



PROGRAM SCHEDULE



June 21-22, 2021 | Webinar

WORLD MENTAL HEALTH CONGRESS

Because Mental Health needs a great deal of attention

<https://www.mentalhealth-conference.com>



PROGRAM

WEBINAR DAY 1 (21 JUNE)

MORNING SESSION

INTRODUCTION (09:00-09:15)

- 09:15-09:40** **SAM VAKNIN** Professor of Psychology & Finance: Southern Federal University, Russia
Make or Break: Mental Health as a Seismograph
- 09:40-10:20** **ANGELA WILSON** Achievers Resources, Brisbane City, Australia
Power Of The Unconscious Mind - Kill The Root Causes (The COVID-19 Special)
- 10:20-10:45** **DEAN-MCCOUBREY** MySocialLife, South Africa
Social Media and Mental Health - What Adults Cannot Grasp
- 10:45-11:10** **PRATEEP V PHILIP** Director General of Police, Director TN Police Academy, Chennai
Equilibrium Psychology
- 11:10-11:35** **JIHENE MRABET** The American University in the Emirates, Unites Arab Emirates
Covid 19 Pandemic: A curse or a blessing !! The Role of Humor facing Trauma
- 11:35-12:00** **MARA CHORA** Child Support Institute, Portugal
Families in social isolation: What they think and feel
- 12:00-12:25** **VILIJA BICIUNAITE** Corporate Therapist, YoBusiness, Lithuania
Corporate Therapy: Solving Company Problems One Employee At A Time
- 12:25-12:40** **ANNI HAVAS** Wellbeing Specialist, Cuckoo Workout
How do micro breaks improve your recovery? - A simple way to ease stress

CUCKOO-BREAK (12:40-13:00)

by **Anni Havas**, Cuckoo Workout



WEBINAR DAY 1 (21 JUNE)

PROGRAM

AFTERNOON SESSION

- 13:00-13:25** **SEETHA SAGARAN** Personal Development Trainer & Motivational Speaker, UAE
Why Connect Resilience to Happiness?
- 13:25-13:50** **URJA CHANDAK** Mumbai University, India
Moon and Mood: The MoMo Effect
- 13:50-14:15** **ANUVI MALHOTRA** Psychologist, Masters in Clinical Psychology, India
The portrayal of Suicide in Media : A cause of Werther, A need for Papageno
- 14:15-14:40** **MAUREEN MULDOON** University of Windsor, Canada
Call Me by My Name: The Ethics of Properly Addressing Patients
- 14:40-14:55** **LENE E. SØVOLD** Independent Researcher, Oslo, Norway
Prioritizing the Mental Health and Well-Being of Healthcare Workers: An Urgent Global Public Health Priority
- 14:55-15:20** **ATIYEH ASGARI** Azad University in Tehran, Iran
The Effectiveness Mechanism Of Urban Natural View Corridors In Hamadan City On The Mental Health Of Citizens; A Case Study Of Hamadan City
- 15:20-15:45** **AARTI SINHAA** Founder, Wizard of Sound Healing Clinic, India
Sound Healing & Meditation with Tibetan Singing Bowls: Management of Pain, Anxiety, Stress for better Mental and Physical Well-being
- 15:45-16:10** **ANTON GOMEZ-ESCOLAR** Independent Scientific Analyst & Researcher, Spain
Psychedelic-assisted psychotherapy: The next revolution in Mental Health

DAY 1 ENDS

To be continued.....

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PROGRAM

WEBINAR DAY 2 (22 JUNE)

MORNING SESSION

INTRODUCTION (09:00-09:15)

HENCK VAN BILSEN Consultant Clinical Psychologist, New Zealand

09:15-09:40 *So much suffering and so little psychology! How to make every psychology minute count*

KERYN JOHNSON Quantum Technologies Limited, New Zealand

09:40-10:05 *The application of quantum biology and monoatomic mineral coordination complexes in improving peoples mental well-being*

GUOXIAO SUN Shandong University, China

10:05-10:25 *Psychological Strain and Suicidal Ideation in Athletes: The Multiple Mediating Effects of Hopelessness and Depression*

AVA LAM Certified Zentangle Trainer & Expressive Arts Practitioner, Hong Kong

10:25-10:50 *Use of Zentangle for Mindfulness and Mental Health*

BAIHUA JIN University of Hong Kong, Hong Kong

10:50-11:15 *Facilitating Whole-Person Development of Chinese College Students: An Intervention Based on Positive Psychology*

HAN WU Southwest University of Finance and Economics, Sichuan, China

11:15-11:40 *A qualitative study of informal peer support groups of patients with PTSD in social media*

LI MENGHUA Southwest University of Finance and Economics, Sichuan, China

11:40-12:05 *A Qualitative Meta-synthesis of the Caregiving Experiences of Family Caregivers for Children with Terminal Illness*



WEBINAR DAY 2 (22 JUNE)

PROGRAM

AFTERNOON SESSION

JEN LOW Y.F. Founder, ewisdom.life

12:05-12:30

Human Resilience: Mindful Self-Cultivation

CUCKOO-BREAK (12:30-13:00)

by **Anni Havas**, Cuckoo Workout

SARJIT SINGH International University of Malaysia-Wales

13:00-13:25

Exploring students' experiences with and evaluations of a mindfulness-based smart phone application

LEA DE BACKER Department of Psychology, University of South Africa

13:25-13:50

COVID-19 lockdown in South Africa: Addiction, Christian spirituality and mental health

DINESH PANATI Department of Psychiatry, Apollo Medical College, India

13:50-14:15

A comparative study on metabolic syndrome in patients with schizophrenia treated using first-generation and second-generation antipsychotics

MEHAK AGARWAL India

14:15-14:40

Plasma Lipids as Biomarkers for Alzheimer's Disease: A Systematic Review

MARIA TAVARES Psychiatric Institute of Federal University of Rio de Janeiro, Brazil

14:40-15:05

Mental Health Internship for Medical students: Which is the best training setting?

ROSEMARY LOKHORST The Digging Deep Project, Switzerland

15:05-15:30

Using Digital Tools to build Resilience in Our Youth

OMAR S. RASHEED University of Almeria, Spain

15:30-15:50

Shared identity and common fate can be associated to personal resilience via solidarity in times of COVID-19

WEBINAR ENDS

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