

Mental Health, Psychiatry and Wellbeing

March 20-21, 2019 | New York, USA

SCIENTIFIC TRACKS | DAY 1 INTERNATIONAL JOURNAL OF EMERGENCY MENTAL HEALTH AND HUMAN RESILIENCE 2019, VOLUME 21

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Using IV ketamine in a real-world psychiatry practice to stop suicidal ideation and avoid hospitalization

Lori Calabrese
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Recent inpatient studies examining the effect of single ketamine infusions in treatment-resistant depression (TRD) have shown promising results in diminishing suicidal ideation (SI). We describe the efficacy of serial titrated ketamine infusions in stopping suicidal ideation and averting hospitalization in a large, naturalistic sample of outpatients with TRD and complex psychiatric comorbidity in a real-world psychiatry practice. Retrospective chart review of 235 adults and adolescents presenting with TRD and complex psychiatric comorbidity in a large real-world psychiatry office practice seeing >5400 visits/year. Each patient underwent a 60-90min comprehensive diagnostic consultation by the single

treating psychiatrist. Appropriate patients were treated with 6 sub-anesthetic escalating dose ketamine infusions (0.5-1.2mg/kg over 40-50min) over 2-3weeks. PHQ-9 was obtained at baseline and before each infusion. The presence, frequency, and intensity of PHQ-9 item 9 was analyzed over the course of treatment and correlated to an overall decrease in PHQ-9. Suicides, attempts, ER visits, and hospitalizations were analyzed over the treatment course and the following 4 weeks. 64% of the patients presented with SI. No suicides, attempts, ER visits or hospitalizations occurred. SI ceased in 68.4% and markedly diminished in 81.8%. Remission of SI was bimodal, occurring after 1 infusion in 30.6%; the remainder required 3.3 infusions and an average dose of 0.75mg/kg for the remission of SI. Suicidal patients experienced greater response and remission of TRD than non-suicidal patients. This is the first report of using serial ketamine infusions in a real-world psychiatry practice for adults and adolescents with TRD and

complex psychiatric comorbidity to safely and rapidly treat severe suicidal ideation and avert hospitalization. It represents the largest number of patients to date reported from a single site in studies of IV ketamine infusions for TRD and suicidality, and a potential breakthrough treatment option for psychiatrists to provide in their offices.

Biography

Lori Calabrese, MD specializes in the comprehensive and state-of-the-art psychiatric evaluation and innovative psychiatric treatment of adults and adolescents at Innovative Psychiatry in Connecticut. She was educated at The Johns Hopkins University School of Medicine, completed her residency at Massachusetts General Hospital/Harvard Medical School, and has served as clinical faculty at Harvard and Yale. She is often thought of like a doctor's doctor and a leader among her peers. She is the first psychiatrist in CT to offer a full array of treatment options with IV ketamine infusions within the context of a comprehensive outpatient office practice, with TMS, psychopharmacology, and psychotherapy. In 2018, she presented her work with IV ketamine internationally at the First International Conference for Ketamine and Related Compounds for Psychiatric Disorders in Oxford, England and at KRIYA Conference 2018 in San Francisco, California. She is a member of the American Society of Ketamine Physicians.

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F.E.A.R: Finding Enlightenment After Rage

Tom Corner

The PMA Partners, USA

'A life of fear and anger is not a life worth living' were the words that manifested for him. Tired of the constant battle deep within he gave up, no longer willing to tolerate a life of anger, self-destruction, and cutting. T.E. was faced with a self-imposed ultimatum to either end the struggling and suffering by leaving the physical world behind or change the way he viewed the world and the people in it. Plagued by self-sabotaging thoughts, self-mutilation in the form of cutting and cigarette burning soon followed. His realization was he created

physical pain to mask his mental pain. Upon failed attempts at counseling, he invested decades of his life in search of meaning. He researched spirituality, mindfulness, meditation, and even business success. Even though he forged his way into the working world and established a successful career in the financial services industry, he carried his scars in shame as a burden for decades. The scars from his past haunted him, until he hit a breaking point, needing to end it all. And he did! Ultimately he rose above and holds onto a higher awareness of mindset and the power of thought. Learn about T.E.'s teachings and what he refers to the Mosh Pit of Your Mind, The Amazing A's of Awareness, Barrel o' Fear and Eraser Bear. His story has a wonderful ending as he found a way past

his mental pain by releasing his past, forgiving himself and the world. All of which is reflected in his memoir, Borrowed Eyes, and Feet-Finding Enlightenment After Rage (2018 Balboa Press). He now walks in the light of love with a higher awareness of our energy and power of thought. This is a powerful and enlightening study in human behavior and opens our eyes to a new way to treatment and healing.

