

Abu Dhabi International Mental Health Conference

In partnership with **5th Annual Maudsley Health Conference**

"Mental Health and Covid 19"

 **12-14 November
2020**

 **VIRTUAL
CONFERENCE**
Abu Dhabi, UAE

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OF YOUR HOME**



In partnership with
 **Maudsley Health** 

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for Continuing Medical Education (EACCME®) for
23 European CME Credits (ECMEC®s)

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A Welcome Address to Abu Dhabi International Mental Health Conference 2020



Dear Colleagues,

The COVID-19 pandemic is sending global shockwaves regarding health, mortality, morbidity, and disruption in the socio-cultural, economic, and political rhythms of life is almost an understatement now. There is a high level of psychological distress and morbidity in healthcare workers, especially those healthcare and other workers working in the frontline or first responders, related to apprehension and living difficulties. Many reviewers have found substantive psychological issues in those living under quarantine as "suspects". Another group are about those whose near and dear ones have died due to the infection and often incomplete grieving due to barriers and restrictions even after death. Neglected group is those already with preexisting mental disorders, especially those with severe mental illnesses. Finally, the largest group are persons from the general population who belong to neither of the groups above but nonetheless have been living under the "shadow" of the pandemic, especially those experiencing the isolation of a stringent lockdown or its severe economic repercussions.

The word "social" distancing is a misnomer – physical distancing should be the correct phrase.

The obvious and common fallouts of such broadly defined social-defined measures include depression/demoralization, anxiety (of various sorts), sleep disorders, substance misuse or exacerbation of disorder, and also, delirium during acute infection or posttraumatic stress disorder after physical recovery. In rare cases, suicides or suicidal attempts have been reported.

Social media is a double-edged sword: while it can have a wide spread of useful and factual information, however it can rapidly, efficiently, and widely disseminating half-facts, nonfacts, and plain lies and loads of them.

Social Concomitants such as Discrimination, xenophobia, stigma (against multiple agencies, persons, or classes). There is a clear "infectious" quality in the spread of this stigma, facilitated often by the unprecedented powers of the social media.

Broad clinical syndromes associated with pulmonary COVID-19 were classified as a cerebrovascular event (defined as an acute ischaemic, haemorrhagic, or thrombotic vascular event involving the brain parenchyma or subarachnoid space) encephalopathy. Altered mental status (defined as an acute alteration in personality, behavior, cognition, or consciousness), peripheral neurology (defined as involving nerve roots, peripheral nerves, neuromuscular junction, or muscle), or others.

Much of the focus regarding the global pandemic of (COVID-19) has been on the cardiovascular, pulmonary, and hematologic complications. However, neurologic and mental complications have arisen as an increasingly recognized area of morbidity and mortality.

My presentation will explain the impact of COVID-19 on Mental Health during the epidemic and following it.



Prof. Ahmed Okasha

Honorary President of the Congress

Professor and Founder of Okasha Institute of Psychiatry, Ain Shams University, Cairo, Egypt

President of World Psychiatric Association (2002-2005)

Hon. President Egyptian Psychiatric Association and Arab Federation of Psychiatrists

Adviser to the Egyptian President for Mental Health and Community Integration

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Welcome message



Dr. Mohamed Al Garhy



Dr. Medhat Elsabbahy

Dear Colleagues and Friends,

It is an honour and privilege to invite you to **Abu Dhabi International Mental Health Congress** that is planned to take place on **12-14 November, 2020** as a Virtual Conference in Abu Dhabi, UAE – a vibrant and fast-growing city that combines state of the art facilities and infrastructures, as well as a glimpse into an ancient and endlessly fascinating past.

To celebrate our remarkable scientific legacies, the 2020 Mental Health Congress will take place under the motto "**Mental Health and Covid 19**".

Medicine as a whole is going through a period of challenge world-wide and mental health and social care is being excessively affected. To rise to these challenges, we need to hold our hope and find new ways of working.

Psychiatry's continuing evolution, involving the organisation of better mental health services, the development of innovative models of care, and the discovery of new research paradigms, drives us to share the latest discoveries for the benefit of all. Many challenges still exist, but by drawing on the successes from the past and moving forward with new knowledge together, we can help shape a better future for professionals and patients alike.

We would like to invite you to join us virtually in Abu Dhabi so that we can all learn from one another by sharing our experiences and knowledge to uncover new insights on the complex disorders we treat, exchange practical techniques and guidance for everyday clinical challenges, and reinforce our commitment to our patients and their carers.

The fifth ADIMHC Congress provides an opportunity for mental health experts, scientists, advocates, service providers, service users and caregivers to get together to identify and discuss significant mental health issues, transfer information and build networks and friendships.

With this in mind we are honoured to bring together some of the world's leading mental health specialists, distinguished speakers, carers, and other advocates joining us to showcase their work and provide opportunities for interaction. Please come to join us.

We will also be honoring the contribution of individuals and organizations in advancing mental health advocacy world-wide.

We feel confident that the ADIMHC 2020 Congress will serve as a place of learning where we can all share the latest models, approaches, and research representing for all participants a treasured personal and professional experience.

We look forward to welcoming you soon!

A handwritten signature in blue ink, appearing to read 'M. Al Garhy'.

Dr. Mohamed Al Garhy
Conference President

Consultant & Medical Director of BSP
SKMC, Abu Dhabi, UAE

A handwritten signature in blue ink, appearing to read 'M. Elsabbahy'.

Dr. Medhat Elsabbahy
Conference Director

WAPR Board Member
Head of the Psychiatric Rehabilitation Division
Head of Scientific Sections of Arab Federation of Psychiatrists
Head of the Psychiatric Rehabilitation Dept., BSP, SKMC
Abu Dhabi, UAE

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Invitation Letter



Dear Colleague

We hope you are well and keeping safe during what has been a very unusual year.

