



4TH ANNUAL CONFERENCE & EXPO

Hall 1	Open to Professionals only
Hall 2	Open to Professionals and students
Hall 3	Open to Professionals, Students, and General Community
Hall 4	Open to Professionals, Students, and General Community (Positive Psychology Track)

FRIDAY MARCH 19TH, 2021

ALL SESSIONS ARE BASED ON KUWAIT TIME

Time	Session title			
8:30-9:00	Welcome from MEPA President (Hall 1)			
9:00-9:30	Welcome from Platinum Sponsor (Hall 1)			
10:00-11:00	Keynote Speaker			
	“How Creativity Happens in the Brain” Dr. Arne Dietrich, PhD (Hall 1)			
11:00-12:00	<p>“Exposure Therapy for Anxiety Spectrum Disorders” By: Dr. Khadeja Mousa, PhD Open to: Professionals only (Hall 1)</p>	<p>“HeartSpeak Lite for Chronic Pain (and other things): A New Mindbody Approach” Part 1 of 2 By: Dr. Anne Jensen, PhD Open to: Professionals and students (Hall 2)</p>	<p>“Addiction-The Illness That People Fight to Keep!” By: David Briskham, HND-FDAP-IC & RC, BAPSA Open to: Professionals, Students, and General Community (Hall 3)</p>	<p>“Implementing Wellbeing and Mental Toughness program in schools as part of the curriculum” By: Gilda Scarfe Open to: Professionals, Students, and General Community (Hall 4)</p>
12:00-1:00	<p>“Rewriting the Story of Grief: Narrative therapy as a tool for handling grief” By: Dr. Barbara D’Elia, PhD Open to: Professionals only (Hall 1)</p>	<p>“HeartSpeak Lite for Chronic Pain (and other things): A New Mindbody Approach” Part 2 of 2 By: Dr. Anne Jensen, PhD Open to: Professionals and students (Hall 2)</p>	<p>“Social Media and Mental Health” By: Dr. James Rose, PhD Open to: Professionals, Students, and General Community (Hall 3)</p>	<p>“What is Positive Psychology?” By: Dr. Louise Lambert, PhD Open to: Professionals, Students, and General Community (Hall 4)</p>
1:00-2:30	Break			
2:30-3:30	<p>“Brain Mechanisms of Flow Experiences” By: Dr. Arne Dietrich, PhD Open to: Professionals only (Hall 1)</p>		<p>“Developing Stigma Resistance, Community Art Therapy as a Tool for Change” By: Natalia Gomez, MAAT, ATR-BC (US) Sara Powell, ATR (AUS) Mariam Al Halawani, MA, ATR (US) Open to: Professionals, Students, and General Community (Hall 3)</p>	<p>“Does culture matter when it comes to the pursuit and understanding of happiness? Yes, in part” By: Dr. Louise Lambert, PhD Open to: Professionals, Students, and General Community (Hall 4)</p>
3:30-4:30	<p>“Early Intervention: Clinical Assessment and Treatment for Childhood Anxiety” By: Dr. Adrian Harrison, PhD Open to: Professionals only (Hall 1)</p>	<p>“Shifting unhealthy emotions to healthy emotions” By: Mandeep Jassall, MSc Open to: Professionals and students (Hall 2)</p>	<p>“Actually I should be happy”- Why Mothers are suffering from the lack of Happiness during Pregnancy and Postpartum Time. Why treating this is important for the next Generation” By: Dr. Maria Weissenböck, PhD Open to: Professionals, Students, and General Community (Hall 3)</p>	<p>“Scuba Diving: facilitating post-traumatic growth in people with PTSD” By: Petra Walker, MA(Oxon), MSc Psych Open to: Professionals, Students, and General Community (Hall 4)</p>

SATURDAY MARCH 20TH, 2021

ALL SESSIONS ARE BASED ON KUWAIT TIME

Time	Session Title			
9:00-10:00	Keynote Speaker “Mindfulness in the Age of Anxiety” Dr. Christopher Willard, PsyD (Hall 1)			
10:00-11:00	“Treating Trauma in the Context of Short-Term Counseling” By: Dr. Vedrana Mladina, PhD Open to: Professionals only (Hall 1)		“From the pond, you are picked up and put in the sea: Supporting the transition to employment of young people with learning difficulties and their families” By: Dr. Diksha Laungani, PhD Open to: Professionals, Students, and General Community (Hall 3)	“The Relationship Between Gratitude, Wellbeing, Spirituality and Stress” By: Dr. Saddiga Alghalib, PhD Open to: Professionals, Students, and General Community (Hall 4)
11:00-12:00	“Development of Arabic psychological tests: Results from the last 20 years, and recommendations for moving forward” By: Dr. Pia Zeinoun, PhD Assistant Professor of Psychology, American University of Beirut Open to: Professionals only (Hall 1)	“DECISION” “Comprehensive Therapeutic Model of ADHD- My Recipe For Success. A comprehensive approach to student success” By: Dr. Huda Shaaban, PhD Open to: Professionals and students (Hall 2)	“How Smartphone Usage, Social Media and FOMO (Fear of Missing Out) are Affecting University Students in the Middle East” By: Dr. Chasity O’Connell, Psy.D, MS, MA Open to: Professionals, Students, and General Community (Hall 3)	“Solving school bullying through applied theater and social-emotional learning” By: Gaja Kruchlik, MBA Ali Shalabi Open to: Professionals, Students, and General Community (Hall 4)
12:30-2:00	Break			
2:00-3:00	“Rational Emotive-Behavioral Therapy (REBT)” By: Dr. Naif Al Mutawa, PhD Open to: Professionals only (Hall 1)	“Emotional Intelligence as a leadership skill for Kuwait’s workplace? Its influence on combating burnout and improving organizations” By: Ms. Dina Al-Waheab, MA Open to: Professionals and students (Hall 2)	“Supporting Children with Special Needs: Strategies for Professionals, Parents, and Caregivers” By: Dr. Patricia H. A. Perez, PhD Open to: Professionals, Students, and General Community (Hall 3)	“Play for adult learning and wellbeing” By: Silvia King, MA Open to: Professionals, Students, and General Community (Hall 4)
3:00-4:00	“Preparing Researchers to Conduct International Research: Critical Competencies to Work Outside of your Culture” By: Kristijan Civljak, PhD, Assistant Professor, Business Psychology, The Chicago School of Professional Psychology Saajan Bhakta, PhD Roblyn Lewter, PhD, MBA, Adjunct Faculty, International Psychology, The Chicago School of Professional Psychology Open to: Professionals only (Hall 1)	“Students networking session.” All students welcome to attend (Hall 2)	“Applying Psychological Science to Global Problems Using Design Thinking” By: Dr. Amanda Clinton, PhD Open to: Professionals, Students, and General Community (Hall 3)	“Impact of a Resilience Program on Student Anxiety, Depression and Mental Toughness” By: Nicola Barrington, MA Open to: Professionals, Students, and General Community (Hall 4)
4:00-4:30	Closing from MEPA Committee			



“Select sessions at this conference have been reviewed and approved by the American Psychological Association’s (APA) Office Continuing Education in Psychology (CEP) to offer Continuing Education (CE) credit for psychologists. Full attendance is required for sessions for which you are claiming CE credit. Partial credit is not awarded. The CEP Office maintains responsibility for the content of the program.”

