

# Scientific Program

31<sup>st</sup> World Summit on

## Positive Psychology, Mindfulness, Psychotherapy & Social Sciences

March 27-28, 2020 | Barcelona, Spain



**Conference Series LLC Ltd**

47 Churchfield Road, London, W36AY, UK. Tel: +44 20 393 63178

**Day 01, March 27, 2020**

**10:00-10:15 Registrations**

**10:15-10:30**

**Meeting Hall- Andromede**  
**Opening Ceremony**

**Keynote Forum**

**10:30-11:15** **Title: Being Mental Health Strong and Walking Resiliently Alongside a Loved One with a Mental Health Condition**

**Erin Ramachandran**, Director ( Mental Health & Wellness Program ), USA

**11:15-12:00** **Title: Winning and healing through inner-balance**

**Tobias Mol**, HeartRoads, The Netherlands

**Group photo & Coffee Break : 12:00-12:15 @**

**International Workshop**

**12:15-13:15** **Title: Resiliency and Engaged Leadership; Force Preservation Combined Arms**

**Leila Brady** and Col Brian T. Rideout, USA

**Lunch Break : 13:15-14:15 @**

**Sessions: Eudaimonia and Wellness | Mindfulness and Compassion | Stress, Anxiety and Depression | Mental Health & Well being | Psychology and Psychological Resilience | Mental Health and Quality of Life**

**Session Chair: Danielle Gryspeerdt**, McGill University, Canada

**14:15-14:45** **Title: The role of values, value-related behaviors and self-efficacy for hedonic and eudaimonic well-being**

**Agnieszka Bojanowska**, PhD, Poland

**14:45-15:15** **Title: Mindfulness-Based Intervention for Reducing Stress, Depression and Anxiety in Workers: Randomized Trial**

**Edilaine C. Silva Gherardi-Donato**, University of São Paulo, Brazil

**15:15-15:45** **Title: Emotional Creativity Inventory: validity in junior, senior students and Chilean workers of the ECI-S scale**

**Silvia da Costa**, University of Basque Country, Andres Bello University, Spain

**Sessions: Child Psychology, Autism and Protection | Positive Education, Learning and Coaching | Self-harm and Suicide Prevention | Self-harm and Suicide Prevention |**

**15:45-16:15** **Title: The Relation between Bullying at School and Cyberbullying: Risk and Protective Factors**

**Ifigenia Stylianou**, Cyprus

**16:15-16:45** **Title: The importance of collaboration and compassion in mental health treatment of anxiety disorders**

**Myra Braun**, WI, USA

Coffee Break : 16:45-17:00 @

17:00-17:45 **Title: Positive Education, Learning, and Coaching Tract**  
**Laura Alipoon and Carol Davis**, Loma Linda University, USA

**Panel Discussion & Award Ceremony**

**End of Day-1**

## **Day 02, March 28, 2020**

**Sessions: Women's Mental Health and Midwifery | LGBT and Sexual Orientation | Autistic Parents Daily Life Challenges | Philosophy, Religion and Language**

**Session Chair: Hacene Raffa**, Canada

**Session Co-chair: Martha Lally**, USA

09:00-09:30 **Title: Breaking the Silence from this Relationship Destroyer - - Marriage & Mental Health**

**Erin Ramachandran**, Director ( Mental Health & Wellness Program ), USA

09:30-10:00 **Title: The influence of Internet in the Increased Suicides among Young Male Homosexuals**

**Marcelo Pombo Novaes Fernandes**, ISCTE – IUL , Portugal

10:00-10:30 **Title: Religiosity, psychosocial factors, and well-being: an examination among a national sample of Chileans**

**Silvia da Costa**, Spain

10:30-11:00 **Title: The Influence of Christianity in the Process of Acceptance of Homosexuality: Guilt and Apostasy**

**Marcelo Pombo Novaes Fernandes**, ISCTE – IUL ,Portugal

11:00-11:30 **Title: Positive thinking in psychology and its outcomes and benefits: Ways to be a positive thinker**

**Maimoona Asad**, General Practitioner and a Consulting Phycologist, Saudi Arabia

**Panel Discussion & Round Table**

**Best Poster Award**

**Closing Ceremony**