Tentative Program

3rd International Conference on
Depression, Anxiety and Stress Management

June 21-22, 2017 London, UK

Interactive Sessions  Keynote Lectures  Plenary Lectures  Workshops
Exhibitors  B2B Meetings

***For available speaker slots***

stress@psychiatrycongress.com

http://stressmanagement.global-summit.com/
Day 1                June 21, 2017
08:30-09:00  Registrations
Waterfront 3

Opening Ceremony

Keynote Forum

09:30-10:15  Title: Has the UK Brexit decision increased stress, anxiety and depression in UK Black, Asian and minority ethnic communities and how would we know?
David Truswell, Somefreshthinking Consultancy, UK

10:15-11:00  Title: Effect and its Mechanism of Acupuncture Stimulation at “Bai-Hui” (GV 20) and / or “Yintáng” (Ex-HN3) on Depressed Mice, Rats and Humans.
Torao Ishida, Suzuka University of Medical Science, Japan

Networking & Refreshment Break @ Foyer 11:00-11:15

11:15-11:45  Title: Cultural activities in the work place
Tores Theorell, Stockholm University, Sweden

Group Photo

Workshop

11:45-12:30  Title: The International Association for Rewind Trauma Therapy
David Muss, BMI Hospital, UK

Group Photo

Sessions:
Stress | Stress Therapies | Trauma | Depression | Yoga

Session Chair: David Truswell
Session Co-chair: TBA

Session Introduction

12:30-13:00  Title: Coping with Stress: Insights from an Online Mental Health Platform
Denny Meyer, Swinburne University of Technology, Australia

13:00-13:30  Title: Depression and Alcoholism as comorbidities
Wayne Grant Carter, University of Nottingham, UK

Lunch Break @ Restaurant 13:30-14:15

14:15-14:45  Title: Professional Burnout in British GPs: Themes and Lessons
Deen Mirza, Clinical Educator, London

14:45-15:15  Title: The forbidden Stress: The Stress that’s forbidden, hidden and calls for a spiritual solution
Marina Ziff, The Albany Centre & Mosaic Counselling Services (CIC), UK

15:15-15:45  Title: Depression, Anxiety and Stress among University Students: The Case of Jeddah, Saudi Arabia
Saddiga AlGhalib, Effat University, Saudi Arabia

Networking & Refreshment Break @ Foyer 15:45-16:00

16:00-16:30  Title: Leading Transformation in Healthcare and the role of Emotional Intelligence
Jacqueline A. Hinds, Society of Emotional Intelligence, UK

16:30-17:00  Title: Stress at work: Psychodynamics in asymmetrical work relationships
Andrew firestone, Private practice, Australia
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<thead>
<tr>
<th>Time</th>
<th>Workshop</th>
<th>Venue</th>
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<tbody>
<tr>
<td>17:00-18:00</td>
<td><strong>Title:</strong> The Art of BART: Bilateral Affective Reprocessing of Thoughts as a dynamic model for psychotherapy across the lifespan&lt;br&gt;<strong>Author:</strong> Arthur G. O’Malley, Mascot Child and Family Services limited, UK</td>
<td>Waterfront 3</td>
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<td>18:00-19:00</td>
<td><strong>Title:</strong> Yoga-based Stress Management: Introducing Yogic Principles and Practices for Stress Relief&lt;br&gt;<strong>Author:</strong> Lucy Lila Nelson, Certified Yoga Teacher, USA</td>
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**Sessions:**
- Anxiety Disorders | Depression Treatment | Suicide and Prevention | Stress Therapies | PTSD
- Session Chair: TBA

**Day 2**

**June 22, 2017**

**Waterfront 3**

**Keynote Forum**

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<tr>
<th>Time</th>
<th>Title</th>
<th>Author, Institution</th>
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<tr>
<td>09:30-10:15</td>
<td><strong>Title:</strong> Evaluation of a program to reduce stress in the workplace using mixed methods&lt;br&gt;<strong>Author:</strong> Denny Meyer, Swinburne University of Technology, Australia</td>
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<td>10:15-10:50</td>
<td><strong>Title:</strong> Don't nobody care about us girls: Anxiety and Stress intervention with inner-city African American girls&lt;br&gt;<strong>Author:</strong> Angela Neal-Barnett, Program for Research on Anxiety Disorders among African Americans, USA</td>
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**Networking & Refreshment Break @ Foyer 10:50-11:10**