We are delighted to let you know that this year we have been invited to deliver our Annual Maudsley Conference in collaboration with the Abu Dhabi International Mental Health Conference. The Conference will be taking place from Thursday 12 Saturday 14

November and will be virtual. The theme is 'Mental Health and COVID 19'.

Sir Norman Lamb who is the new Chairman of South London and Maudsley NHS Foundation Trust (SLaM) will be joining Dr Mohamed Al Garhy, Conference Chair and other esteemed colleagues for the official opening at 9.30. Professor Sir Simon Wessely will then be giving the keynote speech on 'Mental Healthcare of Healthcare Workers after the COVID Crisis', later in the afternoon. Both Sir Norman and Professor Sir Simon have been Knighted for their contributions to mental health services and I'm sure it will be interesting to hear from them.

We will also be joined by some familiar faces, both Dr Bruce Clark, Clinical Director of CAMHS at SLaM and Dr. Dennis Ougrin, Kings College London and Academic Director of Maudsley Health will be providing updates in their fields of expertise. Dr Dennis's talk about self-harm will include research that the UAE has been involved in. We will also see some new faces including Dr Teizeem Dhanji, Consultant Child and Adolescent Psychiatrist who specializes in Eating Disorders and will be presenting jointly with Dr Victoria Mountford. Our congratulations go to Dr Victoria who earlier this year received an 'Outstanding Clinician' award from the international Association of Eating Disorders.

Mike Adams OBE, from Caretech is known to be an outstanding motivational speaker and he will be talking to us about the value of people with mental health in employment.

Many more of our Maudsley colleagues will be presenting, some from London and some from the UAE, including some of the Team based at the Al Amal Psychiatric Hospital working with the Ministry of Health and Prevention. They are all very much looking forward to joining other colleagues from the region and further afield, to help deliver the conference and also looking forward to meeting you virtually. The conference has been accredited by European Accreditation Council for Continuing Medical Education, for 23 CME Hours.

It is a real pleasure to be able to collaborate with the Abu Dhabi International Mental Health Conference and together be part of bringing to you something that will be topical and of high quality. We very much hope you will be able to join.

With kind regards.

Yours sincerely

A handwritten signature in black ink, appearing to read "Jo Fletcher".

Jo Fletcher
Managing Director
Maudsley Health

A handwritten signature in black ink, appearing to read "Shafqat Malik".

Shafqat Malik
Managing Partner
MACANI Medical Center

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Honorary President

- **Prof. Ahmed Okasha**, M.D., PhD, F.R.C.P., F.R.C., Psych., F.A.C.P (Hon.)
Professor and Founder of Okasha Institute of Psychiatry, Ain Shams University, Cairo, Egypt
President of World Psychiatric Association (2002-2005)
Hon. President Egyptian Psychiatric Association and Arab Federation of Psychiatrists
Adviser to the Egyptian President for Mental Health and Community Integration
Member of the Egyptian Presidential Council of Distinguished Scientists

Conference President

- **Dr. Mohamed Al Garhy** - Consultant & Medical Director of BSP, SKMC, Abu Dhabi, UAE

Conference Director

- **Dr. Medhat Elsabbahy** - Adjunct Professor of Psychiatry GMC University,
Head of the Psychiatric Rehabilitation Department, SKMC, Abu Dhabi, UAE

Organizing Committee

- **Dr. Alaa Haweel**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Mohamed Gamal Mousa**, Consultant Psychiatrist, Beautiful Mind Center, Abu Dhabi, UAE
- **Dr. Amani Ahmed**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Alaa Khamis Al Naqbi**, Specialist Psychiatrist, BSP SKMC
- **Dr. Mufeed M.S. Raouf**, Consultant Psychiatrist, Sulaiman Al Habib Hospital, Dubai, UAE
- **Dr. Ahmed Elboraie**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Talaat Matar**, Consultant Psychiatrist RAK Hospital, Professor of Psychiatry RAK University
- **Dr. Elbakhir Hassan Abdalla Mohamed**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Khawla Ahmed**, Consultant Psychiatrist, Psychiatry Department, Rashid Hospital, Dubai, UAE
- **Dr. Nouf Alkindi**, Specialist Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Ahlam Abdullah**, Marketing Department, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Baqlah Hassan Ali**, SCN Nurse, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Fareza Awwad**, Staff Nurse, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Ishita Rathi**, Maudsley Health UAE

Scientific Committee

- **Dr. Mohamed Al-Garhy**, Medical Director and Consultant Psychiatrist, Sheikh Khalifa Medical City, Abu Dhabi, UAE
- **Dr. Medhat Elsabbahy** - WAPR Board Member, Head of the Psychiatric Rehabilitation Division, Arab Federation of Psychiatrists, Head of the Psychiatric Rehabilitation Dept., BSP, Sheikh Khalifa Medical City, Abu Dhabi, UAE
- **Dr. Tarek Abdullah Darwish**, Consultant Psychiatrist, Sheikh Khalifa Medical City, Abu Dhabi, UAE
- **Dr. Ahmed Elboraie**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Alaa Haweel**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Aisha Al Dhufairy**, Consultant Psychiatrist, Deputy Medical Director, BSP, Sheikh Khalifa Medical City, Abu Dhabi, UAE
- **Dr. Eman Al Houti**, Specialist Psychiatrist, Sheikh Khalifa Medical City, Abu Dhabi, UAE
- **Prof. Ahmed Saad**, Professor of Psychiatry, Ain Shams Institute of Psychiatry, Cairo, Egypt
- **Dr. Samer Makhoul**, Consultant Psychiatrist, American Center for Neurology and Psychiatry, Abu Dhabi, UAE
- **Prof. Dr. Hisham Ramy**, Professor of Psychiatry, Ain Shams University, Cairo, Egypt
- **Dr. Tarek Shahrour**, Director of the Psychiatry Residency, Training Program (ACGMEI accredited), Consultant Psychiatrist (Liaison Psychiatry), Sheikh Khalifa Medical City, Abu Dhabi, UAE
- **Dr. Adel Ahmed El Sheikh**, Consultant Psychiatrist, Sheikh Khalifa Medical City, Abu Dhabi, UAE
- **Dr. Amani Hassan**, Consultant Child Psychiatrist, BSP, Sheikh Khalifa Medical City, Abu Dhabi, UAE
- **Dr. Amna Ali Turki Al Ali**, Consultant Psychiatrist, Director of Al Amal Hospital, Dubai, UAE
- **Ma'Moon A M Karaja**, CN Nurse, Sheikh Khalifa Medical City, Abu Dhabi, UAE
- **Baqlah Hassan Ali**, SCN Nurse, Sheikh Khalifa Medical City, Abu Dhabi, UAE
- **Jo Fletcher**, Managing Director, Maudsley Health UAE
- **Dr. Mohamed Maksoud**, Clinical Director, Maudsley Health UAE