Biography

Tom Corner is an expert in mindset and higher awareness of thought which ultimately defines who we are. A two-decade career in financial serves preceded by more than a decade of success in the restaurant and hospitality industry has sharpened his skills as a speaker, professional and visionary leader. His success is multifaceted as a family man, the father of three, business professional and inspirational author. He opens the door to all things possible in life by casting aside our ego to face our fears and reveal our true "Why?"

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Listening in the Workplace

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Communication is a process of transmitting information from a designated source to a receiver and, providing feedback to the understanding of that transaction. In human communication, listening is a substantial part of this communicative act. Definitions of the term (listening) are noted by various scholars but most are germane to cognition—listening as a behavior has been overlooked. Poor listening skills hinder productivity in organizations. This study focuses on listening and its impact (behavior) on productivity, which is relative to performance. Flynn, Valikoski & Grau (2008) posited for over five decades that business

experts believed that productive listening ranks high on the list of priorities in the workplace (p. 142). The purpose of this primal research was to determine what impact listening has on productivity in the workplace. The specific research objectives included: (1) to determine the impact listening skills have on productivity in the workplace, (2) to identify factors that influence listening skills and its impact on productivity in the workplace, and (3) to provide recommendations to improve listening skills to improve productivity in the workplace. A survey was used to solicit responses from participants from two nonprofit organizations, which provided quantitative and qualitative data. The results revealed that listening has a significant impact on productivity, listening skills training was identified as increasing productivity and that

listening skills training should be implemented in the workplace.

Biography

Norris Wise is an Adjunct Professor of Human Resource Management at Park University – Camp Pendleton Campus, CA. He is a 21 year Marine veteran, who formerly served as Special Staff Directorate and advised as the subject-matter expert on equal opportunity and diversity management across the largest operational force in the U.S. Marine Corps. He earned a B.A. in Communication Studies, MSA in Human Resources Administration and is currently a doctoral student in the Business Psychology program (Organizational Leadership) at The Chicago School of Professional Psychology. He is a member of the Academy of Management and the National Communication Association.

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The survivor experience: Memory, identity, and self-worth

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Introduction: With the growth of recent movements like #metoo and Time's Up, sexual assault has become a popular topic. While awareness has increased, there is still much more work to be done within the field of psychological research.

Objective: This study aims to investigate the effects sexual assault has on autobiographical memory in relation to survivorhood, PTSD, and satisfaction with life.

Method: 45 female students at

Sarah Lawrence College ages 18-24, recruited via online student group postings, filled out an online survey that assessed for levels of PTSD, satisfaction with life, significant autobiographical events and memory characteristics of traumatic and non-traumatic experiences.

Results: PTSD is significantly higher in survivors than in non-survivors and survivors' autobiographical memories are significantly more vivid and have more sensory details than those of non-survivors.

Conclusion: These results further support findings that sexual assault is correlated with PTSD diagnosis and memory is significantly impacted by such traumatic events. However, not

just traumatic memories, but other forms of autobiographical memory are impacted.

Biography

Emma J. Heisler-Murray is a recent graduate of Sarah Lawrence College where she studied cognitive psychology. She is now pursuing her master's degree in clinical psychology at Teachers College, Columbia University where she is concentrating in Sexuality, Women, and Gender. She also works full time at Weill Cornell Medical College where she is a Research Assistant studying the impacts of therapy on depression, suicidality, mild cognitive impairment, and chronic pain. She aspires to attain her Ph.D. in psychology in an effort to launch a career in academia studying feminist issues like sexual violence against women. She hopes that one day her research can impact policy in a way that betters the treatment of survivors of intimate assault and relationship abuse. In addition to her work in academia, she has also been very involved in advocacy work, volunteering for organizations such as It's On Us, One Love, and the National Organization of Women.

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Understanding and treating trauma in adolescents and adults population

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Psychologists working with traumatized individuals need to understand the emotional/behavioral manifestations of trauma as well as the physical impact of psychological trauma within the body. An individual's reaction to emotional trauma is complex and difficult to predict. A person's age, past exposure to trauma, social support, culture,

family psychiatric history, and general emotional functioning are some of the variables related to individual response to trauma (McFarlane & Yehuda, 1996). Many approaches for treatment are proposed for Trauma, but there is no single treatment approach that seems to be the treatment of choice. New approaches are emerging and during the past ten years, several cognitive-behavioral oriented therapies have been developed for the treatment of adolescents and adults populations who suffer from trauma. The article presents the most recent and integrative cognitive approach for trauma developed by Lindsay Bicknell-

Hentges and John J. Lynch. Principles and application of treatment are illustrated by clinical vignettes based on the authors' own clinical work with patients..