**Workshop**

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<tr>
<td>11:10-12:10</td>
<td><strong>Title:</strong> Yoga-based Stress Management: Introducing Yogic Principles and Practices for Stress Relief&lt;br&gt;<strong>Author:</strong> Lucy Lila Nelson, Certified Yoga Teacher, USA</td>
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**Sessions:**
- Anxiety Disorders | Depression Treatment | Suicide and Prevention | Stress Therapies | PTSD
- Session Chair: TBA

**Session Introduction**

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<tr>
<td>12:10-12:40</td>
<td><strong>Title:</strong> Treatment of resistant depression : Have we missed the right track ?&lt;br&gt;<strong>Author:</strong> Aboelezz Mahmoud Kalboush, Alnoor Specialist Hospital, Saudi Arabia</td>
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<tr>
<td>12:40-13:10</td>
<td><strong>Title:</strong> A Teaser Exercise to Prompt Neurogenesis and restore the stressed mind&lt;br&gt;<strong>Author:</strong> Belinda Neil, Author - Under Siege, Australia</td>
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**Lunch Break @ Restaurant 13:10-14:00**

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<td>14:00-14:30</td>
<td><strong>Title:</strong> Baby-Gaze: a neurobiological method of rapid attenuation of Symptoms of anxiety&lt;br&gt;<strong>Author:</strong> Andrew Ashworth, Breich Valley Medical Practice, UK</td>
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<td>14:30-15:00</td>
<td><strong>Title:</strong> Stress, coping and biological vulnerability in suicide attempters&lt;br&gt;<strong>Author:</strong> Asa Westrin, Lund University, Sweden.</td>
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<td>15:00-15:30</td>
<td><strong>Title:</strong> Vicarious trauma, PTSD and social media: Does watching graphic videos cause trauma?&lt;br&gt;<strong>Author:</strong> Pam Ramsden, University of Bradford, UK</td>
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**Networking & Refreshment Break @ Foyer 15:30-15:45**

**Closing Ceremony**
Major Scientific Sessions

- Post-traumatic Stress Disorder
- Anxiety Disorders
- Depression
- Schizophrenia and Bipolar Disorder
- Stress and Insomnia
- Stress Related Disorders
- Child and adolescent Mood Disorders
- Personality disorders
- Panic Disorder and Trauma
- Yoga and Holistic Health
- Suicide and Prevention
- Sexual Abuse and Substance Use Disorders
- Phobia and its treatment
- Work Stress
- Stress Medication and Management
- Depression Treatment
- Stress Therapies
- PsychoPharmacologyForensic Mental Health

Best Poster Award

- You will be given about 5-7 minutes to present your poster including questions and answers. Judges may pose questions during the evaluation of the poster.
- Judges will even evaluate the student’s enthusiasm towards their study, interest and knowledge in the area of their research.
- The winners will be announced at the closing ceremony of the conference. The decision of the winner will be withdrawn if the winner/winners is/are not present at the time of announcement.
- Apart from the judging time you may also be present at the poster to share your research with interested delegates.

Young Researchers Forum

- Present your research through oral presentations.
- Learn about career development and the latest research tools and technologies in your field.
- This forum will give pertinent and timely information to those who conduct research and those who use and benefit from research.
- Develop a foundation for collaboration among young researchers.
- The forum will provide an opportunity for collegial interaction with other young investigators and established senior investigators across the globe.
- Interact and share ideas with both peers and mentors.

General Queries
stress@psychiatrycongress.com

Conference Venue
London, UK
Glimpses of Stress 2016
Best Tourist Destinations in London, UK

5 Off the Beaten Path Sights in London

5 Reasons to celebrate New Year’s in London

10 Top Tourist Attractions in London

10 Best Day Trips from London

1. Big Ben and Parliament
2. Coca-Cola London Eye
3. National Gallery
4. Royal Museums Greenwich
5. Natural History Museum
6. Hampton Court Palace
7. Piccadilly Circus and Trafalgar Square
8. British Museum
9. Hampton Court Palace
10. National Gallery