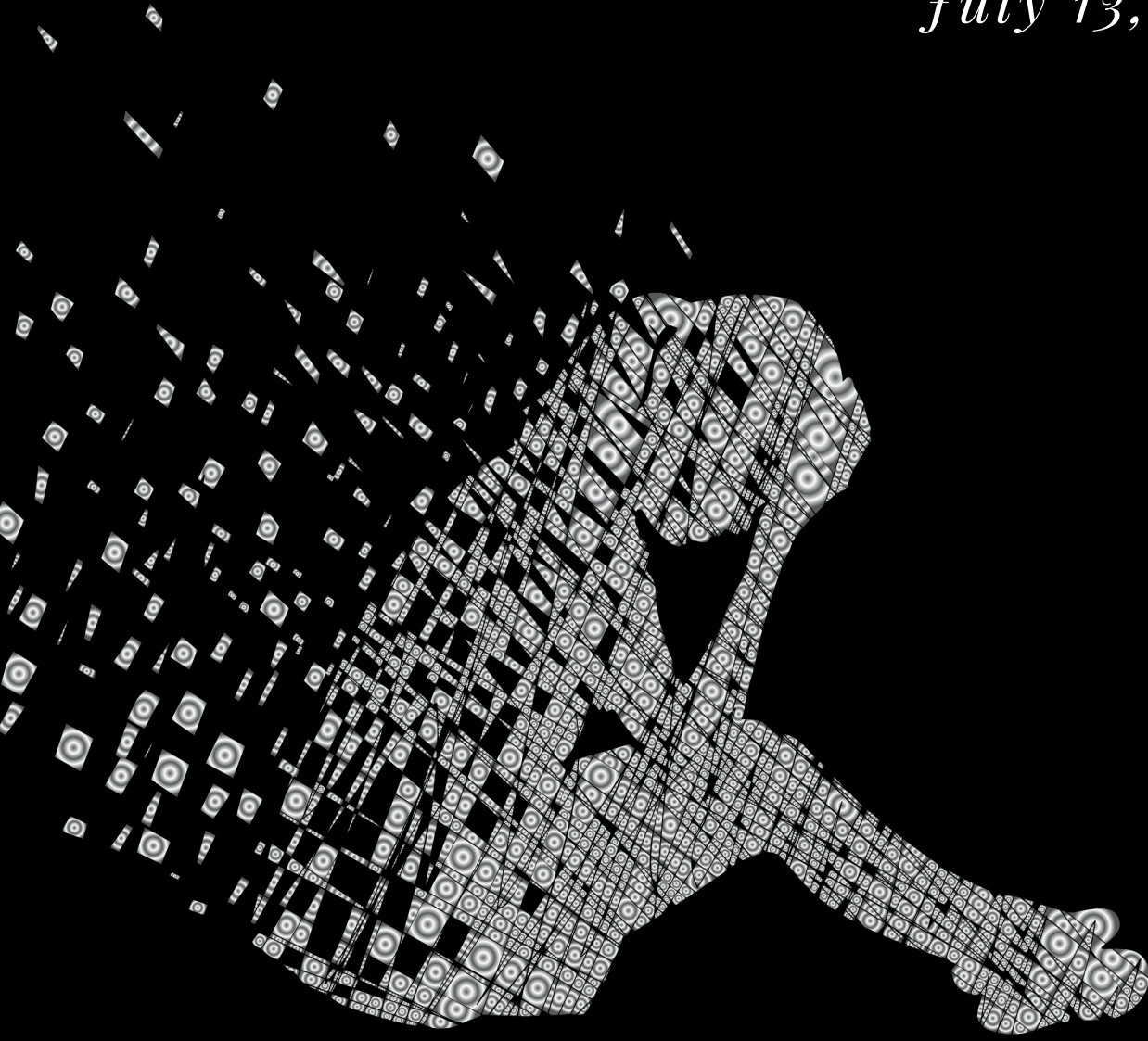


*Webinar Proceedings*

# PLENARENO DEPRESSION AND PSYCHIATRY CONFERENCE

*July 13, 2020*



# SCIENTIFIC PROGRAM



*Transforming ideas into vision*

# PLENARENO DEPRESSION AND PSYCHIATRY CONFERENCE 2020



July 13

CET 11:00-14:00



**11:00-11:45 (Keynote Talk)**

*Enver Cesko, President, Kosovo Association for Psychotherapy*

**Body mind integrative psychotherapy in treatment of Stress, Anxiety and Depression**



**11:45- 12:30 (Keynote Talk)**

*Michael Fossel, Telocyte LLC, USA*

**Curing human dementias**



**12:30- 13:00**

*Sam Vaknin, Southern Federal University, Russia*

COVID-19 long-term neurological effects and how they foster chronic conditions akin to cluster B personality disorders



**13:00- 13:30**

*Saqib Latif, American Center for Psychiatry & Neurology, UAE*

Impact of Trauma on emergence of mental health problems in children and young adults



**13:30-14:00**

*Tetiana Zinchenko, International Association for the Study of Game Addictions (IASGA), Switzerland*

Depression and suicide risk in GD, IGD and online social network sites (SNS) addiction. emotional distress, altered states of consciousness and negative psychosocial consequences as conditions for the development of this comorbid psychopathology

# PLENARENO DEPRESSION AND PSYCHIATRY CONFERENCE 2020



July 13

CET 14:00-17:00



**14:00-14:30**

***Ayesha Aslam, Sakoon Counselling Services, UK***

Managing depression in the "new normal"



**14:30-15:00**

***Lorena Kostic, University of Zagreb, Croatia***

Alice stays in wonderland: Literature review



**15:00-15:30**

***Anuttoma Sen, Leeds Beckett University, UK***

Depression and Autism Spectrum Disorder (ASD)



**15:30-16:00**

***Dimple Kaur, Sumangali Arts LLC, USA***

Applied natya (dance-drama) therapy: Body movements to move out of depression !



**16:00-16:30**

***Lorena Kostic, University of Zagreb, Croatia***

Parent's attitudes towards sexuality of females with autism spectrum disorders



**16:30-17:00**

***Georgiana Antoce, University of Queensland, Australia***

If i know your soul, I will be able to paint your eyes: Traumatic grief, loss and depression.