Biography

Elena Aristodemou has completed her Master's Degree in Clinical Psychology at the age of 23 years from American International College and further pursued her postgraduate studies in Forensic Psychology from John Jay College of Criminal Justice. She is currently working in two private practices in NYC. She is trained in psychological treatments by current leaders in the field of psychology: Intensive training in CBT for Personality Disorders by Aaron Beck; training in Gestalt Psychotherapy by Dr. Scott Kellogg. Elena's experience as a counselor encompasses working with diverse population covering a spectrum of substance abuse, mental health, and daily life stressors.

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WORKSHOP | DAY 1

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Connecting with others on a meaningful level through clear communication skills

Think about it for a moment. We're constantly in charge of "marketing" ourselves. Whether it's to friends, colleagues, students, patients, clients, family members, or strangers in the grocery store, it's up to us to present ourselves as the people we think we are—or perhaps, as the people, we aspire to be. It's essential that we possess excellent communication skills if we intend to be heard and understood. How? Through crystal-clear transmission channels of speaking and listening. Through body language that matches your words. Through learnable techniques that allow you to come across more accurately, powerfully, positively, and assertively. In this workshop, we will take a self-exploratory journey together, in which we'll

examine in detail our seven communication components: facial expression, eye contact, posture, use of hands, voice tone, voice loudness, and verbal content. You'll learn techniques for making each component stand out as a personal asset you can be proud of—and one that will make you a clearer, more confident communicator, whether you're working with patients or clients, visiting with co-workers, hanging out with friends, chatting with family, or meeting someone for the very first time. Denise's workshops are always informative, positive, and — dare we say it — fun!

Biography

Denise M. Dudley is a professional trainer and keynote speaker, author, business consultant, and founder and former CEO of SkillPath Seminars, the largest public training company in the world, which provides 18,000 seminars per year, and has trained over 12 million people in the US, Canada, South Africa, Australia, New Zealand and the UK. He holds a Ph.D. in behavioral psychology, a hospital administrator's license, a preceptor for an administrators-in-training license, and is licensed to provide training to medical professionals in the United States and Canada. He is the former



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Clinical Director of Crestwood Hospitals, California's largest corporation of long-term psychiatric facilities. She's also a certified AIDS educator, a licensed field therapist for individuals with agoraphobia, a regularly featured speaker on the campuses of many universities across the US, and the author of Simon and Schuster's best-selling audio series, "Making Relationships Last." He speaks all over the world on a variety of topics, including management and supervision skills, leadership, assertiveness, communication, personal relationships, interviewing skills, and career readiness. His latest book, "Work it! Get in, Get noticed, Get promoted," is currently available on Amazon.com, and is receiving all 5-star customer reviews.

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ACRIP: Development and Efficacy of Acceptance and Cognitive Restructuring Intervention Program on the symptoms of internet gaming disorder and psychological well-being of adolescents

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Philippines

The internet has become an integral almost indispensable part of people's daily life. However, empirical studies indicate that its prevalent use among adolescents has negatively influenced these young people. In some cases, this resulted in compulsive internet gaming or internet gaming disorder which lead to poor psychological well-being. As gaming disorder becomes a growing social issue and a significant public

health concern affecting an increasing number of countries, the World Health Organization has recently included it in the latest International Classification of Diseases and recognized individuals with gaming disorder as having a mental health condition. The purpose of this study was to develop and test the feasibility and efficacy of an intervention program that would reduce the level of internet gaming disorder, and improve the psychological well-being of adolescents. The development of the program involved the use of both quantitative and qualitative research designs; internet gaming disorder and Ryff's psychological well-being scales to measure the level of gaming disorder and psychological health of adolescents; focus group discussions and interviews to acquire in-depth understanding of the key issues; and integrated the cognitive theoretical models of Pathologic Internet

Use (PIU) and Mindfulness. The program introduced the concepts of self-awareness and self-acceptance and focused on altering negative cognitions. The eight modular intervention program was validated by 11 experts from various disciplines and was positively received by the participants. The pilot study resulted in reduced internet gaming disorder level and improved psychological health from the selected adolescents in India.

Biography

Georgekutty Kuriala Kochuchakkalackal is presently a member of the Manila Med Ethics Review Committee, a Guidance Coordinator for Foreign Students at the Emilio Aguinaldo College and a guest priest at the Edsa Shrine, Philippines. The author has published an article on "Acculturation stress personality traits as the predictors of psychological well-being of Asian foreign students in Metro Manila" in the Int'l Journal of Psychology and Counselling (2013), is currently taking his doctorate in Clinical Psychology at the University of Sto. Tomas Phils. and working on his thesis paper on internet gaming disorder (IGD), recently recognized as a mental health disorder by the World Health Organization.

