

Mental Health, Psychiatry and Wellbeing

March 20-21, 2019 | New York, USA

KEYNOTE FORUM | DAY 1

INTERNATIONAL JOURNAL OF EMERGENCY MENTAL HEALTH AND HUMAN RESILIENCE 2019, VOLUME 21

DOI: 10.4172/1522-4821-C2-028

Cognitive disorders and mental health: Neural correlates in contemplative therapy

Writing in 2006, on the occasion of the 100th anniversary of Alois Alzheimer's first description of Alzheimer's Dementia (AD), Dr K. Jellinger of the Institute of Clinical Neurobiology, Vienna noted 'that despite considerable progress in the clinical diagnosis, neuroimaging, genetics, molecular biology, neuropathology, defining risk factors, and treatment, the etiology of the disease is still unknown and, therefore, a causal treatment of AD will not be available in the near future.' Similar absences mark studies of other notable cognitive diseases, like schizophrenia, suggesting that current models and experimental studies may be directed to non-etiological features of the diseases. Significantly, cognitive diseases display both mental and physical symptomatic signatures. Hence, new conceptions on what is being progressively impaired in these diseases are needed to underwrite

therapeutic advances both for the restoration of mental as well as physical health. Such inferences are likely to come from studies on the brain's global regulation since a key symptom of these diseases is a pathological progression in the loss of self-perception. Existing studies reveal, for example, that a fundamental brain network needed for the self construct, the default mode network (DMN), which is critical to monitoring the external environment, bodily states, and even emotions, is impaired in AD. Furthermore, functional MRI shows that activity in the posterior cingulate and right inferior temporal cortex and that in the bilateral inferior parietal cortex, are differentially affected, reflecting a weakening of causally influential relations amongst the DMN principal nuclei. Schizophrenia patients, on the other hand, display an inability to identify self-initiated actions, which is likely due to a failure to link self-representations to the body, that may originate in the DMN and premotor cortices. Therapeutic strategies that enhance the



Denis Larrivee

Loyola University Chicago, USA

neural underpinning of self-representation may, therefore, delay symptomatic progression in these diseases. Increasing evidence suggests that practices that enhance self-integration, like contemplation, may assist in strengthening these features. This talk will discuss current research on the impact of these cognitive diseases on the neural representation of the self, and the potential use of the contemplative practice in strengthening the self-representation and delaying the symptomatic onset.

Biography

Denis Larrivee is a Visiting Scholar at the Mind and Brain Institute, University

6th World Congress on

Mental Health, Psychiatry and Wellbeing

March 20-21, 2019 | New York, USA

of Navarra Medical School and Loyola University Chicago and has held professorships at the Weill Cornell University Medical College, NYC, and Purdue University, Indiana. A former fellow at Yale University's Medical School he received the Association for Research in Vision and Ophthalmology's first place award for studies on photoreceptor degenerative

and developmental mechanisms. He is the editor of a recently released text on Brain-Computer Interfacing with InTech Publishing and an editorial board member of the journals Annals of Neurology and Neurological Sciences (USA) and EC Neurology (UK). An International Neuroethics Society Expert he is the author of more than 70 papers and book chapters

in such varied journals/venues as Neurology and Neurological Sciences (USA), EC Neurology (UK), Journal of Neuroscience, Journal of Religion and Mental Health, and IEEE Explore. In 2018 he was a finalist in the international Joseph Ratzinger Expanded Reason award.

sallar1@aol.com

Mental Health, Psychiatry and Wellbeing

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The archetype of the “Strong Black Woman” and mental illness: How do we address the gaps?

Modern beliefs and symbolism in our community have created some problems. The “strong black women” and the “angry black women” stereotypes depict images of proud women who don’t take no for an answer. Black girls are often taught to “keep your head up” to get through anything. While it can be seen as a great life lesson, it may also allow black women to use this same coping strategy through adulthood which may foster an environment in which they have to manage everything. Regardless of what is happening in your life, black women are literally bred to be strong ‘all the time’. While this can be seen as positive in some

aspects, the image has been carved in order to not allow ourselves our humanity. If you are suffering from depression or anxiety, black women often don’t acknowledge it because they believe that they can’t. The stereotypical image of the strong black woman can also be seen as a barrier to access to mental health treatment. Issues may not be seen as mental health-related due to societal mental health stigma. This presentation aims to address the concept of the “strong black woman and its impact on mental health and well being of women of African descent. What are some of the potential gaps in psychotherapeutic care and how can these gaps be addressed?

