

Scientific Program



6th International Conference on

Depression, Anxiety and Stress Management

April 25-26, 2019 | London, UK

UK: Conference Series LLC Ltd
47 Churchfield Road, London, W3 6AY
Toll Free: +0-800-014-8923

DAY-1

April 25, 2019

Meeting Hall: Earhart

08:00-08:30 Registrations

Opening Ceremony 08:30-09:00

KEYNOTE FORUM

09:00-09:10 Introduction

09:10-09:50 **Title: The smarter-life-growth an integrated cognitive behavioural therapy (i-CBT) approach to wellbeing and happiness**
Pat Gwyer, British Psychological Society, UK

09:50-10:30 **Title: Intentional happiness: 7 paths to lasting happiness**
Elia Gourgouris, The Happiness Center, USA

Networking & Refreshments 10:30-10:50 @ Foyer

10:50-11:30 **Title: It's not just my cell battery that's always low!**
Andrew Mendonsa, California School of Professional Psychology, USA

Sessions: Mindfulness for Mental Wellbeing | Personality Disorders | Social Support and Health | Child and Adolescent Mood Disorders | Post-Traumatic Stress Disorder

Chair: Pat Gwyer, British Psychological Society, UK

Co-Chair: Elia Gourgouris, The Happiness Center, USA

INTRODUCTION

11:30-12:00 **Title: Work stress: Vision inside and outside & work stress management by health coach**
Ekaterina Paparkova Fairand, France


12:00-12:30 **Title: Therapeutic competencies in reducing emotional and social distress after cognitive behavior therapy training program**
Zizi E. Ibrahim, Fayoum University, Egypt

12:30-13:00 **Title: Defined by taglines**
Sangeetha Param, India

GROUP PHOTO 13:00-13:10

Lunch Break 13:10-14:10 @ Hotel Restaurants

14:10-14:40 **Title: Energy vampires and how to dissolve their power**
Rae Farmer, Next Steps - Learning for Life LTD, UK

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- 14:40-15:10** **Title: Effectiveness of parenting intervention for improving child mental health: Randomised single blind controlled trial**
Nagamani Krishnamurthy, Balaviakasa Educational Academy, India
- 15:10-15:40** **Title: The importance of multiple intelligence, emphasizing Constructive Emotional Intelligence (CEI) in the healthcare environment**
Olessia Gorkovenko, UNISA, South Africa
- 15:40-16:10** **Title: Misdiagnosing personality disorders as anxiety disorders**
Sam Vaknin, Southern Federal University, Russian Federation

Networking & Refreshments 16:10-16:30 @ Foyer

Panel Discussion

DAY-2

April 26, 2019

POSTER SESSION @ FOYER 11:00-12:00

Extended Networking & Lunch: 12:00-13:00 @ Hotel Restaurants

Awards & Closing Ceremony

Bookmark your Dates

7th International Conference on

Depression, Anxiety and Stress Management

March 18-19, 2020 Berlin, Germany

E: stress@conferencesfinder.com

Website: stressmanagement.psychiatrycongress.com