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Advisory Board

- **Prof. Ahmed Okasha**, M.D., PhD, F.R.C.P., F.R.C., Psych., F.A.C.P (Hon.)
Professor and Founder of Okasha Institute of Psychiatry, Ain Shams University, Cairo, Egypt
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- **Prof. Afzal Javed**, WPA PRESIDENT, The Medical Centre. Manor Court Avenue Nuneaton, United Kingdom
- **Prof. Afaf Hamed Khalil**, Professor of Psychiatry, MD, FRCpsych, FAPA Institute of Psychiatry, Ain Shams University, President of Egyptian Association of Psychiatric Services
- **Dr. Alzain Abbas Omara**, MD , FRCpsych , DPM , FAPA, Consultant Psychiatrist, Al Noor Hospital
- **Prof. Thyloth Murali**, MD, DPM, PRESIDENT WAPR
Prof. and Head Dep. of Psychiatry, M.S.Ramaiah Medical College and Hospitals
- **Prof. Marianne Farkas**, Boston Rehabilitation Center, USA
- **Prof. Veronica Carey**, Prof. Psychiatric Rehabilitation, Drexel University , Philadelphia
Chair of Psychiatric Rehabilitation Academy, USA

Conference Objectives

- Review the latest evidence and best practices for the management and treatment of different issues related to old aged and adults with mental health disorders.
- Describe fundamentals of quality improvement strategies for mental illness
- Evaluate and diagnose a selected group of common mental disorders using the most updated evidence based tools and apply it appropriately to fit regional special needs.
- Review practical real-life cases and pitfalls in various sub-specialties.
- Examine solutions to real-world clinical problems through case-based learning sessions
- Review current treatment guidelines and how to utilize them in clinical practice.
- Provide insight into patient needs and experiences and improve clinical practice.
- Apply new knowledge in the diagnostic and therapeutic modalities presented in selected topics
- Formulate an appropriate approach that is suitable for local experiences in some of the controversial issues in adults and old aged with mental health disorders
- Perform hands-on workshops given by world-leading experts and tutors in Mental Health Disorders

Highlighted Sessions

- Mental Health and Covid 19
- Mental Health Access and Support, Service Design, Specialized
- Clinically Focused Programs
- Physical Wellbeing, Mental Wellness
- Child Mental Health
- Mentally Healthy Workplaces
- Strategies and Support for Wellness of Mental Health Workers
- Disorder Management
- Adolescent Mental Health
- Child and Adolescent Mental Health
- Aged Care Mental Health Solutions
- Suicide and Self Harm Prevention
- Living with Mental Health Issues
- Mental Health Care
- Artificial Intelligence in Mental Health Care

Why Abu Dhabi International Mental Health Conference 2020 in partnership with 5th Annual Maudsley Health Conference?

- Presentation by renowned speakers across the globe
- Global networking in transferring & exchanging Ideas
- Networking with experts in your field
- Expert Forums
- Interactive Sessions
- Connecting scientific community
- Career Development Sessions
- Hands-on Workshops
- Live Courses
- Satellite Symposia
- World Class Exhibits

