

Keynote Forum



4th World Congress on
PSYCHIATRY & MENTAL HEALTH NURSING
&
2nd Global Experts Meeting on
PSYCHIATRY AND MENTAL HEALTH

June 17-18, 2019 | Rome, Italy



Rauni Prittinen King

Pacific Pearl La Jolla, USA

A nurse's journey from critical care to holistic integrative health

Statement of the Problem: Nurses and other health care professionals have experienced limitations in expansion of Holistic and Integrative Medicine into standard health care practices. While conventional medicine excels in acute care, Holistic and Integrative Health focuses on utilizing the best of all global healing traditions to prevent disease and improve health outcomes. Research demonstrates that chronic diseases like cardiovascular disease, dementia and diabetes can be dramatically improved through lifestyle. Despite extensive data demonstrating improved patient outcomes including stress, anxiety, depression and Post-Traumatic Stress Disorder (PTSD), barriers remain including organizational restrictions, lack of resources and education, and limited awareness of ways to introduce and practice these approaches to healing. The world suffers from chronic diseases that are largely preventable. Insight and solutions for incorporating new approaches in practice are needed. This session will explore the work pioneered in North America to transform health care and the health care system utilizing a holistic treatment model, which integrates conventional and natural medicine.

Conclusion & Significance: Nurses and other healthcare providers want guidance and education to enhance patient care and treatment with Holistic and Integrative Medicine approaches; however, institutional systems and /or lack of resources and awareness often inhibit this evolution. Recommendations are made to increase awareness of how to introduce and practice Holistic and Integrative Medicine anywhere. Models of success will be highlighted.

Biography

Rauni Prittinen King, RN is Co-founder and Executive Director of Guameri Integrative Health, Inc. at Pacific Pearl La Jolla; Founder and President of Holistic and Integrative Medicine Resources Inc. and Miraglo Foundation, a non-profit charitable organization. A Board Member of the Academy of Integrative Health and Medicine (AIHM), she has 20+ years' experience in critical care nursing, has a Masters in Integrative Health, is Certified in Holistic Nursing, Hypnosis and Interior Design, and is a Certified Healing Touch® Practitioner and Instructor. She coordinated Healing Touch® workshops at Scripps Hospitals since 1993 been the lead instructor for the Greater Los Angeles VA Healthcare System. Creator of Healing Touch® of Finland in 1998, she has taught Healing Touch® in Europe, India and throughout North America. She served four years as Board Member of Healing Beyond Borders and was Co-founder and former Director of Programs and Planning at the Scripps Center for Integrative Medicine in La Jolla, California.

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Bindu Babu

Quantum University, USA

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

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.

Observational Study Overall Average of Improvement Within Six Months					
	Stephani e %	Sarah %	Jackie %	Riva %	Susan %
SELF-ESTEEM	90	80	70	80	80
CO-DEPENDENCY	90	80	80	90	80
ANXIETY & FEAR	80	80	70	90	80
CONFIDENCE	80	70	50	90	80
FORGIVENESS	90	90	80	90	90
SELF-LOVE	90	70	50	90	80
ASSERTIVENESS	80	70	70	90	80
GRATITUDE	90	90	80	90	90
POSITIVE THINKING AND MINDFULNESS	90	90	80	100	100
OVERALL AVERAGE OF IMPROVEMENT IN SIX MONTHS	87%	80%	80%	90%	84%

Methodology: This awareness comprises of five case studies of women, each with their own individualistic lifestyle, habits, goals, socioeconomic 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 feed-back 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.

Biography

Bindu Babu is a Quantum Based Transformational Life Coach who specializes in the healing and recovery from toxic relationships using the Quantum Medicinal approach. She is a well sought out International Keynote Speaker where she has spoken at prestigious universities such as Harvard & NYU and various World Congresses & Summits. She is a Medical Physician and has a Doctorate in Natural Medicine and a PHD in Integrative Medicine thus being trained in both allopathic and holistic modalities where she is the Professor of Holistic Entrepreneurship at Quantum University. She is a Certified Reiki Master and a Past Life Regression Therapist & completed her professional training from the Weiss Institute with Brian L. Weiss M.D. author of "Many Lives and Many Masters. Her soul purpose today is to passionately help others in finding their own ultimate meaning to live a happy and positive life. She has a well-established life coaching practice in NY and holds Guided Meditation & Reiki workshops for the community.

