3rd International Conference on Depression, Anxiety and Stress Management

June 21-22, 2017 London, UK

Scientific Program
Day 1  June 21, 2017

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: 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

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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Presenter, Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:30-10:15</td>
<td>Evaluation of a program to reduce stress in the workplace using mixed methods</td>
<td>Denny Meyer, Swinburne University of Technology, Australia</td>
</tr>
<tr>
<td>10:15-11:00</td>
<td>Depression, anxiety and isolation - the experience of living with dementia in UK migrant and minority ethnic communities</td>
<td>David Truswell, Somefreshthinking Consultancy, UK</td>
</tr>
</tbody>
</table>

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

**Workshop**

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Presenter, Institution</th>
</tr>
</thead>
</table>

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

**Session Chair: David Truswell, Somefreshthinking Consultancy, UK**

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Presenter, Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:15-12:45</td>
<td>Treatment of resistant depression: Have we missed the right track?</td>
<td>Aboelezz Mahmoud Kalboush, Alnoor Specialist Hospital, Saudi Arabia</td>
</tr>
<tr>
<td>12:45-13:15</td>
<td>A Teaser Exercise to Prompt Neurogenesis and restore the stressed mind</td>
<td>Belinda Neil, Author - Under Siege, Australia</td>
</tr>
</tbody>
</table>

**Lunch Break 13:15-14:00 @ Restaurant**

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Presenter, Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>14:00-14:30</td>
<td>Baby-Gaze: A neurobiological method of rapid attenuation of Symptoms of anxiety</td>
<td>Andrew John Ashworth, Breich Valley Medical Practice, UK</td>
</tr>
<tr>
<td>14:30-15:00</td>
<td>Stress, coping and biological vulnerability in suicide attempters</td>
<td>Asa Westrin, Lund University, Sweden</td>
</tr>
<tr>
<td>15:00-15:30</td>
<td>Vicarious trauma, PTSD and social media: Does watching graphic videos cause trauma?</td>
<td>Pam Ramsden, University of Bradford, UK</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Presenter, Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>15:45-16:15</td>
<td>Managing stress with music therapy</td>
<td>James Yeow, HELP University, Malaysia</td>
</tr>
<tr>
<td>16:15-16:45</td>
<td>The irrationality of suicide risk assessment</td>
<td>Declan Murray, University of Limerick, Ireland</td>
</tr>
<tr>
<td>16:45-17:15</td>
<td>The influence of empathic ability and autonomy on sustaining work engagement among intensive care nurses</td>
<td>M M C van Mol, Erasmus MC University Medical Center, Netherlands</td>
</tr>
</tbody>
</table>