# Welcome Message

**Dear Participants,**

*We are honored to announce that the Plenareno Depression and Pscyhaietry Conference on July 13, 2020. This is a very nice opportunity to meet many professionals from the field of psychiatry, clinical psychology, neurology, neuropsychiatry, neurophysiology, psychopharmacology, psychotherapy, counseling, social work and other healthcare professionals, who are going to present their works in the areas of depression and anxiety.*

*We would like to invite and welcome all of you from different professional fields to participate in and contribute to this Conference, which will be a place for exchanging professional opinions, experiences, researches, knowledge and skills.*

*This Conference will be bringing together an interdisciplinary and international experts team from medical and nonmedical fields, but their contribution is focused on mental health issues and especially in depression and anxiety. You will find the latest studies on researches from well-known and experienced worldwide professional.*

*More than ever, the interdisciplinary international community of professionals; psychiatrists, psychologists, neurologists, psychotherapists, social workers and other counsellors, should become aware of the necessity of an interdisciplinary and context sensitive approach to depression and anxiety. This is a meeting point, you will recognize that all of us assisting those who were exposed to depression and anxiety can learn from each other, regardless of the population we are helping on a daily basis.*

*Therefore, Conference in Dubai, aims at integrating experiences and knowledge of the different interdisciplinary international community respected mental health professionals, each of them approaching challenges of working with mental health problems, particularly with depression and anxiety. Through an interactive process of teaching, sharing and learning from each other, we hope that the Plenareno Depression and Psychitary Conference 2020, will be the venue where you will have chance to improve your craftsmanship.*