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Gregory S Carter

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The underrecognized potential for subspecialty training in sleep medicine among psychiatric trainees

In 2016 there were 39,180 psychiatrists active in the U.S. workforce, of which around 500 were board certified in sleep medicine. Currently, around 15 psychiatrists per year are entering sleep medicine fellowship training in the U.S. The sleep medicine subspecialty is listed on both the American Psychiatric Association (APA) and American Council on Graduate Medical Education (ACGME) webpages among the 9 areas of psychiatric subspecialty training. Familiarity with the sleep medicine subspecialty, however, has not yet spread to psychiatric residents, for unclear reasons. Sleep medicine is a multi-disciplinary subspecialty in which several psychiatrists played significant roles in both early discoveries and the establishment of the specialty. Many sleep disorders have significant overlap with mental illness and generate referrals both to and from psychiatrists. Mental health providers need a bridge to improved sleep disorder management that sleep medicine trained psychiatrists provide. Sleep medicine practices, both private and academic, recognize the value of sleep medicine trained psychiatrists assisting in the management of the mental health disorders that are frequently comorbid with common sleep disorders. Currently, low levels of knowledge exist among psychiatric trainees regarding subspecialty training in sleep medicine and the need for psychiatrists in this subspecialty practice. Apprehensions among psychiatry residents that they would not be welcome in current multi-disciplinary sleep medicine practices need to be assuaged. The practice of psychiatry is interdisciplinary in several areas including medical illnesses, addiction disorders, and disorders of the elderly. The interdisciplinary practice of sleep medicine promises a high percentage of good outcomes and excellent career satisfaction that should be attracting more psychiatric trainees.

Biography

Gregory S Carter is the Program Director of the ACGME accredited University of Texas Southwestern Medical Center at Dallas Sleep Medicine Fellowship Program. He initiated this training program in 2002 with psychiatrist Philip Becker and psychologist John Herman in the Department of Psychiatry. The program has trained a total of 26 fellows, including five psychiatrists and one clinical psychologist. He received his MD, PhD in pharmacology, and neurology residency training at West Virginia University. He is an Associate Professor of Neurology at UT Southwestern. He was joined by Imran S. Khawaja, a sleep medicine trained psychiatrist, in 2015 who re-established the Sleep Center at the VA North Texas Healthcare Center and began to train UT Southwestern sleep medicine fellows at the VANTHS in 2017.

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Aram Cargill

Change Challenge and the Adaption Apex Lab, Australia

Introduction to ocean H2.0 psychometrics

Personality type refers to the psychological classification of different types of individuals. Personality types are sometimes distinguished from personality traits, with the latter embodying a smaller grouping of behavioural tendencies in 2011, Kibeom Lee and Michael Ashton. Ashton made significant research grounds for the inclusion of a sixth factor, referred to as the H factor (Humility and Honesty trait) (Ashton, Michael; C Lee, Kibeom 2011) into Personality taxonomy, widely known as the big 5 (or OCEAN: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism) Personality taxonomy has predominately been measured through language-based questionnaires (Lexical theory) which proves problematic and unreliable, especially when measuring traits such as humility and honesty. In testing for the H factor personality trait, it was difficult to not have negative language association and around the question of humility and honesty, which compromised the data. This led us in developing more accurate indicators. By adapting DARE (Deception Analysis Reasoning Engine) we can bring a more observational approach and detect greater indication of deceptive response which in its self-results in more accurate metrics of honesty and humility.

(OCEAN H2.0):

Description: In adding the H factor (Humility and Honesty) to the big 5 psychometric trait scale evaluation, we have introduced a two-tiered system evaluation and scaling framework. Because humility and honesty are hard to gain authentic evaluation responses for. The main response for this is that even an honest person is not inclined to recognize various cognitive bias to little white lies they might tell. (even to themselves to potentially keep the peace) The cultural stigma of admitting to being untruthful or not humble or authentic in their need for recognition. There is the limitation of lexical theory (language based) to have to potentially perceived negative framing or cognition to the type of question needed to scale humility and honesty, especially regarding cultural and societal framing of this particular trait metric. To assist in a more accurate reading of the H factor within an individual, we have adopted a more observational psychological approach through artificial intelligence. By using an adaptation of DARE (Deception Analysis Reasoning Engine), we were able to gain a more accurate and therefore a more trust worthy evolution scale of the honesty and humility of the person or user. This was achieved in greater evaluation of the potentially deceptive nature of the response or inauthentic

indicators of humility and honesty. First the user is asked to either confirm or deny a statement. This allows the detection of potentially deceptive responses. The user is asked to repeat, to either concur or negate the statement.

