

## Keynote on a Prestigious Meeting of Eminent Psychologists and Psychiatrists from Different Countries

Eman Ahmed Zaky\*

Department of Pediatrics, Faculty of Medicine, Ain Shams University, Egypt

\*Corresponding author: Eman Ahmed Zaky, Professor of Pediatrics and Head of Child Psychiatry Unit, Department of Pediatrics, Faculty of Medicine, Ain Shams University, Egypt, Tel: 002-01062978734; E-mail: [emanzaky@med.asu.edu.eg](mailto:emanzaky@med.asu.edu.eg)

Received date: Sep 21, 2017, Accepted date: Sep 22, 2017, Published date: Sep 30, 2017

Copyright: 2017 © Zaky EA. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Citation: Zaky EA (2017) Keynote on a Prestigious Meeting of Eminent Psychologists and Psychiatrists from Different Countries. J Child Adolesc Behav 5: e119. doi: 10.4172/2375-4494.1000e119

### Editorial

As a representative of the Journal of Child and Adolescent Behavior, I had the pleasure of participating in the 20<sup>th</sup> Euro Congress on Psychiatrists and Psychologists that was held in Rome, Italy, August 2017. I had the chance of sharing the experience and exchanging knowledge with a bunch of eminent psychologists and psychiatrists from different countries. It was really a wonderful gathering and an impressively fruitful meeting that made me enthusiastic to lay stress on some of its fascinating topics.

Levinson [1] defined the problem behind her study by the fact that family physicians are the providers of the follow up mental health care service for the students with psychiatric diagnoses at the University of Toronto, Canada with lack of prompt access to psychiatric consultation. Meanwhile, psychiatric consultation was offered separately without the involvement of family physicians. Coordinated collaborative service delivery model was developed in which family physicians has been enabled to have a higher reach to consultation for the university youth regarding their psychiatric problems. Such a collaborative care has been shown to offer a model that provides a better perspective for indirect psychiatric consultation with a faster way to a specialized psychiatric view and interdisciplinary cooperation and learning for providers of different health care services.

On the other hand, Kljenak [2] discussed how Cognitive Behavior Therapy (CPT) can explain transference and countertransference and illustrated how CPT techniques can be used efficiently to detect and deal with countertransference.

Panic attack is rising in frequency as a phenomenon which does not represent a disease but it is often associated with many mental disorders increasing the burden of their clinical manifestations. Scapellato and Cattani [3] showed how difficult and stressful to try to offer help to an individual in a panic attack. Furthermore, offering help in such a condition without adequate training could be inefficient or even harmful. They designed the Basic Psychological Support (BPS); a real innovation in psychology, as a simple protocol for anyone to learn and can help those in panic attacks and acute anxiety until they have access to specialized rescue intervention.

Osada [4] showed how important to detect Callous-Unemotional traits (CU traits) early in life to decrease the chance of developing antisocial behavior in the future. He conducted a national survey in Japan among children and adolescents to screen for such traits using

the Japanese version of the Inventory of Callous Unemotional Traits (JICU) and the sufferers were 19.45% of his studied sample. Culturally, he demonstrated lack of differences between Japanese and American or European children and adolescents with CU traits.

Zaky [5] in her keynote presentation focused on violence as a challenging issue that concerns mental health professionals, policy makers, and others across the globe. Children as young as preschoolers can show violent behavior and the earlier signs of such behavior must be recognized and efficiently dealt with to minimize any possible catastrophic consequences. She highlighted the vitality of creating worldwide awareness about reducing the exposure of children to violence as victims and or witnesses to cut the vicious circuit of violence short and decrease the prevalence of violence all over the world.

Lastly but by no means least, I would like to wish the eminent participants of such a prestigious scientific meeting all the success in their academic and practical life and record my deepest appreciation of their sincere efforts in empowering sufferers of mental disorders across the globe, giving them hope in the future, and enabling them to see the light at the end of the tunnel.

### References

1. Levinson AJ (2017) Inter disciplinary care delivery for transitional youth in the university campus setting. Proceedings of 20th Euro Congress on Psychiatrists and Psychologists, Rome, Italy, August, 2017. Journal of Psychiatry; 20 (5Suppl): 23.
2. Kljenak (2017) Harnessing power of transference and countertransference in CBT. Proceedings of 20th Euro Congress on Psychiatrists and Psychologists, Rome, Italy, August, 2017. Journal of Psychiatry; 20 (5Suppl): 24.
3. Scapellato P, Cattani D (2017) BPS (Basic Psychological Support): psychological emergency protocol designed to the early management of panic attacks and acute anxiety. Proceedings of 20th Euro Congress on Psychiatrists and Psychologists, Rome, Italy, August, 2017. Journal of Psychiatry; 20 (5Suppl): 31.
4. Osada H (2017) National survey of Japanese elementary and junior high school students with callous-unemotional traits. Proceedings of 20th Euro Congress on Psychiatrists and Psychologists, Rome, Italy, August, 2017. Journal of Psychiatry; 20 (5Suppl): 38.
5. Zaky EA (2017) Violence and our children. Proceedings of 20th Euro Congress on Psychiatrists and Psychologists, Rome, Italy, August, 2017. Journal of Psychiatry; 20 (5Suppl): 44.