On behalf of Advisory Committee



**PRESIDENT, KOSOVO BODY PSYCHOTHERAPY ASSOCIATION, KOSOVO**

# ABSTRACTS



*Transforming ideas into vision*

# KEYNOTE

## *Body mind integrative psychotherapy in treatment of Stress, Anxiety and Depression*

ENVER ÇESKO

Kosovo Body Psychotherapy Association, Kosovo

This presentation is based on theoretical and experiential knowledge of more than thirty-five years in clinical work applying the Body Mind Psychotherapy approach with patients who have stress, anxiety and depression complains. The concept of Body Mind Integrative Psychotherapy is based on psychodynamic and humanistic approach where the patient is not a sick person but as a person who has the capabilities to deal with symptoms. The symptoms are not central point that should considered but making the awareness of patients' capabilities to cope with such symptoms. Instant of symptoms, Body Mind Integrative Psychotherapy puts the person's capabilities as a key point in treatment process. This model of treatment is rooted from Positive Psychotherapy approach (Peseschkian, 1977) with very slightly renamed. Treatment in Body Mind Integrative Psychotherapy is based in physical, cognitive, emotional and spiritual aspects, where the main purpose is to integrate those four aspects by harmonizing them till the patient is recovered. Stress, anxiety and depression may affect and have consequences in human life with symptomatically reactions in four mentioned aspects. Impulses receiving by our receptors, immediately are processing in our CNS from where the limbic system is activating hormonal reactions and all neurophysiological and psychosomatic manifestations alter into the body, mental, emotional functions and spiritual mentality. In this presentation will explain the most effective techniques from Body Mind Integrative Psychotherapy for stress, anxiety and depression and their effectiveness in treatment. The most used techniques that are using in this approach are different kind of breathings (diaphragmic and chaotic breathing), Autogenic Training, Meditation, letter to symptom, body mind exercises, EFT (Emotional Freedom Technique) and point position massage as well as shiatsu massage.

**Biography:** Enver Cesko is a Licensed Clinical Psychologist, accredited psychotherapist, main modalities; body psychotherapist and positive psychotherapist. Currently he is working in private clinic in Kosovo and he is the chairman of the Kosovo Association for Psychotherapy - KAP, Prishtina, Director of the Kosova Centre for Positive Psychotherapy - KCPP, Prishtina, President of Kosova Body Psychotherapy Association – NOKTA, Prishtina. Until 2013 he was former lecturer in different private Universities in Kosovo. He published a Manual handbook “How to become Positive Psychotherapist”, (2014). He also published more than 150 different kind eases, articles in local professional weekly magazines. He is an International lecturer and trainer in Turkey, Poland, Albania, Macedonia, Croatia, Germany, Austria, Ukraine and Ethiopia.

# KEYNOTE

## *Curing human dementias*

MICHAEL FOSSEL

Telocyte LLC, USA

Both animal research and human clinical trials on age-related CNS diseases have suffered from the lack of a unified systems model. One result has been the failure of animal studies to translate into successful human trials, as well as the uniform failure of clinical trials aimed at targets such as amyloid, tau, etc. A unified model of age-related CNS dysfunction needs to offer a framework for not only age-related human CNS diseases – including Alzheimer's and other age-related human dementias -- but for age-related CNS dysfunction in animals as well. The model detailed here, focusing on cell senescence and the concomitant changes in gene expression, encompasses both human and animal disease and suggests a novel point of clinical intervention.

**PLENO-IDEA:** A unified systems model of age-related dementias is consistent with all clinical data, explains and accurately predicts the outcomes of human trials (more than 1,100 of which have failed), and offers a novel and feasible point of intervention that promises an effective cure for Alzheimer's disease and other dementias.