KEY NOTE



Prof. Dr. Ahmed Okasha
Egypt



Dr. Tami D. Benton
USA



Prof. Sir Simon Wessely
UK



Prof. Dr. Philippe Courtet
France



Prof. J. Antoni
Ramos-Quiroga, Spain



Prof. Allan Young
UK



Russell Lehmann
USA



GUEST OF HONOR



Dr. Tarek Darwish
UAE



Sir Norman Lamb
UK



Prof. Stephen Stahl
USA



MEET THE EXPERT

TRACK 1



Prof. Tarek A. Okasha
Egypt



Prof. Dr. Hisham Ramy
Egypt



Dr. Ricardo Guinea
Spain



Prof. Veronica Carey
USA



Prof. Dr. Momtaz Abdel
Wahab, Egypt



TRACK 1



Prof. Farouk Majzoub
Lebanon



Prof. Dr Mahmoud
Awara, Canada



Prof. George Tadros
UK



Mike Adams OBE
UK



Dr. Emily Finch
UK



Dr. Susannah
Whitwell, UK



Dr. Gabriele Rocca
Italy



Dr. Teizeem Dhanji
UAE



Dr. Deepak Thalitaya
UAE



Dr. Victoria Mountford
UAE



Dr. Yasir Abbasi
UAE



Dr. Jigna Stott
UAE



Carine El Khazen
UAE



Jeanne Bedard
UAE



Prof. Mary Lynn
Woolsey, UAE



Dr. Padmaraju
Varrey, UAE



Fariha Khan
UAE



Prof. Emmanuel
Stip, UAE



Dr. Nahida Nayaz
Ahmed, UAE



Prof. Amer Hosin
UAE



Dr. Dalia Nagui Rizk
UAE



TRACK 2



Prof. Dr. Ahmed Saad
Egypt



Dr. Paola Carrozza
Italy



Dr. Nicola Funnell
UK



Dr. Dennis Ougrin
UK



Dr. Bruce Clark
UK



Dr. Hamed Al
Sinawi, Oman



Dr. Nahed Jaber
Oman



Prof. Heba Elshahawi
Egypt



Dr. Somaya Hassan
Shaheen, Egypt



Dr. Muna Al Kuwari
UAE



Dr. Amna Ali Turki
Al Ali, UAE



Dr. Tareq Qassem
UAE



Dr. Tamer Mahmoud
Abo AlAta, UAE



Prof. Syed Mahboob
Shah, UAE



Dr. Muez Mohamed
Ahmed Siddig, UAE



Dr. Samaa El
Abd, UAE



Dr. Abdelazim Mohamed
Mabrouk, UAE



Dr. Michelle Kelly
UAE



Dr. Clodagh
M. Murray, UAE



Dr. Rita Elena
Bsaibes, UAE



Dr. Madonna Hany
Yanni, UAE



Khawla Barley
UAE



Dr. Tracy Roake
UAE



Saloua El Azzabi
UAE



Dr. Shirin Al Amour
UAE



TRACK 2



Dr. Sarah C. Mead
Jasperse, UAE



Basma Mubarak Yaslam
Bensumaidea, UAE



Dr. Aisha Mohamed
Al Dhufairi, UAE



Dr. Eman
Al Houti, UAE



TRACK 3 (ARABIC SESSIONS)



Prof. Dr. Hisham Ramy
Egypt



Prof. Dr. Reham Aly
Egypt



Prof. Lotfy Abdul Aziz
Al-Sherbiny, Egypt



Prof. Charlotte Kamel
Bahrain



Dr. Abdullah Dukhail
Al Khathami, KSA



Naglaa El Wasiffy
Egypt



Radwa Abu Bakr
Egypt



Prof. Nashwa Karam
Abu Bakr, KSA



Prof. Tariq Al-Habib
KSA



Prof. Khaled Bouafia
Algeria



Dr. Hanane Taleb
Algeria



Prof. Talaat Matar
UAE



Dr. Marwa Tawfik Elhegawy
UAE



Amina Bin Hammad
UAE



Yassin Mahmoud Elgohary
UAE



Asst. Prof. Bassem Badr
UAE



WORKSHOP



Prof. Dr. Hisham Ramy, Egypt



Prof. Mohamed Youssef Aly Abozaid, Kuwait



Timothy Seth Studley, USA



Prof. Nicolas Bergeron, Canada



Prof. Alexandre Dumais, Canada



Dr. Muhammad Iqbal Naeem, UK



Jenny Gray, UK



Stephen Pizzey, UK



Samah Mohammed Rehan, Egypt



Dr. Samaa El Abd, UAE



Prof. Talaat Matar, UAE



Dr. Tarek Shahrour, UAE



Prof. Karim Abdel Aziz, UAE



Asst. Prof. Bassem Badr, UAE



Asst. Prof. Othman Ibrahim ELSayed, UAE



Dr. Kadhim Alabady, UAE



Dr. Binu George, UAE



Prof. Emmanuel Stip, UAE



Melody Sylvain, UAE



Nipa Bhuptani, UAE



Natalia Gomez Carlier, UAE



Sara Powell, UAE



Mariam El Halawani, UAE



SYMPOSIA



Prof. Roger McIntyre
Canada



Dr. Mohammad Alsuwaidan, Kuwait



Prof. Andrea Fagiolini
Italy





Pre-Congress Symposium: **Addressing Challenges in the Clinical Management of MDD: Anhedonia & Emotional Blunting** - Prof. Roger McIntyre, Canada (Sponsored by: Lundbeck)

11 November 2020, Wednesday
21:00 - 22:30 GST/UAE

Timings GST / UAE	Scientific Program - Thursday, 12 November 2020		
09:30 – 09:45	Welcome and Opening Remarks: Dr. Mohamed Al Garhy, Conference President		
09:45 – 10:00	Welcome Address (SEHA)		
10:00 – 10:15	Welcome Remarks: Sir Norman Lamb, Chairman of South London & Maudsley NHS Foundation Trust		
10:15 – 10:20	Welcome Message: Dr. Tarek Abdullah Darwish, Guest of Honor		
10:20 – 11:00	Honorary President Address: Prof. Dr. Ahmed Okasha Impact of COVID-19 on Mental Health		
Parallel Session 1	Track 1	Track 2	Track 3: Arabic Sessions محاضرات باللغة العربية
	Chair:	Chair: Dr. Bruce Clark, Maudsley, UK	Chair: Dr. Amani Ibrahim, UAE
11:00 – 12:30	(11:00-11:30) The Brain & Depression: The Untold Story Prof. Hisham Ramy, Egypt	(11:00-11:25) Shaping the future of mental health services; Converting Challenges in mental health to opportunities and strengths Dr. Muna Al Kuwari, UAE	(11:00-11:45) استخدام الدين في العلاج المعرفي Prof. Talaat Matar Tadross, UAE
	(11:30-12:00) Depression is a disabling condition Prof. Momtaz Abdelwahab, Egypt	(11:25-11:50) Pain and Mental Health Dr. Amna Turki Al Ali, UAE	(11:45-12:30) Goodnight Brain: The Science of Healthy Sleep Asst. Prof. Bassem Hamed Mohamed Badr, UAE
	(12:00-12:30) Treatment Resistant Depression Prof. Tarek A. Okasha, Egypt	(11:50-12:10) Mental Health during COVID-19 Pandemic: a local perspective Dr. Rita Elena Bsaibes & Dr. Madonna Hany Yanni, UAE	
		(12:10-12:30) The Impact of COVID-19 Pandemic on Psychiatric Outpatient Visits in Abu Dhabi – A Restrospective Descriptive Study Dr. Aisha Mohamed Al Dhufairi, Dr. Eman Al Houti, UAE	
12:30 – 12:45	Panel Discussion		
12:45 – 13:05	Poster Presentation Allocated Time		
13:05 – 13:15	Exhibition Visit & Online Networking		
Parallel Session 2	Chair: Dr. Amr Nour, Maudsley, UAE	Chair: Dr. Deepak Thalitaya, Maudsley, UAE	Chair: Dr. Eman Al Houty
13:15 – 14:35	(13:15-13:55) What Can Liaison Psychiatry do in COVID time? Prof. George Tadros, UK	(13:15-13:40) Virtual Unified Sports Model: Promoting Social Connection for Individuals with Intellectual Disabilities and Autism during the COVID -19 Pandemic Khawla Barley, UAE	(13:15-13:35) الاضطرابات النفسية عند الأطفال Dr. Marwa Tawfik Elhegawy, UAE
	(13:55-14:35) Opioid Analgesic Dependence: The story and beyond Dr. Yasir Abbasi, Maudsley, UAE	(13:40-14:05) Tocophobia – The Fear of Childbirth Dr. Tracy Roake & Saloua El Azzabi, UAE	(13:35-14:35) An innovative approach to enhance the competency of medical doctors to pick-up and deal with mental health problems: 5-Steps patients' interview for providing mental health care Dr. Abdullah Dukhail Al-Khathami, KSA
		(14:05-14:30) Updates in the Obsessive - Compulsive Disorders Dr. Bruce Clark, Maudsley, UK	
14:35 – 14:50	Panel Discussion		
14:50 – 15:10	Exhibition Visit & Online Networking		



