



5th International Conference on

Mental Health and Human Resilience

March 07-08, 2019 | Barcelona, Spain

Keynote Forum Day 1

Mental Health 2019

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Patrizio Paoletti

Patrizio Paoletti Foundation for Development and Communication, Italy

Prefiguring the future: An educational project to strengthen resilience and hope in individuals and communities facing natural disasters

Interdisciplinary interventions for promoting personal and social resilience and hope are important for assisting individual and community post-traumatic growth (IC-PTG), namely positive change or benefit finding resulting from trauma. The current study examined the subjective experience of Prefiguring the Future project (PFP) for the Italian communities affected by the earthquakes of 2016-2017 on IC-PTG. The theoretical framework for PFP is based on educational neuro-psycho-pedagogy and Inner Design Technology models, aimed at breaking the dynamics of the reactive mind and triggering the conscious mind and its assets for implementing resilience. 240 volunteers participated in the study (women=73.8%, men=26.2%; age: mean=49.34, SD=10.656). On the basis of quali-quantitative research methodology, data was collected by means of open-ended and closed-ended questionnaires measuring satisfaction, beliefs and behaviours. The results showed: (1) high levels of satisfaction with participation, (2) recognition of the importance of attending the meetings as shared community moments for creating networks and stimulating actions with social value; (3) understanding of the possibility of a continuous personal growth. These results show how the participants use awareness and personal responsibility for re-designing oneself and their surrounding. Furthermore, the current results suggest PFP as useful path for IC-PTG, by improving of personal skills to become a driving force for a “resilient community”. We will further discuss the key elements constituting the structural matrix of a community able to overcome stressful events by referring to the skills of resilience and relational plasticity.

Biography

Patrizio Paoletti is the President of the Patrizio Paoletti Foundation for Development and Communication. As President of the homonymous Foundation, he is leading international social projects and educational programmes with the aim of promoting human resilience, personal and community well-being. He is member of several scientific boards and committees and has numerous publications concerning lifelong learning processes for personal and social development and growth. Moreover, he is one of the leading teachers of meditation in Italy and the creator of several scientifically studied meditation techniques, including: One Minute Meditation (OMM); Quadrato Motor Training and OVO Whole-Body perceptual deprivation Tank.

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Tal Dotan Ben Soussan

Patrizio Paoletti Foundation, Italy

Increasing resilience: Molecular and electrophysiological changes following Quadrato Motor Training

At this historic moment, which is characterized by exponential external technological development, we need tools to help us cope better with induced stress. What may be required in order to keep pace is a work on Inner Design Technology, in which people, through different training paradigms, can undergo neuroplasticity, which can in turn aid in becoming more resilient. While stress suppresses many brain functions, as well as brain derived neurotrophic factor (BDNF) synthesis, important for learning and neuronal plasticity; some antidepressant treatments were found to increase BDNF. Nevertheless, injection of BDNF was also found to produce an opposing depression-like response, emphasizing the importance of activating the body's own resources. To this aim, we utilized the Quadrato Motor Training (QMT), a specifically-structured movement meditation, created by Patrizio Paoletti, which was found improve neuronal communication, attentive relaxation and creativity. Following 12-weeks of daily practice, we further found increased proBDNF level. The present results support the usefulness of integrating training such as the QMT across the lifespan and suggest that it may aid in coping with stress and increase well-being. In the current talk, we will discuss the underlying biological and neuronal mechanisms mediating improved cognitive and emotional functions, extending previous knowledge regarding the benefits of training for increasing emotional, molecular and neuronal resilience.

Biography

Tal Dotan Ben Soussan is the Director of Neuroscientific Research Unit of the Patrizio Paoletti Foundation. Leading studies examining the effects of different training paradigms on neuroplasticity, resilience and well-being, her multidisciplinary approach utilises electrophysiological, neuroanatomical and molecular tools to examine the underlying mechanisms promoting cognitive and emotional well-being. Her pioneering work on the Quadrato Motor Training has demonstrated that specifically-structured sensorimotor activity can improve neurobiological, emotional and cognitive functions. She is also applying her neuroscientific model to examine the interconnectedness of motion, emotion and cognition for increasing resilience and performance in the workplace, as well as in schools and neurodegenerative states.