**Biography:** Michael Fossel has an MD and a PhD in neurobiology from Stanford University where he taught neurobiology and research methods. A clinical professor of medicine, he is considered the world foremost expert on telomeres, aging, and age-related disease. He gave the first talk at the NIH on reversal of human aging, published the first articles on the potential of telomeres as a clinical intervention, and authored the only medical textbook in this field, *Cells, Aging, and Human Disease*, by Oxford University Press. He was editor-in-chief of *Rejuvenation Research* and the director of the American Aging Association, and as well as the Editor-in-Chief *OBM Geriatrics*. He has authored more than 100 books, chapters, and articles, including *The Telomerase Revolution*, which the *Wall Street Journal* praised as one of the best science books of the year. He is president Telocyte, a biotech firm taking telomere therapy to FDA human trials, as well as author of "A Unified Model of Dementias and Age-Related Neurodegeneration", published in *Alzheimer's & Dementia: the Journal of the Alzheimer's Association* in January of 2020, which generated more than 600 reprint requests in the first two weeks.

## COVID-19 long-term neurological effects and how they foster chronic conditions akin to cluster B personality disorders

SAM VAKNIN

Southern Federal University, Russia

**Biography:** Sam Vaknin is the author of "Malignant Self-love: Narcissism Revisited" and other books about personality disorders. He is Visiting Professor of Psychology, Southern Federal University, Rostov-on-Don, Russia and Professor of Finance and Psychology in CIAPS (Centre for International Advanced and Professional Studies). He spent the past 6 years developing a treatment modality for Narcissistic Personality Disorder (NPD). Over the years, with volunteers, it was found to be effective with clients suffering from a major depressive episode as well.

## *Impact of trauma on emergence of mental health problems in children and young adults*

SAQIB LATIF

Consultant Psychiatrist, UAE

Adverse Childhood Experiences (ACE) have been linked to negative mental and physical health outcomes, though the exact nature of their association is not yet clear. With keen interest in exploring the root-causes of mental illnesses, Dr Latif will talk about common emotional problems in Children and young adults, including Post-traumatic Stress disorder (PTSD) and complex-PTSD, with likely mechanisms discussed. Will conclude with audience gaining an understanding about the importance of Trauma-informed care in our day to day practice, to find a way to heal, beyond psychopharmacology.

**Biography:** Saqib Latif comes to American Center for Psychiatry & Neurology (ACPN), UAE, with years of experience in Great Britain working as Consultant Child & Adolescent Psychiatrist. He completed his postgraduate training at Guy's, Kings College & St Thomas Hospitals, London. He went on to do his higher specialist training at South London & Maudsley Hospital, and his Masters in Medical Ethics & Law at King's College London in 2012.

Dr. Latif has held various clinical and leadership positions in the UK for over 14 years, both in the National Health service (NHS) and Private sector, at community clinics as well as hospitals. He was the Clinical Director of Kent Children and Young People's Mental Health Services, where he set up neuro-developmental services for children with autism and related disorders. In addition, Dr Latif works with young people experiencing any emotional disorders such as anxiety, depression, post-traumatic stress disorder (PTSD), as well as attention deficit hyperactivity disorder (ADHD), behavioral disorders and psychotic presentations.

In addition to his wide-ranging experience, he has published on the ethical aspects of mental disorders. He encourages working closely with families and schools and has a deep understanding of the impact of genetic and environmental stressors. His special interests include impact of Adverse Childhood experiences (ACE) on the mental health of children and young adults..

## *Depression and suicide risk in GD, IGD and online social network sites (SNS) addiction. Emotional distress, altered states of consciousness and negative psychosocial consequences as conditions for the development of this comorbid psychopathology*

