



5TH 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 18TH, 2022

ALL SESSIONS ARE BASED ON KUWAIT TIME

Time	Session Title			
9:30-10:00	Hall 1: Welcome from MEPA President and APA President			
	Hall 1: Welcome from Platinum Sponsors			
10:00-11:00	Hall 1: Keynote Speaker			
	"Moving Beyond The Room: How Can Psychologists Use Media To Help Reduce Stigma Around Mental Health?" Dr. Mark Rackley, PhD			
11:00-11:30	Visit Exhibitors Hall & Posters Café			
11:30-12:30	"Mentalization-Based Treatment for adolescents: Being 14 with depression with psychotic features" By: Dr. Pia Tohme Khalaf, PhD Open to: Professionals only	"Children with intellectual disabilities: A Summer Treatment Camp Approach" By: Nivedita Dhadphale & Dr. Sahana Mitra Open to: Professionals and Students	"ADHD Coaching as an important part of ADHD management for populations of all ages" By: Anna Kaminski, MA, Psych Open to: Open to Professionals, Students, and General Community	"Supporting diversity, equity and inclusion in practice through positive psychology" By: Silvia King Open to: Open to Professionals, Students, and General Community (Positive Psychology Track)
11:00-11:30	Visit Exhibitors Hall & Posters Café			
1:00-2:00	"Integrative Pathways: Navigating Chronic Illness with a Mind-Body-Spirit Approach" By: Dr. Donald Moss, PhD, BCB Open to: Professionals only	"Exploring Post Traumatic Growth in Individuals who have Undergone Traumatic Life Events" By: Unaiza Farooqui, MSc Open to: Professionals and Students	"How can we help mothers and babies feel better after birth? And why?" By: Dr. Maria Weissenboeck Open to: Open to Professionals, Students, and General Community	"Sources of Wellbeing amongst Female Leaders, An Ecological Thematic Analysis" By: Dr. Rasis Alanazi & Dr. Claire Alkouatli Open to: Open to Professionals, Students, and General Community (Positive Psychology Track)
2:00-3:30	Lunch Break			
3:30-4:00	Visit Exhibitors Hall & Posters Café			
4:00-5:00	"Faculty Well-being under COVID-19 Pandemic" By: Dr. Tatiana Karabchuk & Aizhan Shomotova Open to: Professionals only	Students Networking Session	"Developing a Model for Client-led Spirituality" By: Natalia Gomez Carlier & Sara Powell Open to: Open to Professionals, Students, and General Community	"The Effect of an Indoor Green Space On students' Wellbeing, Happiness, Stress, Depression and Mood" By: Dr. Saddiga J. Al-Ghalib Open to: Open to Professionals, Students, and General Community (Positive Psychology Track)
5:00-5:30	Visit Exhibitors Hall & Posters Café			
5:30-7:00	Hall 1: Panel "Making positive psychology useful beyond the individual: The role of media" By: Dr. Louise Lambert Milad Hadchiti Sherif Arafa Silvia King Dr. Naif Al-Mutawa			





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SATURDAY MARCH 19TH, 2022
ALL SESSIONS ARE BASED ON KUWAIT TIME

Time	Session Title			
10:30-11:00	Visit Exhibitors Hall & Posters Café			
11:00-12:00	"The Future of Eating Disorders in the Middle East" By: Dr. Jeremy Alford, PhD Open to: Professionals only	"Navigating COVID-19: Female Ph.D. students coping with family, academic, and job duties" By: Dr. Tatiana Karabchuk, PhD & Aizhan Shomotova, PhD Candidate Open to: Professionals and Students	"Belonging: The Essential Ingredient for Well-Being" By: Dr. Ilene Winokur Open to: Open to Professionals, Students, and General Community	"Positive Psychology's Contribution to the Recycling Dilemma, a Contribution to Climate Change" By: Dr. Louise Lambert, PhD, & Arsenijevic, N., Riaz, S., Niazi, T., & Hirzallah, A Open to: Open to Professionals, Students, and General Community (Positive Psychology Track)
12:00-12:30	Visit Exhibitors Hall & Posters Café			
12:30-1:30	"Wearing the Mask During COVID-19, Emotional and Language Development Impact on preschoolers" By: Dr. Ahmad A. Oueini, EdD Open to: Professionals only	"Who is in danger? A theoretical perspective on some dynamics of oppression between the colonizer and the Palestinian" By: Dr. Reem Abu Hwajj Open to: Professionals and Students	"Food and Mood" By: Dr. Vedrana Mladina & Nadia Bornman Open to: Open to Professionals, Students, and General Community	"Assessing young people's wellbeing" By: Dr. Jose Marquez, PhD Open to: Open to Professionals, Students, and General Community (Positive Psychology Track)
1:30-3:00	Lunch Break			
3:00-3:30	Visit Exhibitors Hall & Posters Café			
3:30-4:30	"Global Mental Health Training for Clinical Psychologists" By: Dr. Amanda Clinton, Ph.D Open to: Professionals only	"Virtual Reality in the treatment of anxiety disorders - lessons from the practice" By: Johannes Lanzinger, MA Open to: Professionals and Students	"Introduction to Relapse Triggers" By: David Briskham Open to: Open to Professionals, Students, and General Community	"Gender equality and environmentalism" By: Dr. Meg Warren & Sierra Meyer Open to: Open to Professionals, Students, and General Community (Positive Psychology Track)
4:30-5:00	Visit Exhibitors Hall & Posters Café			
5:00-6:00	Hall 1: Keynote Speaker			
	"Embracing Your Inner Super-Hero as You Tackle Destigmatizing Mental Illness" Dr. Patricia A. O'Gorman, PhD			
6:00-6:30	Hall 1: Closing from MEPA's Vice-President			