Biography

Natasha Williams is a Registered Psychologist, keynote speaker and co-director of Allied Psychological Services in Toronto, Canada. She is the current trainer



Natasha Williams

N. S. Williams Psychology Professional Corporation, Canada

with the Adler Graduate Professional School in the CBT certificate program. She is also a guest facilitator/trainer with the Centre for Addiction and Mental Health (CAMH) in topics such as culturally adapting cognitive behavioral therapy for the English-speaking Caribbean community and Motivational Interviewing. She provides services in her private practice including assessment, consultation, supervision, individual psychotherapy and training to clients from diverse ethno-racial backgrounds, gender, and socio-economic backgrounds.

info@drnatashawilliams.com

Mental Health, Psychiatry and Wellbeing

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Cultural-dialogic interdeterminist perspective for mental health and well-being

Statement of the Problem: The static, fragmentary nature of the existing approaches to the mental health and wellbeing problems, which cannot grasp the dynamic and heterogeneous nature of changes in the external natural and social environment, is stated. Author's attempt to extend the problem of this problem field vision horizons offers cultural-dialogic interdeterminist metatheory of psychological knowledge integration. Based on the determinist and indeterminist directions of scientific thought analysis is proved the epistemological heuristic potential of the cultural-dialogic interdeterminist approach. For this task solution was introduced epistemological construct "cultural-dialogic interdeterminism" allowed to analyze phenomenology in the context of quality, acquired by the whole and not reducible to the simple sum of its constituent parts. It articulated

the necessity of mental health and wellbeing phenomenology multidimensional consideration in the spaces of heteroqualitative natures, psychic spheres and behavioral determinants in their cultural conditionality and qualitative specificity. This phenomenology is viewed from the heterogeneous dynamic systems approach standpoint. Theoretical and empirical explanations and evidence of cultural-dialogical interdeterminist metatheoretical approach innovativeness for the analyzed phenomenology understanding deepening is presented.

Findings: A demonstration of the dialogic inter-determination specifics was shown on the example of the alcoholic's bio-psycho-social adaptation. It is a sociocultural-interdeterministic dialogic process of harmonizing natural, biological, and psychological states, socio-cultural dispositions, aimed at achieving balance (physiological, psychological, existential) in interaction with the immediate and mediated social and natural environment. The efficiency of



Vladimir A Yanchuk

Belarus State University, Belarus

the approach is demonstrated by the examples of teacher's professional deformation and risky behavior prevention, patients with chronic pain treatment, migrant's cultural integration, and adaptation, etc.

Conclusion & Significance:

The cultural-dialogical interdeterministic approach to the mental health and wellbeing phenomenology allows to provide a comprehensive solution to wide range problems that modern society faces. Recommendations are made to develop comprehensive treatment programs for various fields and services.

6th World Congress on

Mental Health, Psychiatry and Wellbeing

March 20-21, 2019 | New York, USA

Biography

Vladimir A. Yanchuk has long-term experience in the development of theoretical and methodological foundations for the social phenomenology in general and mental health and wellbeing in particularly understanding deepening and expertise

practice in improving the health and wellbeing. The author of the methodological integrative-eclectic approaches for social phenomenology analysis improved for Cultural-dialogic interdeterminist approach, actualized in metatheory of psychological knowledge integration, which ideas and applied aspects were realized within the

framework of the wide range research field. This meta approach is responsive to all stakeholders and has a unique way of focusing. For merits in development of science and education of Belarus is awarded by Francisk Skorina medal.

yanchuk@acdemy.edu.by

Mental Health, Psychiatry and Wellbeing

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A Kingdom Far Away; Raising a daughter with mental illness in a systematically unsafe world

Kari Gusso shares her personal journey. Living with a child that struggles with mental illness is very hard and sometimes debilitating. Friends and family are not aware of what really goes on behind closed doors. Health care professionals and law enforcement need to stop treating the mentally ill as if they have committed a crime. Having an anxiety attack does not constitute a crime. There needs to be a higher standard of mental health education. This book is a raw account of living with mental illness.

Kari bravely tells her brutally honest story of daily struggles parenting a child living with a mental illness—and the unrelenting battle to keep her daughter safe from untrained police, medical staff, and society at large. Mental illness has a biological component, like any other disease. I want to raise awareness that mental health is a national issue. Schools need to screen early and educate.