Scientific Program - Thursday, 12 November 2020			
Timings GST / UAE	Track 1	Track 2	Track 3: Arabic Sessions محاضرات باللغة العربية
Parallel Session 3	Chair: Dr. Reem Mudawi, Maudsley, UAE	Chair: John Hall	Chair: Dr. Aisha Al Dhufairi, UAE
15:10 – 16:30	(15:10-15:35) How nutrition can best support mental and physical health? Jeanne Bedard , UAE	(15:10-15:35) Intimate Partner Violence in Himalayan mountain villages of Pakistan Prof. Syed Mahboob Shah, UAE	(15:10-15:50) Overview of Psychiatric Aspects of COVID-19 Pandemic Prof. Lotfy A Elsherbiny, Egypt
	(15:35-16:00) Weight Stigma in the medical profession Carine El Khazen, UAE	(15:35-16:00) Risk Assessment in the context of Domestic Violence: A Systematic Review of Contemporary Approaches Dr. Shirin Al Amour, UAE	(15:50-16:30) الكلفة الاجتماعية للمرض النفسي: إشكالية التعريف وصياغة المشكلة Social Cost Of Mental Illness: Problem definition & formulation Amina Bin Hammad, UAE
	(16:00-16:25) Maudsley Health Approach to Eating Disorders: Risk Assessment & Treatment Dr. Victoria Mountford & Dr. Teizeem Dhanji, Maudsley, UAE	(16:00-16:25) A new organizational user- centered model to prevent and treat the psychiatric disorders in adolescences Dr. Paola Carrozza, Italy	
16:30 – 16:45	Panel Discussion		
16:45 – 17:00	Exhibition Visit & Online Networking		
17:00 – 17:45	KEYNOTE: Mental Healthcare of Healthcare Workers after the COVID Crisis' - Prof. Sir Simon Wessely, Maudsley UK		
17:45 – 18:30	KEYNOTE: The Mental Health Impact of COVID19 on Children and Adolescents - Prof. Tami Benton, USA		
Parallel Session 4	Chair:	Chair:	Chair: Dr. Ala Alnaqbi, UAE
18:30 – 19:50	(18:30-18:55) Clinical and Cost Effectiveness of the Inpatient Psychiatric Rehabilitation Service Prof. Dr Mahmoud Awara, Canada	(18:30-18:55) Assessing Causes of Challenging Behavior in Autism Spectrum Disorder (ASD) Dr. Michelle Kelly, UAE	(18:30-19:10) Mandala in Art Therapy Naglaa El Wasiffy, Egypt
	(18:55-19:20) Social Determinants of Health: How Psychiatric Rehabilitation Works in Health Promoting Ways Prof. Veronica Carey, USA	(18:55-19:20) An Evaluation of a Functional Analysis of Appropriate Behavior with Adolescents with Autism Spectrum Disorder Dr. Sarah C. Mead Jasperse , UAE	(19:10-19:50) The patient refusing treatment The role of social service in mental health Yassin Mahmoud Elgohary, UAE
	(19:20-19:45) Human Rights in Psychosocial Rehabilitation: Trends and Controversial Issues Dr. Ricardo Guinea, Spain	(19:20-19:45) Restricted and Repetitive Behaviors in Autism Spectrum Disorder: Current Issues in Research and Practice Dr. Clodagh M. Murray , UAE	
19:50 – 20:05	Panel Discussion		
20:05	End of Day 1		



