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Scientific Program

3rd International Conference on

Depression, Anxiety and Stress Management

June 21-22, 2017 London, UK



Conference Series - America

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Conference Series - UK

Kemp House, 152 City Road, London EC1V 2NX, UK
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987th Conference

Waterfront 3

conference**series**.com 09:00-09:30

Opening Ceremony

Keynote Forum

- 09:30-10:15 **Title: Has the UK Brexit decision increased stress, anxiety and depression in UK Black, Asaian 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: 11:00-11:15 @ Foyer

- 11:15-12:00 **Title: Cultural activities in the work place**
Tores Theorell, Stockholm University, Sweden

Group Photo Workshop

- 12:00-12:45 **Title: The International Association for Rewind Trauma Therapy**
David Muss, BMI Hospital, UK

Sessions: Stress | Stress Therapies | Trauma | Depression | Work Stress

Session Chair: David Truswell, Somefreshthinking Consultancy, UK

Session Co Chair: Tores Theorell, Stockholm University, Sweden

Session Introduction

- 12:45-13:15 **Title: Coping with Stress: Insights from an Online Mental Health Platform**
Denny Meyer, Swinburne University of Technology, Australia
- 13:15-13:45 **Title: Depression and Alcoholism as co-morbidities**
Wayne Grant Carter, University of Nottingham, UK

Lunch Break 13:45-14:30 @ Restaurant

- 14:30-15:00 **Title: Professional Burnout in British GPs: Themes and Lessons**
Deen Mirza, Clinical Educator, AT Medics, UK
- 15:00-15:30 **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
- 15:30-16:00 **Title: Depression, Anxiety and Stress among University Students: The Case of Jeddah, Saudi Arabia**
Saddiga Al-Ghalib, Effat University, Saudi Arabia

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

- 16:15-16:45 **Title: Leading Transformation in Healthcare and the role of Emotional Intelligence**
Jacqueline A Hinds, Society of Emotional Intelligence, UK
- 16:45-17:15 **Title: Stress at work: Psychodynamics in asymmetrical work relationships**
Andrew Firestone, Psychiatrists in private practice, Australia

Workshop

- 17:15-18:15 **Title: The Art of BART: Bilateral Affective Reprocessing of Thoughts as a dynamic model for psychotherapy across the lifespan**
Arthur G O'Malley, Mascot Child and Family Services limited, UK

End of Day 1

Day 2 June 22, 2017

Waterfront 3

Keynote Forum

09:30-10:15 Title: **Evaluation of a program to reduce stress in the workplace using mixed methods**
Denny Meyer, Swinburne University of Technology, Australia

10:15-11:00 Title: **Depression, anxiety and isolation - the experience of living with dementia in UK migrant and minority ethnic communities**
David Truswell, Somefreshthinking Consultancy, UK

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

Workshop

11:15-12:15 Title: **Yoga-based Stress Management: Introducing Yogic Principles and Practices for Stress Relief**
Lucy Lila Nelson, Certified Life Coach & Yoga Teacher, USA

Sessions: Anxiety Disorders | Depression Treatment | Suicide and Prevention | Stress Therapies | PTSD

Session Chair: David Truswell, Somefreshthinking Consultancy, UK

Session Introduction

12:15-12:45 Title: **Treatment of resistant depression: Have we missed the right track ?**
Aboeizz Mahmoud Kalboush, Alnoor Specialist Hospital, Saudi Arabia

12:45-13:15 Title: **A Teaser Exercise to Prompt Neurogenesis and restore the stressed mind**
Belinda Neil, Author - Under Siege, Australia

Lunch Break 13:15-14:00 @ Restaurant

14:00-14:30 Title: **Baby-Gaze: A neurobiological method of rapid attenuation of Symptoms of anxiety**
Andrew John Ashworth, Breich Valley Medical Practice, UK

14:30-15:00 Title: **Stress, coping and biological vulnerability in suicide attempters**
Asa Westrin, Lund University, Sweden

15:00-15:30 Title: **Vicarious trauma, PTSD and social media: Does watching graphic videos cause trauma?**
Pam Ramsden, University of Bradford, UK

Networking & Refreshment Break 15:30-15:45 @ Foyer

15:45-16:15 Title: **Managing stress with music therapy**
James Yeow, HELP University, Malaysia

16:15-16:45 Title: **The irrationality of suicide risk assessment**
Declan Murray, University of Limerick, Ireland

16:45-17:15 Title: **The influence of empathic ability and autonomy on sustaining work engagement among intensive care nurses**
M M C van Mol, Erasmus MC University Medical Center, Netherlands

Closing Ceremony

Bookmark your dates

4th International Conference on

Depression, Anxiety and Stress Management

May 10-11 , 2018 Frankfurt, Germany

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