Biography

Kari Gusso grew up in MN where she attended Holy Angels in Richfield, MN. Kari received her BS in Nursing from SDSU, and worked for many years as a labor and delivery nurse, a flight nurse and as an RN case manager at the VA Medical Hospital in Sioux Falls SD. In 2012 she decided to stay at home full-time to care for their daughter Lauren who suffers with a mental illness. Kari has been featured on KDLT Sioux Falls, 96.5 radio SD, and the Sioux Falls Argus Leader News, along with magazine articles. Kari



Kari Gusso

South Dakota State University
USA

spoke to the University of MN CHAT program and she is involved in the SD Partners in Policymaking where she sits with law makers as a parent representative telling her story. Kari and her husband Jared live in Sioux Falls, SD with their three daughters; Lauren, 17; Megan, 15; and Nikki, 12.

karigusso@sio.midco.net

Mental Health, Psychiatry and Wellbeing

March 20-21, 2019 | New York, USA

KEYNOTE FORUM | DAY 2

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PLASN: Predictive Linguistics Applied to Suicide Notes posted online by suicide attempters and suicide completers

The suicide note (or letter) is a written message left by a person who committed suicide or attempted suicide. In France, the percentage of left letters is estimated 25%-30% of the total number of suicides. These letters contain information relevant both to the study of pathologies associated with suicidality and to the prevention of suicide and recidivism. The predictability of the suicidal act is very variable and there is no consensus regarding the psychological portrait of suicidal subjects. However, different profiles and risk factors have been identified by medical research, notably through "predictive linguistic autopsy". This method is based on the collection and analysis of writings (suicide notes and messages) in order to better understand the motivations and circumstances surrounding his or her suicidal attempt or death. At present, suicide notes and

messages are used primarily for legal purposes but little or no study is done to investigate the « autopsy of life ». In France, this first-hand material is often available online (on the Internet and social networks) but has never been collected or studied extensively in order to monitor suicide and prevent recidivism. The intentionality and the motivation of the subjects who attempt suicide after posting their note online remain little known, and the publications on this topic are very rare. To date, there is no French clinical study on suicidal letters based on a predictive linguistic approach. This communication aims at presenting the results of a study conducted in 2018 on more than 100 notes in order to detect, through words and posted messages, the subject's intentionality, suicidal ideation, the aggravating or precipitating circumstances, as well as the presence of psychiatric pathologies or other co-morbidities. In order to better prevent suicide and recidivism, all suicide letters posted online during the last year (2018) have been documented and studied using a monitoring system based on predictive linguistics.



Mathieu Guidere

National Institute of Health and Medical Research, France

The main objective is to study the content of the suicide notes and messages from a patholinguistic point of view in order to detect signs of suicidal crisis, to monitor and to prevent suicidal behavior. Secondary objectives include the study of indicators of suicidal intent, the study of linguistic markers of gravity and psychic pain, as well as the study of signs of depression related to suicidal behavior. Ultimately, the goal is to carry out detection and prevention actions upstream, with innovative means resulting from predictive linguistics tools such as electronic monitoring of suicidal intentions, and remote monitoring of suicidal patients.

6th World Congress on

Mental Health, Psychiatry and Wellbeing

March 20-21, 2019 | New York, USA

Biography

Mathieu Guidere has completed his Ph.D. at the age of 27 years from The Sorbonne University (Paris, France) and postdoctoral studies from The University of Lyon (France). Since 2016, he is Full Professor at the University of Paris (Paris VIII, France) and Research director at the French National Institute of Health and

Medical Research (INSERM, France), but he has held professorships at such prestigious institutions including the University of Geneva, Switzerland (2007 to 2011), and the French Military Academy of Saint-Cyr, France (2003–2007). He is the co-inventor of the Cognitive Computing and the director of the AI mental health research program. He has been the keynote speaker at the International First Responder Military

Symposium and the organizer of the European Symposium on Psycho-Trauma and PTSD.

mathieu.guidere@univ-paris8.fr

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Life coaching and energy work facilitates the healing of women affected by narcissistic relationships

Statement of the problem: We will look at the fundamental attributes of Quantum Medicinal approach of life coaching and energy work, its positive role in transformational healing and recovery of women who have been involved in narcissistic relationships. It will focus on women who have endured devastating emotional, physical and psychological consequences through these relationships, the different allopathic methods, both chemical and behavioral that has been applied and how the Quantum Medicinal approach had an effective role in their journey towards healing and recovery.

Methodology: This awareness comprises of five case studies of women, each with their own individualistic lifestyle, habits, goals, socio-economic status and beliefs. These women all have been subjected to narcissistic partner abuse

resulting in their self-worth, self-esteem, and total being left in shreds. According to these women, they are suffering from mental and physical aftermaths, and felt seeking recovery through allopathic modalities alone have not deemed effective in long term results and permanence. These case studies have been based on the client feedback and the observational level of healing experience that is seen within one year of solid commitment & continuity towards Quantum-based life coaching, energy work, and other Quantum modalities specifically, Meditation, Reiki, Aromatherapy and Emotional Freedom Technique. Each case has resulted with a positive lifestyle change, promotion of self-love and worth, reduction in physical, mental and spiritual damage of where 95% healing has been seen within a year with longevity and adherence. It is seen that the Quantum Medicinal approach in life coaching and energy work facilitates the healing of these women affected by abusive narcissistic relationships.