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Robin Andrew Haig

St John of God Hospital, Australia

The therapeutic uses of humor

I will be revisiting selected chapters from my text, "The Anatomy of Humor, Biopsychosocial and Therapeutic Perspectives", which Charles Thomas published in 1988, focusing on the origins of humor (and laughter), the constructive and destructive uses of humor in psychotherapy, its relationship to mood, physiology and health. I will be reviewing progress in humor research and health over recent years. Since brevity is the soul of wit and tediousness the outward flourish, I will be brief. We will be acknowledging the important contributions to society by comedians recently departed, Sir Ken Dodd and Robin Williams.

Biography

Robin Andrew Haig, FRANZCP MRCPsych who is a Clinical Psychiatrist currently in private practice in Sydney, having held senior roles over many years in public and private clinics, teaching hospitals in London (KCH), Tasmania and Sydney, actively involved in Psychiatrist training and CPD.

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Steve Morgan

Practice Based Evidence Consultancy, UK

Implementing positive risk-taking in practice

Do we pay enough attention to the impact that the language we use has on the people we serve, and the ways in which we serve them? Our adherence to professional jargon more often serves to exclude and/or confuse other people. This is most notable in the language of risk, particularly where the negative connotations can often drive a blame culture and promote an unnecessary risk averse approach. Where is the person within such a picture? Assessing and managing risk is an essential skill; but, so too is calculated and reasoned risk-taking. My concept of 'Positive Risk-Taking', initiated in 1994, brings the language of risk, strengths and person-centred outcomes together in a clear and sharp focus. As a concept, it is underpinned by the principles and practice of good risk assessment and management, applicable to all facets of mental health, wider health, and social care considerations. The concept is focused on the outcomes, rather than solely being led by the risks. Taking risks for positive outcomes requires a clear definition and description; but, it is also underpinned by the fully recognized components of mental health good practice, focused and contextualized risk assessment is counter-balanced by a full strengths assessment; supervision and support is complemented by teamwork and team-focused training. Collective decision-making enables balanced and reasoned risk-taking decisions to be made with confidence, and the identification of individual responsibilities for action to be outlined within a thoughtful plan.

Biography

Steve Morgan attained a Diploma in Occupational Therapy at Oxford in 1986, and an MA in Practice Development at Middlesex University in 1998. He worked as a clinician in ward and community settings, and also as a trainer for the Sainsbury Centre for Mental Health. In October 2001 he established his own independent consultancy, Practice Based Evidence, and continues to provide practice development, service review and training services. He has also worked as a case manager since 2013 for people experiencing Acquired Brain Injury. He has over 60 publications, including textbooks, practice & training manuals, and journal articles.

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Khurram Sadiq

Mental Health NHS Foundation Trust, UK

Social Media - The antisocial media, its challenges and impact on mental health

Well we live in a dynamic world of Social Media. The world is divided into two Paradoxes, Real world and Online which is now declared a domain. We know the advantages of Social Media, how connected we are, how easy it is to communicate however what we disregard is the unknown dark realm of the Social Media with a dynamic interface which is very engaging and addictive in nature. With the expansion of Social Media and advent of Smart phones, our universe is in our hands and just a touch away. Screen time has increased considerably, real time has decreased substantially, and there is a false perception of anonymity, closeness, proximity and security. This leads to a lot of deviant behaviour. Outdoor activities have been replaced with Gaming consoles, VR Gismos and ever engaging Social Media. Social isolation is on the rise, there has been an increase in the mental health disorders amongst children, adolescents and adults. Social Media is now deemed as an addiction. There is a significant withdrawal, craving and dependence on Social Media, working on Rewards, surges, highs and pleasure system. The conundrum is to counter this addiction which impacts the young, impacting not only the social values but institutions affecting skill sets and endangers the societal fabric. Amongst teenagers there has been an increase in mental Health disorders by 75% in the past two decades. There has been relapses of Bipolar illness and Psychotic disorder due to social Isolation instigated by Cyber world that includes gadgets, gaming, social media etc.,. Stalking has never been easy, instead of one there are multiple targets, paranoia and delusional world has become more Elaborated fed by the addictive enchanting and enthralling world of Social Media.

Biography

Khurram Sadiq, Consultant Psychiatrist in Manchester. He was given the award by International Association of Health Professionals as one of the Top Psychiatrist in UK and as one of Leading Physicians of the World.

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