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Labour market inclusion, long-term employment and career development using The Integrative Model at Shekulo Tov Group, Israel

Irad Eichler

Shekulo Tov Group, Israel

Statement of the problem:

Literature indicates that the extent of employment mobility among people with psychiatric disabilities is low, even though most of them want and can work. Furthermore, while supported employment has significantly improved competitive work outcomes throughout the world, it leads to sustained work in only 25-35% of persons with psychiatric disabilities, while most person loss jobs within a few weeks/months after beginning them or never obtain competitive work.

Methodology & Theoretical

Orientation: Shekulo Tov is a non-profit organization and a service supplier for the Israeli Ministry of Health for more than

3,000 service users. Shekulo Tov's integrative model represents an essential change of perception vis-à-vis vocational rehabilitation. It is a formative shift from the two sequential approaches of "train, then place" or "place then trains" to a simultaneous approach of "train and place". The model's continued development led to the formation of the Shekulo Tov Group which operates in a large number of businesses and organizations as "integrative units" based in the community, who all embedded the model. Among Shekulo Tov Group businesses: Rebooks (second-hand bookshops), Good Coffee (social cafes), God Dog (dog walkers).

Findings: The Integrative Model has successfully transitioned more than 25% of service users from vocational rehabilitation to open labor market placements. Furthermore, the model has reduced service users' preparative vocational training for open labor market placement from 4 years to 20 months.

Conclusion & Significance:

Along ongoing support, job applicants are offered vocational rehabilitation, skills and career development, training programs and are provided with necessary preparation and support to measure their vocational progress. This gives them a security net, especially in cases, they did not hold their job in the free market. In these cases, service users can temporally return to vocational rehabilitation while looking for a new job in the free market.

Biography

Irad Eichler founded "Shekulo Tov Group" in 2005 and is the group chairman ever since. "Shekulo Tov Group" is a leading Israeli organization for vocational recovery. He and mental health professional in Shekulo Tov Group, such as CRO Hagar Aloush, developed The Integrative Model in cooperation with the Israeli Ministry of Health. Shekulo Tov's Integrative model was awarded the "Project Zero" prize for impactful social enterprises in early 2017, categorized under Innovative Practice 2017 on Employment, Work and Vocational Education and Training. In addition, he is the founder of "7 chairs", a platform for text support groups and the founder of "Israeli social business school", an Israeli third age festival and a podcaster. He is a serial social entrepreneur and was announced by the world economic forum as a social entrepreneur of the year 2008.

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WORKSHOP | DAY 2

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The Meta-Communication of Self-Destructive Behaviors

All self-destructive behaviors can serve as a way to communicate. They speak the unspoken. Every eating disorder, addiction, and other self-destructive behavior has a voice, a story, a thought and a feeling that the sufferer is trying to express, but the deeper they go, the more disconnected they become. Eating disorder sufferers and addicts often don't feel like they belong, fit in or have the ability to navigate what seems like a scary and chaotic world. We as providers need to learn how to explore and understand the self-protective nature of the self-destructive behavior to help our clients learn and integrate new healthy coping skills. Through this presentation, you will learn how ongoing assessment of

eating disorders and other self-destructive behaviors can help us to gain information on trauma history and create a treatment plan. Treatment providers will understand how eating disorders and other self-destructive behaviors serve as coping strategies that are used to alleviate stress and self-soothe. We will also identify ways to reveal the pain narrative that lies at the core of the eating disorder and other self-destructive behaviors, learn to help your client reveal the language that lies beneath the eating disorder, and learn how to help our clients replace the pain narrative with a new set of beliefs.

Biography

Erica Ives has been a Licensed Marriage and Family Therapist for over 20 years and is also a Certified Eating Disorder Professional. She is the Founder, Executive, and Clinical Director of Mindfulpath Inc., an outpatient healing space where a wide array of treatment professionals come together in one space



Erica Ives

Mindfulpath Inc, USA

to provide a multitude of mental health and wellness services. Erica has also worked as the Clinical Director at several treatment centers, as well as at various levels of care. She is the author of *Eating Disorders: Decode the Controlled Chaos* and has been an educator in the community, teaching graduate level students, and training clinicians working toward licensure. Erica also has a podcast, *All About Mental Health*, which you can find on iTunes or on ericaives.com and is also the founder of the #meyouwe, @meyouwecampaign, focused on mental health awareness.

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