Bindu Babu

Quantum University, USA

Biography

Bindu Babu is a Transformational Life Coach who is an expert in the healing and recovery from toxic narcissistic relationships. She uses the Quantum Medicinal approach in her sessions and programs. She is a well sought out Motivational Speaker where she has spoken and Co-Chaired at prestigious universities such as NYU & Harvard for the National Symposium of Personal Development. She is a Medical Physician and has a Doctorate in Natural Medicine and a Ph.D. in Integrative Medicine thus being trained in both allopathic and holistic modalities. She is a Certified Reiki Master and a Past Life Regression Therapist where she completed her professional training from the Weiss Institute with Dr. Brian L. Weiss M.D. author of "Many Lives and Many Masters", she has a well-established life coaching practice in NY and holds Guided Meditation & Reiki workshops for the community.

DrBindu@BinduBabu.com

Mental Health, Psychiatry and Wellbeing

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If I leave home, who will take care of mum?: Intergenerational transmission of parental trauma through projective identification

Using the construct of projective identification and integrating it with the body of literature on intergenerational transmission of unsymbolized parental trauma, I describe the case of an adult daughter that illustrates intergenerational transmission of unsymbolized parental trauma. It is suggested that the daughter has unconsciously identified with the disavowed feelings of anxiety projected into her by her mother. The daughter's projective identification of her mother's unresolved past traumas prevents her from

leaving the parental home for the first time, despite being 35 years old. In turn, it is thought that the mother's unconscious grasping onto her daughter is an attempt to avoid the confrontation of her own unprocessed fears implanted into her by her own mother, thus linking three generations of disavowal. As a way of extending the existing theory, it is proposed that when there are long-term and inexplicable experiences of anxiety that coalesces around the intergenerational transmission of parental trauma, the term 'intergenerational transmission of traumatic anxiety' can be used to describe it.

Biography

Zelda G. Knight Ph.D. is a graduate of Rhodes University and an experienced practicing psychotherapist as well as a Professor of Psychology at the University



Zelda G Knight

University of Johannesburg, South Africa

of Johannesburg. She has been a leading academic for more than two decades and has taught and supervised research for the same length of time in the field of psychoanalytic psychotherapy. She has published widely in international journals and academic books, including produced two recent edited books on psychoanalysis. She has presented numerous papers at international conferences worldwide and given several keynote addresses at such conferences.

zknight@uj.ac.za

Mental Health, Psychiatry and Wellbeing

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Innovation in the delivery of care for substance abuse and mental health that is designed to increase the quality of care, outcomes, and affordability

This presentation will discuss the current and traditional modalities of care for addiction and underlying mental health care conditions. We will discuss and identify areas of the current continuum of care that could be optimized to saturate the least restrictive approach throughout the experience of care. We will also look at areas of opportunity on the continuum, that might be neglected from formal planning and funding. Patient-centered care can be re-evaluated from an “end to end” perspective, in context to relapse prevention and long-term management. We will take a fresh and careful look at the continuum to contemplate what more could be done to increase the quality of care and recidivism rates. Modern scientific thought and evidence support the notion of implementing: social

determinants, life scaping, and preventative care in the traditional treatment model. We have a great opportunity to decrease substance abuse relapse rates internationally. This presentation will offer more perspective on promising outlooks from what is evidence-based and affordable when considering the delivery of patient care.

Case Study to be Discussed: Operation Rio Grande, Utah. A collaborative community effort to improve success rates utilizing specific service providers for those that have been homeless and or have suffered chronic addiction. Sober Living Properties (SLP), took a key role in the services of recovering housing. SLP was acknowledged for two out of two success stories of individuals that were recognized in the first calendar year, from the state and the local government in Utah, concerning the Operation Rio Grande.

Biography

Renee G. Brown has a background of looking at cutting edge technology, optimizing systems, and benchmarking results. In her early employment, she taught emerging



Renee G Brown

Next Level Recovery, USA

technology internationally for Hewlett Packard and fastidiously focused on the concept of Total Cost of Ownership; meaning “what does a widget really costs when you consider break/fixes over 3 or 5 years?” Her life and interests took a twist as a close family member of hers suffered from opiate addiction. With a passion, she wanted to make a difference for others and their families to have more recovery options available. She and her husband/business partner (Michael Brown), felt that recovery housing was an underutilized service that could be instrumental in assisting others in early recovery and relapse prevention. Together, they decided to open the first Recovery House in the state of Utah. They now own the largest independent recovery housing in their state. She is always eager to look at the big picture of treatment, to improve on the personal experience of care, relapse prevention, lasting outcomes, as well as the total cost of ownership to governments and consumers.

talkingtorenee@gmail.com