Timings GST / UAE	Scientific Program - Friday, 13 November, 2020		
09:55 – 10:00	Welcome and Opening Remarks: Dr. Medhat Elsabbahy, Conference Director		
10:00 – 11:30	Suicidology and suicide prevention with Major Depressive Disorder - <i>Prof. Dr. Philippe Courtet, France</i>		
	Invisible Disabilities: Understanding and Accepting What We Can't See - <i>Russell Lehmann, USA</i>		
11:30 – 12:00	Symposium: SPRAVATO(R): Are we looking for remission in TRD patients? <i>Speaker: Prof. Andrea Fagiolini, Italy / Moderator: Dr. Bassem Badr, UAE</i> <i>Sponsored by Janssen</i>		
12:00 – 12:45	Prayer, Exhibition Visit & Online Networking		
Parallel Session 5	Track 1	Track 2	Track 3: Arabic Sessions محاضرات باللغة العربية
	Chair: Dr. Tareq Qassem, Maudsley, UAE	Chair: Dr. Arlene Cooke, Maudsley, UAE	Chair: Dr. Fatema Al Mansoury, UAE
12:45 – 14:05	(12:45-13:10) COVID 19, My Patients and Me: How COVID-19 is changing the faces of Inpatient Psychiatry Dr. Jigna Stott, Maudsley, UAE	(12:45-13:10) Adolescents Online risky behaviours during Covid19: "The Impact of digital platforms on adolescents' well-being" Dr. Nahed Jaber, Oman	(12:45-13:25) الخيانة الإلكترونية: دوافعها، أنواعها Online Infidelity: Motivation, Types د نشوة كرم أبوبكر Dr. Nashwa Karam Abu Bakr, KSA
	(13:10-13:35) Value of people with mental health in employment for both the individual and employer - and how it can be done Mike Adams OBE, UK	(13:10-13:35) Art of Dealing with A Crying Patient Prof. Ahmed Saad, Egypt	(13:25-14:05) Burn out in Frontline Health Care Professionals Prof. Charlotte Kamel, Bahrain
	(13:35-14:00) The Impact of a Pandemic on the Vulnerable Forgotten Dr. Deepak Thalitaya, Maudsley, UAE	(13:35-14:00) Self-harm in young people and COVID-19 Dr. Dennis Ougrin, Maudsley, UK	
14:05 – 14:15	Panel Discussion		
14:15 – 14:45	Poster Presentation Allocated Time		
Parallel Session 6	Chair: Dr. Adel Elsheikh, UAE	Chair: Dr. Samaa El Abd, UAE	WORKSHOP
14:45 – 16:05	(14:45-15:10) The Coronavirus (COVID-19) Pandemic's Double Bind Messages with their Social and Psychiatric Correlates Prof. Farouk Majzoub, Lebanon	(14:45-15:10) Living with Tourette Syndrome Dr. Samaa El Abd, UAE	(14:45-15:25) CBT for Greif-related Depression (Arabic) Prof. Reham Abdelsamie Aly, Egypt
	(15:10-15:35) Psychosocial Impact of COVID-19 Fariha Khan, UAE	(15:10-15:35) Models for Remote Diagnosis and Intervention for Autism Spectrum Disorder During COVID-19 Lock Down Prof. Heba Elshahawi, Egypt	(15:25-16:05) The Biology of Cognitive Behavior Therapy Prof. Hisham Ramy, Egypt
	(15:35-16:00) COVID-19 and Mental Health: challenges, obstacles and lessons Prof. Emmanuel Stip, Dr. Nahida Nayaz Ahmed, UAE	(15:35-16:00) Management of nocturnal enuresis in a primary health setting-Al Ain enuresis clinic experience Dr. Abdelazim Mohamed Mabrouk, UAE	
16:05 – 16:20	Panel Discussion		
16:20 – 16:50	Symposium: Thinking for the Future: When is the best time for LAIs? – <i>Dr. Mohammad Alsuwaidan, Kuwait</i> <i>Sponsored by Lundbeck</i>		



Scientific Program - Friday, 13 November, 2020			
Timings GST / UAE	Track 1	Track 2	Track 3: Arabic Sessions محاضرات باللغة العربية
Parallel Session 7	Chair:	Chair: Dr. Mohamed Maksoud, Maudsley, UAE	Chair: Dr. Nouf Al Kindi, UAE
16:50 – 18:10	(16:50-17:15) COVID-19 Pandemic and Mental Health: What happened in Italy? Dr. Gabriele Rocca, Italy	(16:50-17:15) Ethical issues in Dementia care Dr. Hamed Al Sinawi, Oman	(16:50-17:30) Children Reaction to Divorce Prof. Tariq Al-Habib, KSA
	(17:15-17:40) Building Mental Health Resiliency among the Public and Emergency Staff Settings in the Wake of Covid-19 Pandemic Prof. Amer Hosin , UAE	(17:15-17:40) Dementias: Overview Dr. Tareq Qassem, Maudsley, UAE	(17:30-18:10) اضطراب المعالجة العقلية للمحتوى الانفعالي للتعبير الوجهية لدى الفصامين (اقتراح أداة للكشف والتشخيص) د. بوعافية خالد، الجزائر Prof. Bouafia Khaled, Algeria
	(17:40-18:05) "COVID – somnia", Impact of the pandemic on Sleep Dr Padmaraju Varrey, UAE	(17:40-18:05) A QI collaborative approach in South London and Maudsley memory services Dr. Nicola Funnell, Maudsley, UK	
18:10 – 18:25	Panel Discussion		
Parallel Session 8	Chair:	Chair: Dr. Muez Mohamed Siddig, UAE	Chair:
18:25 – 19:45	(18:25-18:50) Disaster Psychiatry: Needs and Emergence Prof. Nicolas Bergeron, Canada	(18:25-18:50) The COVID-19 Pandemic and its impact on substance use Dr. Muez Mohamed Ahmed Siddig, UAE	(18:25-19:05) إجهاذ الشفقة السريع الانفجار وبناء الجلد عن طريق الشفقة بالذات عند الأطباء العاملين في مصلحة الأوبئة والأمراض المعدية كوفيد 19 نموذجاً د/ طالب حنان، أستاذة محاضرة بجامعة قاصدي مرياح – الجزائر Dr. Taleb Hanan, Algeria
	(18:50-19:15) Access to Counselors and Support for Deaf and Hard of Hearing Adults in the UAE Prof. Mary Lynn Woolsey , UAE	(18:50-19:15) Study of stress and coping among depressive adolescents versus addictive adolescents: a cross-sectional study Dr. Somaya Hassan Shaheen, Egypt	(19:05-19:45) Effect of Art therapy in conjunction with Lüscher Diagnostic Color Test on Children with ADHD أثر العلاج بالفن المعزز باختبار لوشير التشخيصي للألوان على الأطفال ممن يعانون اضطراب نقص الانتباه وفرط الحركة Radwa AbuBakr, Egypt
	(19:15-19:40) How to help our patients to implement mindfulness in their lives Dr. Dalia Nagui Rizk, UAE	(19:15-19:40) The Association between Problematic Internet Use, Depressive Symptoms, Self-Esteem and Personality Traits Basma Mubarak Yaslam Bensumaidea, UAE	
19:45 – 20:00	Panel Discussion		
20:00 – 22:00	MEET THE EXPERT Prof. Stephen Stahl, USA Symptoms and Circuits in Psychiatry: Highlighting the neurotransmitters and brain networks of emotional blunting across psychiatric disorders		
22:00	End of Day 2		