Ocean H2.0 allows a departure lexical theory questionnaire into more observational psychological realms through machine learning principle applied through artificial intelligence. This allows for far more accurate psychometrics, but more importantly more accurate profiling of human psychology; so that machines can better understand human beings as individuals. What does this mean? Better machine learning to assist as mentors and accountability buddies to assist in breaking addiction, learning, performance enhancement and ultimately bridging the gap between what we say and what we do by learning what makes us.

Biography

Aram Cargill is also on the board of directors for Ledsen as well as a non-executive director a Kanga innovations, as CEO of The Adaption Apex Lab and director of OCEAN H2.0. Having pioneered the adaption of DARE (Deception Analysis Reasoning Engine) for advanced lexical psychometric testing through mobile phone technology. He act as a keynote speaker and chair for the Annual Congress of Psychiatry in Paris in 2018. 2019 is set to be a big year with the launch of OCEAN H2.0 machine learning operational psychology within an artificial intelligence framework to further advance psychographic information for greater personalisation of the relationship between man and machine.

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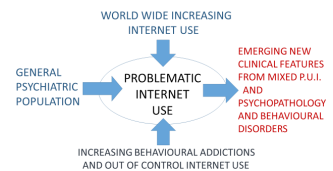


Giuseppe Bersani

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Problematic internet use in psychiatric patients: A complex evolution of specific diseases symptom profile?

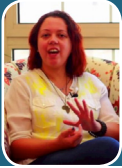
The use of Internet is a global phenomenon that now affects all areas of private and public life. Although it is commonly accepted that it is aimed at increasing general well-being and represents a powerful tool to support the majority of social and work relations, aberrations of its use grow in parallel with its general development. The still not precise definition of Problematic Internet Use (PIU) includes behavioral addictive behaviors such as internet addiction, online gambling, online shopping, online sexual addiction, etc., which are in themselves areas of pathological conduct. Even the use of the internet for the detection of progressively new and unrelated to the normal circuits of drug addiction substances of abuse is rapidly increasing. The dark web is the preferred location for illegal online pharmacies, as well as other networks linked to antisocial and criminal activities. The different forms of PIU often constitute the only or principal pathological course of people otherwise exempt from defined mental disorders. But recently there is a marked increase of PIU in patients primarily affected by psychiatric disorders, both personality disorders and specific mental disorders such as psychotic disorders, depressive or bipolar mood disorders, obsessive-compulsive disorders, etc. The use of internet often produces new ideational contents, alterations of the sense of reality, relational problems or behavioral compulsions in patients in which it often has a strong symptomatic value and can powerfully modify the basic clinical picture, as well as its response to treatments. The emergence of new forms of psychopathology as a result of the meeting of previous mental disorder and PIU seems to be a phenomenon deserving of the greatest clinical, legal and social attention.



Biography

Giuseppe Bersani is associate Professor, qualified Full Professor and Chair of Psychiatry of the Faculty of Pharmacy and Medicine of the Sapienza University of Rome, Head of the University Clinical Unit of the Fiorini Hospital of Terracina, Guest Professor of the Beijing University of Chinese Medicine. He has worked for many years in the fields of the psychiatric clinic, clinical neuroscience, clinical psychopharmacology and addictions, with particular reference to addictions to Novel Psychoactive Substances and behavioral addictions. On these issues he personally organized numerous international conferences. He is the author of 192 articles indexed on Scopus.

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Nancy Labib

Integrative Psychiatry Clinic, Egypt

Post-divorce effect on children & parents in Egypt

Two and a half years ago, was the beginning of Integrative Psychiatry Clinic our working place, with an eminent team.

We started by agreeing on team working with a plan to provide a new mental health service to our community. It's about working through family dynamics and family members, to elaborate, we started classifying the files we have, that is where we discovered that the post-divorce children created 40 % of our work.

We designed a program of our own, one individual session for each parent (whether face to face or online), to learn about the parent's dynamic.

Although working with children (coming from divorced families) was challenging, we started achieving results with them, gaining trust of parents, through our results, combined with connection as team members (sharing mutual updates in documents & peer discussion to reach best results).

Parents in co-parenting, started engaging themselves in personal therapy & development, then in couple counselling eventually finding the right partner (which was in some cases the old partner after a self-discovery journey).

Biography

Nancy Labib has her passion in the science of psychiatry & psychotherapy, started June 2006, when she started working as a resident of Neuropsychiatry in MUST university, to acquiring master's degree from Ain Shams university in Egypt. She then studied psychotherapy at Malachite institute. She is leading mental health team at Revive medical center from 2015-2017.

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