TETIANA ZINCHENKO

International Association for the Study of Game addictions (IASGA), Switzerland

Depression is one of the most common concomitant mental disorders associated with gambling addiction, internet gaming disorder and social network addiction. It is diagnosed in 37.9-60% of patients with GD. The conducted meta-analysis and reviews of internet addiction studies, which included IGD and SNS addiction, reveal a high degree of correlation with depression in 75-89% of studies. Patients with GD, there is a high suicide risk in 50%, in 80% there are suicidal thoughts, which in 48-49.2% of cases having a permanent, obsessive nature, 12-35,8% commit suicide attempts. Suicide is the main cause of death (31%) in this category of patients. High suicidal risk (thoughts, attempts) is found by researchers in different countries in IGD and SNS addiction, with both problematic and pathological users. The analysis of clinical and neurobiological studies, as well as their own clinical cases, reveals that emotional dysregulation, constant emotional distress, experienced altered states of consciousness with a violation of self-identification during the game and with problematic use of social networks, as well as increasing negative social consequences, are predisposing risk factors for the development of depression in these behavioral dependencies. As for the time sequence, few longitudinal studies have found a bi-directional relationship between depression and the severity of addiction symptoms. more than half of the patients had clinically significant symptoms of depression after the start of the game and the formation of a particular behavioral dependence. Based on all the results obtained, we can conclude that dependent players and users of social networks can become both initially mentally healthy people, and those who have already experienced subclinical and clinical manifestations of depression. In the first case, the depression was added in the process of aggravating the symptoms of addiction, and in the second, the depressive symptoms increased and worsened. But when healthy life activity was restored, the severity of symptoms of depression also decreased.

**PLENO-IDEA:** This study also shows that information game and network technologies are the main risk factor for the development of both addiction and comorbid psychopathology such as depression, up to suicidal behavior.

**Biography:** Tetiana Zinchenko, the president of the International association for the study of game addictions (IASGA)/Switzerland, PhD, psychotherapist, psychologist, rehabilitologist, practicing doctor in private practice. Practical experience of 20 years in psychiatry, psychotherapy, psychological counseling. Experience in specialized clinics. Last 10 years in private practice and public organizations. Over the last 5 years, I have been specializing in group and individual psychotherapy and rehabilitation of people with various behavioral addictions.

## *Managing Depression in the “new normal”*

Ayesha Aslam

Sakoon Counselling Services, UK

Explore Depression in general  
How to apply Islamic counselling/mainstream approaches (The Sakoon Model) when working with individual, couples, families  
Look at depression in the current climate of lockdown and strategies to manage

**Biography:** Ayesha is the Director and founder of Sakoon Counselling Services. She is an international Speaker, Accredited Psychotherapist, Systemic Practitioner and an Islamic counsellor. She has over 16 years of experience working with diverse issues from counselling to more severe psychological issues. She has been a keynote speaker at various conferences, published articles and appears on TV and not afraid to challenge taboos. Ayesha set up Sakoon (in Arabic-Peace of Mind) in 2006. She is a pioneer, a first, who took diversity into consideration with the inclusion of faith in the counselling process, in particular the Islamic faith. After carrying out research where she asked about Islamic counselling she was often told that the two were incompatible. Ayesha carried out further research to find out more about her clients and why they chose her as opposed to mainstream counselling. It was through this research that she developed the Sakoon Counselling model which put simply combines spirituality and cultural awareness in counselling, it applies spirituality when it is therapeutic for the client without imposing Islamic beliefs or values. Fast forward to today and she was recently asked to deliver a talk by CPCAB and BACP on how to work with diversity.

## *Alice stays in wonderland: Literature review*

Lorena Kostic

University of Zagreb, Croatia

Many research was conducted regarding autism spectrum disorders. Main goal of these research and samples were various. Some examine families and their wellbeing, other therapy treatments, some are focused on persons with autism spectrum disorders but very little of them are focused specifically on female population with autism spectrum disorders. Main reason is that many girls on autism spectrum disorders are mostly not diagnosed at very young age, but at the adolescence. There are many reasons why girls are not diagnosed or are misdiagnosed: diagnostic instruments are not adjusted to girl's behavioral patterns. Also, researchers report on camouflaging autism symptoms in female population. Compared to male population, they show fewer stereotyped and repetitive behaviours but also internalizing behaviors. Therefore, goal of this research was to make a review of research relating to adolescent females with autism spectrum disorders. Why adolescence? Because they are mostly diagnosed at that turbulent and transition age. For the purpose of this research five data bases were reviewed: Google scholar, EBSCO, Taylor and Francis, Scopus and Science direct. Very few met the criteria.