Timings GST / UAE	Saturday, 14 November, 2020		
09:55 – 10:00	Welcome Remarks		
Parallel Session 9	Track:1 - Workshop 1	Track:2 - Workshop 2	Track:3 - Workshop 6
	Chair: Prof. Mohamed Abozaid, Kuwait	Chair: Melody Sylvain, UAE	Chair: Dr. Samaa El Abd, UAE
10:00 – 11:45	(10:00-10:35) Circadian Rhythms and Bipolar Disorder: A Mutual Engagement Prof. Mohamed Youssef Aly Abozaid, Kuwait	(10:00-11:45) ACT: An Empirically Validated Approach to a Meaningful Life Melody Sylvain & Nipa Bhuptani, UAE	(10:00-16:15) One-Day Child & Family Training Course Using evidence-based, modular approaches when intervening with children and young people who have been abused or neglected Dr. Samaa El Abd, UAE Jenny Gray, UK & Stephen Pizzey, UK
	(10:35-11:10) Treatment-Resistant Depression: Current best Practices and A Look to the Future Asst. Prof. Bassem Hamed Mohamed Badr, UAE		
	(11:10-11:45) The state of Art of Prescribing Psychotropics Prof. Othman Ibrahim Elsayed, UAE		
Parallel Session 10	Track:1 - New Innovative techniques session	Track:2 - Workshop 3	
	Chair: Dr. Kadhim Alabady, UAE	Chair: Dr. Anupama Vijayakumar, UAE	
11:45 – 13:15	(11:45-12:15) How to apply Artificial Intelligence in Estimating Mental Illnesses, 2020 Dr. Kadhim Alabady, UAE	(11:45-13:15) Boundaries in Mental Health: An Art Therapy exploration of culture, ethics and clinical efficacy Natalia Gomez Carlier, Sara Powell & Mariam El Halawani, UAE	
	(12:15-12:45) Principles of neurodevelopment - cause and effect Dr. Binu George, UAE		
	(12:45-13:15) Evidence Based support for the implementation of Culturally and Community Based Mental Health programs with Minority populations Timothy Seth Studley, USA		
13:15 – 13:45	Symposium: How you can help schizophrenic patients enjoy their meaningful moments? <i>Speaker: Prof. Andrea Fagiolini, Italy / Moderator: Dr. Alaa Haweel, UAE</i> <i>Sponsored by Janssen</i>		
13:45 – 14:15	KEYNOTE: Attention Deficit Hyperactivity Disorder (ADHD) in Adults: Diagnosis and Treatment <i>Prof. J. Antoni Ramos-Quiroga, Spain</i>		
Parallel Session 11	Track:1	Track:2 - Workshop 4	
	Chair:	Chair:	
14:15 – 16:15	(14:15-15:15) Psychoanalysis in modern Mental Health Practice Dr. Muhammad Iqbal Naeem, UK	(14:15-16:15) Personal Print Workshop Dr. Samah Mohammed Rehan, Egypt	
	(15:15-16:15) Introduction to evolutionary psychiatry Dr. Talaat Matar Tadross, UAE		
16:15 – 17:00	KEYNOTE: Psychiatry in the time of COVID - <i>Prof. Allan Young, Maudsley, UK</i>		
17:00 – 17:15	Exhibition Visit & Online Networking		



Timings GST / UAE		Saturday, 14 November, 2020		
Parallel Session 12	Track:1	Track:2 - Workshop 5	Track:3 - Workshop 7	
	Chair: Dr. Ateeq Qureshi, Maudsley, UAE	Chair:	Chair:	
17:15– 19:15	(17:15-18:00) Unique, evidence-based innovative e-application tool for addiction rehabilitation Dr. Tamer Mahmoud Abo Al Atta, UAE	(17:15-19:15) 3D virtual reality technologies for Avatar Therapy with schizophrenia Prof. Emmanuel Stip & Prof. Alexandre Dumais, Canada	(17:15-19:15) Clinical Formulation in Psychiatric Practice Prof. Hisham Ramy, ASUIP, Egypt Prof. Karim Abdel Aziz, UAEU, UAE Dr. Tarek Shahrour, SKMC, UAE	
	(18:00-18:45) Telepsychiatry Dr. Emily Finch & Dr. Susannah Whitwell, Maudsley, UK			

