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7th International Conference on

Depression, Anxiety and Stress Management

January 20-21, 2020
Barcelona, Spain

SCIENTIFIC PROGRAM

08:30-09:00 **Registrations**

09:00-09:30 **Introduction**

09:30-09:50 COFFEE BREAK

09:50-11:50 Meeting Hall 01 **KEYNOTE LECTURES**

	MEETING HALL 01	MEETING HALL 02
11:50-13:10	Talks On:	Talks On:
	Suicide Prevention	Sexual Abuse and Substance Use Disorders
	Post-Traumatic Stress Disorder	Panic Disorder and Trauma
	Depression	Stress and Insomnia
	Work Stress	Anxiety Disorders

13:10-15:15 GROUP PHOTO

13:15-14:00 LUNCH BREAK

	MEETING HALL 01	MEETING HALL 02
14:00-16:00	Talks On:	Talks On:
	Child and Adolescent Mood Disorders	Stress Therapies
	Mindfulness for Mental Wellbeing	Yoga and Holistic Health
	Managing Stress	Psychopharmacology
	Autistic Spectrum Disorder	Phobia and its Treatment
	Social Support and Health	Personality Disorders
	Depression Treatment	Mental Illness

16:00-16:20 COFFEE BREAK

MEETING HALL 01 (16:20-17:00)	MEETING HALL 01 (17:00-18:00)
Young Researchers in Depression, Anxiety and Stress Management	Workshop

09:00-10:30
Meeting Hall 01

KEYNOTE LECTURES

10:30-10:50 COFFEE BREAK

	MEETING HALL 01	MEETING HALL 02
10:50-12:50	Talks On:	Talks On:
	Stress Therapies	Child and Adolescent Mood Disorders
	Psychopharmacology	Yoga and Holistic Health
	Managing Stress	Stress and Insomnia
	Personality Disorders	Mindfulness for Mental Wellbeing
	Depression Treatment	Mental Illness

12:50-13:35 LUNCH BREAK

	MEETING HALL 01	MEETING HALL 02
13:35-15:55	Talks On:	Talks On:
	Anxiety Disorders	Depression
	Autistic Spectrum Disorder	Social Support and Health
	Panic Disorder and Trauma	Suicide Prevention
	Sexual Abuse and Substance Use Disorders	Work Stress
	Phobia and its Treatment	Post-Traumatic Stress Disorder

15:55-16:15 COFFEE BREAK

MEETING HALL 01 (16:15-17:00)	MEETING HALL 01 (17:00-18:00)
Poster Presentations	Workshop

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Barcelona Attractions



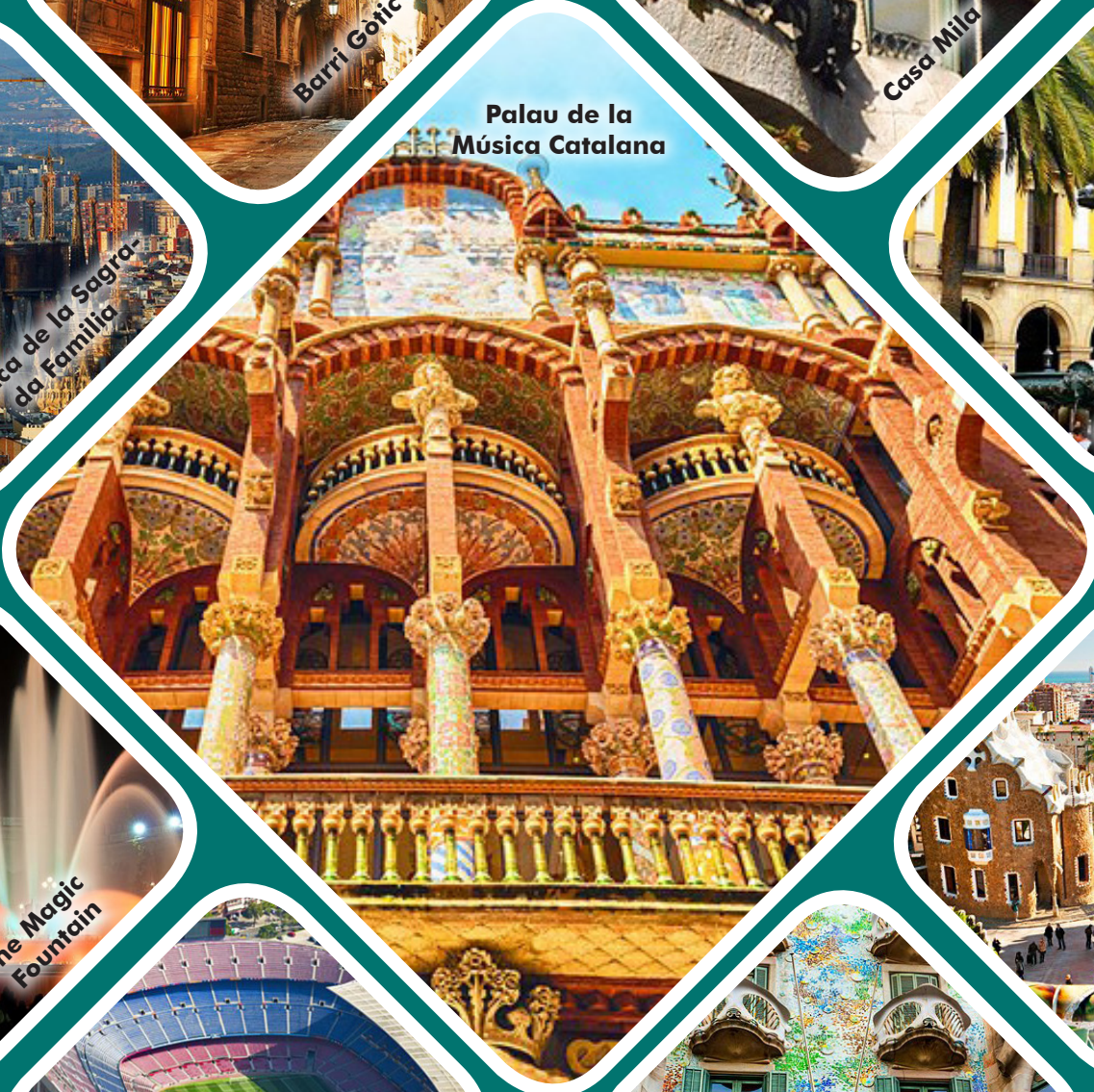
Barri Gòtic



Casa Milà



Basilica de la Sagrada Família



Palau de la Música Catalana



Barcelona's Social Hub



The Magic Fountain



Camp Nou



Gaudí's Surrealist Park



Casa Batlló

Glimpses of Stress 2019