**PLENO-IDEA:** When conducting research regarding autism spectrum disorders topic, very little amount of them introduce the experts on adolescence to adulthood, especially with female population. I would like them to be recognized in the scientific population because of the wellbeing in the future. Also, I would like to add that females with autism and multiple disabilities are also neglected population.

**Biography:** Lorena is a special education teacher and a PhD student on Faculty of education and rehabilitation sciences in Croatia. Therefor she participated in many international conferences presenting her scientific research. Through years of experience also attended many educations regarding persons with disabilities, in order to improve their wellbeing.

## *Depression and Autism Spectrum Disorder (ASD)*

ANUTTOMA SEN

Leeds Beckett University, UK

Autism Spectrum Disorder (ASD) is a neuro developmental disorder that can cause problems with thinking, feeling, language and the ability to relate to others. Individuals with ASD have lack of socialization skills, lack of communication skills and lack of flexibility. Clinical depression is a mental disorder characterised by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life. Transitions are the continuity of experiences that children have between periods and between spheres of their lives being stressful for them and their families. Due to their socialization and communication difficulties children with ASD find educational transitions particularly challenging. Depression as a comorbidity with ASD is very challenging to be accurately diagnosed in children with ASD making it more stressful for these children during transitional periods. My research is based on parental experiences during educational transitions which includes high anxiety levels and depression noticed in the parents. ASD affects around three million people in India and is being increasingly recognized as an important issue. The socio- ethnic diversity and varying cultural practices play a major role in the identification, perception and treatment of the disorder. Family characteristics have been examined to explore the influence of the family context on the child's adaptation to primary school but the actual experience of parents around the process of the child starting school has received little attention in the research literature of India, despite it being so important related to their mental well-being. I would be discussing on depression as a comorbidity to ASD as well as the experiences of parents having children with ASD during the transitional time emphasising on their mental well-being. The findings would encourage practitioners with ideas for better practice incorporating the views of parents, improving their mental well-being and also contributing to academic literature on this topic. It is intended that the outcomes of my research will benefit the local community including the children, parents, educators and support services aiming to address the gap in literature and would offer a detailed and timely exploration of parental experiences and perspectives around their children's' transitions in schools in India with respect to their mental health.

**Biography:** Anuttoma Sen is in her third year of her PhD study in Carnegie School of Education, Leeds Beckett University, UK. She has completed Advanced Diploma in Special Educational Needs course from Leeds Beckett University as well. She had been a teacher in an inclusive school before pursuing her PhD. Her research interest is Autism Spectrum Disorder. She has given an oral presentation in Post Graduate Research Conference in Leeds in 2018. She had been selected for an oral presentation at 2nd European Autism Congress in Europe in 2020 and had been a part of Hope Conference in India as well.

## *Applied natya (dance-drama) therapy: Body movements to move out of depression!*

DIMPLE KAUR

Sumangali Arts LLC, USA

**Objective:** In an open experiment on 150 students, my hypothesis that designed and choreographed movements can help bring about change in the thinking pattern and create a new and hopeful Neuro pattern in the brain. The paper presentation will discuss the application of Applied Natya Therapy and its impact on Depression. Applied Natya Therapy (ANT) is based on the premise that the body and mind are interrelated and mental and emotional problems are often held in the body in form of muscle tension and constrained movement patterns. The movements created in the body as part of ANT can be organized in such a way that they become meaningful for the brain resulting into positive therapeutic results.

**Methods:** Prescribing organized movements, specific choreographies for specific conditions for specific people/patients/situations. These movements are like a language that only brain understands, the brain can be conditioned to release tensions which have been stored in the brain for last many years.

**Results:** Using Indian classical dance and culture for Therapeutic Benefits it has now been established through the confluence between the Traditions, content and Movements which have positive impact to overall mental, physical, spiritual and emotional well being. Combination of Neuro Science and Psychotherapy can help create an evidence based approach to healing and for the first time Indian Art forms can be adapted in healing Depression. This process can be used as Alternate Healing modality supplemented with the standard intervention providing a more balanced approach towards treating and managing Depression.