Poster Presenter

01	Psychosis in COVID 19 hospitalized psychiatric patients Dr. Hadir Emam Mohamed Abdelrahman, Dr. Sona Varghese, Dr. Buthaina Abdulla Al Maskari, Specialist Physician, Behavioral Sciences Pavilion - Medical Affairs, Sheikh Khalifa Medical City, Abu Dhabi, UAE
02	Relapse rate among rehabilitation patient During April 2020 in Comparison to the Same Period in Previous Year (2019) in Abu Dhabi: A Retrospective Record Review - Dr. Ala Alnaqbi, Dr. Nouf Alkindi, Dr. Amna Almesmari, Specialist Psychiatrist, Behavioral Sciences Pavilion - Medical Affairs, Sheikh Khalifa Medical City, Abu Dhabi, UAE
03	Stigmatization: A global issue in need of a multidisciplinary solution Dr. Dimitre Dimitrov, Dermatologist, PMW Al Mafraq/Sheikh Khalifa Medical City, Abu Dhabi, UAE
04	Global Prevalence and Trends in Anxiety Disorders Dr. Muhammad Jawad Hashim, Associate Professor / Consultant Physician, College of Medicine & Health Sciences, UAE University
05	Nature of admissions to a tertiary psychiatric hospital during the COVID-19 pandemic: a retrospective observational study, Dr. Sheril Varkey Skaria, Psychiatric Resident, AlAmal Psychiatry Hospital, Dubai, UAE
06	Stress reduction through mindfulness-based meditation among psychiatric nurses in response to COVID 19 Clara R. Menezes, Unit Manager, Al Amal Psychiatric Hospital, UAE
07	What is the Role of Football Psychology? Dr. Kadhim Alabady, Senior Specialist Public Health, Dubai Health Authority, UAE



What is a Virtual Conference?

A virtual conference is an event that happens completely online that attendees can access from wherever they are, providing they have internet access. By using the purpose-built platform, the event will be available online via PC, mobile or tablet for all to attend. The high-quality audio and visual feed can be accessed by participants globally. Delegates can interact, network and collaborate using web chat, audio chat or video chat functionalities built into our virtual event platform.

Features

- Delegates can view in real time and switch between parallel sessions and access recordings of all sessions for up to two weeks after the conference within the platform.
- The online platform is being built to guarantee online networking opportunities with speakers and fellow conference delegates.
- Posters and a virtual exhibit hall are integrated.
- Compete with fellow participants to win a prize on our interactivity leader board, making connecting from your home or office more fun!



Meeting Room



Exhibitor Booth



Exhibition Hall

Mental Health Virtual Conference 2020

The online conference platform has been designed to guarantee a truly immersive and virtual experience for all participants. You will be able to network with exhibitors directly on the virtual booths and with fellow delegates using the intra-environment emails or instant chats along with open discussions in the lounge area with a special group chat included.

Free time to visit the exhibition and posters has been integrated into the program along with facilitated networking opportunities with speakers and fellow conference delegates.

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If you are unable to attend, a substitute delegate will be very welcome in your place. If this is not suitable, a 20% administration fee will apply. Registrations cancelled less than two weeks before the event are non refundable.



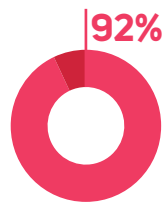
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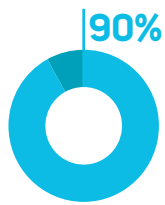
The organizing committee reserve the right to make any modifications to the programme in occurrence of any unforeseen circumstances.

Highlights of Mental Health Conference 2019

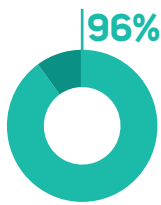
Delegates Feedback



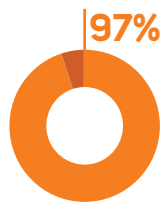
Attended the event for scientific content



Described the conference as excellent



Rated the speakers as outstanding



Rated the conference very well organized

Tracks Covered



Track 01
General Adult Psychiatry



Track 02
Psychiatric Subspecialties



Track 03
Arabic Sessions

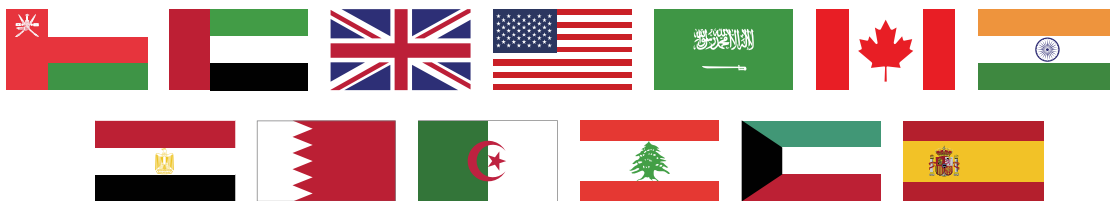


Practical Workshops Topics Discussed:

- PRA Training Workshop
- Formulation in Psychiatric Practice: The Neglected Skill
- Identification and Interventions for Youths at Risk for Suicide
- Unearthing Unconscious Stressors in Healthcare Providers: Art Therapy for Self-Care
- Cognitive Behavior Therapy for Obsessive-Compulsive Disorder (OCD) (Arabic)
- Rehabilitation for Mental Ill Patients (Arabic)
- Suicide Assessment and Its Role in Preventing Morbidity and Mortality
- 5-Steps patients' interview for providing mental health care in PHC
- Neuropsychological Assessment in Cognitive Disorders (Arabic)
- Evidence-based Intervention for Autism Spectrum Disorder: An Overview of Applied Behavior Analysis (ABA)
- Psycho Social Treatment in Schizophrenia
- Personalized Cognitive Behaviour therapy for Obesity (CBT-OB)
- Management of Female Sexual Dysfunctions (Arabic)
- ACT: An Empirically Validated Approach to a Meaningful Life
- Forensic Psychiatry: The What, The Who, The Why
- The Thematic Apperception Test (TAT) in the Assessment of Children and Adults with Attachment Trauma (Arabic)
- "My comfort zone" Workshop (Arabic)
- Introduction to Dialectical Behavior Therapy for Borderline Personality Disorder



Delegates Participation from Different Countries



Over **948 Participants** attended the conference which was extremely beneficial in their practice.

948 Delegates	72 Speakers	59 Lectures	23 CME Hours	03 Tracks	18 Workshops	09 Poster Presentation	11 Exhibitors
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