Title: The SMARTER-life-GROWTH an integrated Cognitive Behavioural Therapy (i-CBT) approach to wellbeing and happiness

Dr. Pat Gwyer,

Wellbeing, Happiness and Success
UK.

Dr Gwyer is a world-leading expert in Wellbeing, Happiness and Success. His integrative approach combines applied psychology and the work of John Maxwell, the world leading authority on leadership and personal growth. On completing his PhD, he worked as a researcher for a UK law enforcement agency and taught at several universities. In 2006 he completed his second doctorate in Clinical Psychology and then an MSc in Applied Positive Psychology and Coaching Psychology.

Title: Childhood Trauma and Dissociative Experiences in Female Borderline Disorder with and Without Substance Dependence

Dr. Somaya Hassan Shaheen
Cairo Univeristy School of Medicine
Egypt.

Somaya Hassan Shaheen 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 University School of Medicine. She has published one paper in reputed journal.

Title: Defined by Taglines

Ms. Sangeetha Param

India

Sangeetha is a 24 year old insurance professional from the IT hub of India, Bangalore. She is a survivor and a fighter. She was diagnosed with depression having bipolar disorder and borderline personality disorder in November 2014. Since then, she has been undergoing rigorous therapy and had been taking medication for the same.

She is an author and poet and published 2 books in 2017 and 2018 respectively. Today she stands strong and tells the world her story of survival and how she overcomes her depression.

SPEAKER SLOTS AVAILABLE

Title: Concurrent antipsychotic use in older adults treated with antidepressants in Asia

Ms. Min Dong
University of Macau
China

Min Dong got the bachelor's degree in Southern Medical University in 2013, majoring in clinical medicine. Then, she studied in Central South University the second Xiangya hospital for master's degree from 2013 to 2016, majoring in psychiatry and mental health. During this period, she completed master's project: Diffusion tensor imaging study in schizophrenia with persistent auditory hallucinations. In the third year of master period, she studied electro-encephalograph and event-related potential in Japan as an exchange student. Then, she studied for PHD in University of Macau since 2016, majoring in biological medicine. During PHD study, she learned meta-analysis on epidemiology studies, case-control studies and randomized controlled trials. Her PHD project is Psychotropic Prescription Patterns in Asia regions.

Title: Yoga for Anxiety and Depression

Ms. Joanna Manqueros
Kaiser Permanente
USA

Joanna Manqueros is a Licensed Clinical Social Worker who plays Harmonium, teaches Yoga and practices psychotherapy. Joanna has worked in the Department of Psychiatry, at Kaiser Permanente for 24 years. Born in New Mexico and raised in Berkeley, California, Joanna is fluent in Spanish. She taught Yoga for Anxiety and Depression with live simultaneous Spanish interpreters for 6 years at Kaiser Richmond.. The article "Yoga for Anxiety and Depression', was published in Kaiser's internal magazine: "Look Inside KP". This was the first article published internally, regarding a practitioner in Psychiatry at Kaiser.

Title: Driving Behavior, Depression, and Anxiety as Predictors of Road Traffic Accidents

Dr. Ahmad N. AlHadi
King Saud University
Saudi Arabia

Dr. Ahmad Alhadi is a board-certified psychiatrist with a certificate of additional qualifications in Cognitive behavioral therapy, a dedicated community psychiatrist with extensive experience in public and private inpatient and outpatient settings, and he has experience in research, evaluation, teaching and administration both in hospital and education institutions.

SPEAKER SLOTS AVAILABLE

Title: How stressful life events and violence is related to mental health: the protective role of social relations in African Context

Felix Nyarko
University of Tampere
Finland

Adolescence is period of intensive developmental changes, bringing/meaning/involving both stressors and resources. Adolescents are universally expected to be at risk for heightened stress and violence, and subsequently to mental health problems. Yet, studies mainly consider Western cultures. The current study analyses, first, how stressful life-events and violent experiences influence the mental health of adolescent, and, second, whether good social relationship can play a protective role among Ghanaian adolescents.

Title: Practice of Yoga And Meditation and its Impact on Adolescence

Dr. Dhanya Mol.s
Thassim Beevi Abdulkader College For Women
India

Dhanya has completed her M.Phil (Master of philosophy)in psychology. She is working in.

Thassim Beevi Abdulkader College For Women, Kilakarai,Tamilnadu.She is heading the

Department of Psychology from the year of 2014 till date. Currently she is working as a Master

Trainer for a project (Police Well-Being Programme) in collaboration to Goverment of Tamilnadu

and NIMHANS (National Institute of Mental Health And Neurosciences,Bengaluru).

Title: Practice of KALARIPPAYATTU(Traditional Martial Art) and its impact on wholistic wellbeing

Dr. Dhanya Mol.s
Thassim Beevi Abdulkader College For Women
India

Dhanya has completed her M.Phil (Master of philosophy)in psychology. She is working in.

Thassim Beevi Abdulkader College For Women, Kilakarai,Tamilnadu.She is heading the

Department of Psychology from the year of 2014 till date. Currently she is working as a Master

Trainer for a project (Police Well-Being Programme) in collaboration to Goverment of Tamilnadu

and NIMHANS (National Institute of Mental Health And Neurosciences,Bengaluru).

SPEAKER SLOTS AVAILABLE

Title: Acceptance and Commitment Therapy

Najiha Syeda
UAE

Acceptance and Commitment Therapy (ACT) may seem confusing. How do acceptance and commitment paired with **mindfulness** form an effective treatment? If you are aiming to be more accepting of your thoughts and feelings, how does commitment play a role? What are you committing to?

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

Dr S.Sumayaa
Thassim Beevi Abdulkader College For Women
India

Both depression and anxiety are far more common in women than in men, and with the preponderance of women in teaching, it's highly likely that the rate of teacher depression and anxiety dwarfs the statistics for the population at large. Wellbeing is a positive state related to the enjoyment of life, feeling connected to others, the ability to deal with challenges, and having a strong sense of purpose and control. Wellbeing covers all facets of life, including mental, spiritual, physical and social wellbeing. Wellbeing is important as it contributes to a person's overall mental health. It is well acknowledged that teachers are the most important in college factor contributing to student success, satisfaction and achievement, and that teacher wellbeing is deeply connected to the quality of their work.

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

Dr A.Jasmine
Thassim Beevi Abdulkader College For Women
India

Happiness is an inner state of mind. But there is nothing fixed in this ever changing world, ups and downs in our life, increase the importance of happiness which makes happiness and sadness two sides of a coin. Happy people have younger hearts, younger arteries, and a younger real age. Happy people recover more quickly from surgery, cope better with pain, have lower blood pressure, and have longer life expectancy than unhappy people.

SPEAKER SLOTS AVAILABLE

PAST AFFILIATES

PAST AFFILIATES

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

PAST AFFILIATES

PAST AFFILIATES

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

PAST AFFILIATES

PAST AFFILIATES

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

PAST AFFILIATES

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

PAST AFFILIATES

PAST AFFILIATES

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

London Attractions



















Glimpses of Stress 2018