**Conclusions:** Moving as a group brings people out of isolation, creates powerful social and emotional bonds, and generates the good feelings that come from being with others. Moving rhythmically eases muscular rigidity, diminishes anxiety, and increases energy and helping in leading a life free of depression.

**PLENO-IDEA:** For the first time, the 5000-year-old text Natya Shastra has been explored from the eye of Psychotherapy and neuroscience. The codified movements and systems form the ancient Human Movement laboratory have been designed by Dr. Dimple for Mental Health and Therapeutic purpose. The major impact on depression has been studied on people with mild to moderate depression.

**Biography:** Dimple Kaur, PhD (Psychology) MS, CHt (Clinical Hypnotherapy) is the founder director of IMATTER Institute of Behavioral Science and Sumangali Arts LLC, California, USA. Practicing Psychologist, Psychotherapist, Teacher Trainer for Hypnotherapy and an accomplished Indian classical dancer ((Bharatanatyam, Vilasini Natyam and Chaau), she has done pioneering work in area of mind body development, dance movement therapy and has through her research created a new pedagogy Applied Natya Therapy for Mental Health. The professional experience of Dr. Dimple Kaur, her great intuition, her ability to uncover the depths of the human soul, which pulsates behind each human mask, allows each participant to make a significant step along their individual path. She is a former student of Padma Vibhushan Sonal Mansigh and Padma Bhushan Swapna Sundari and Padma Bhushan & Padma Sri Dr. Padma Subramaniam. She has directed over 20 professional dance and theatre productions. Her solo shows Main Amrita, Rape Unreported, Kali Darpanam, Aatm Rati are continuing their tour across India and Abroad. Dr. Dimple Kaur has been awarded with multiple awards and recognitions including International Women Excellence Award, Nritya Ratna Award, Nritya Thragai Award, Apoorva Pratibha Award, Lasya Mohini Award, National Theatre Excellency Award and Nritya Kamala Mani Samman.

## *Parent's attitudes towards sexuality of females with autism spectrum disorders*

LORENA KOSTIC

University of Zagreb, Croatia

About ten years ago, autism spectrum disorders became popular among experts. Many researches were conducted, but mostly referring to boys, since. Many people think that those with autism spectrum disorders don't understand many from world around them. When children are young caretakers, experts provide support of inclusion mechanisms, but as they age, support needs to be adopted. Transition into adulthood can be very challenging. Sexuality represents a certain taboo in society, especially for persons who need special care and help to mandate basic everyday needs. These needs are not met as primary. One of three human biological needs is sexuality, also one of human rights. Satisfying every need, most importantly primary needs have positive affects on emotional wellbeing. Caretakers, parents have negative attitudes towards sexuality regarding typically developing children, but when it comes to children and adults with disabilities, those attitudes stay hidden. Main reason is that mostly persons with disabilities they are not thought to be sexual. Therefore, our goal is to rise awareness towards one of the basic biological need, sexuality and to examine attitudes towards sexuality of parents or caretakers of girls and women with autism spectrum disorders. Therefor we hypothesis that caretaker's attitudes towards sexuality are more positive in those who have younger children. Because still they do not face these challenges. Research was conducted using Attitudes to sexuality Questionnaire (Cuskelly and Gilmore, 2007) that was translated and adopted. Only sixteen participants fulfilled online questionnaire. Despite small number of participants, we considered to publish the results because of awareness raising of providing support for challenging situations and to provide information that sexuality in persons with disability in general is not tabu, rather normal part of their life.

**PLENO-IDEA:** Sexuality is not met as basic everyday need and its effect on one's emotional wellbeing. Our idea is to rise awareness that sexuality of these persons is very important for them, to talk about importance of practice implementation techniques to provide support that these needs are met.

**Biography:** Lorena is a special education teacher and a PhD student on Faculty of education and rehabilitation sciences in Croatia. Therefor she participated in many international conferences presenting her scientific research. Through years of experience also attended many educations regarding persons with disabilities, in order to improve their wellbeing.

PLENARENO EVENTS

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INTO VISION

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