



6TH ANNUAL CONFERENCE & EXPO

For Professionals ONLY

For Professionals & Students ONLY

For the Entire Conference Audience

Workshops (separate registration needed)

THURSDAY MARCH 9TH, 2023

ALL SESSIONS ARE BASED ON KUWAIT TIME

Time	Session Title		
8:00 - 9:00	Registration		
9:00 - 9:15	Welcome from MEPA President Dr. Joanne Hands		
9:15 - 9:30	Welcome from Platinum Sponsor		
9:30 - 9:45	Break		
9:45 - 10:45	Keynote Speaker Dr. Ramani Durvasula		
10:45 - 11:00	Break/Poster Presentations		
11:00 - 12:00	"A Comprehensive Introduction to Dialectical Behavior Therapy for the Treatment of Borderline Personality Disorder" Dr. Arlene Cooke	"Trauma Memories in the Present" Ms. Marie Abdel Ahad	"Mental Health and Wellbeing of Migrant Workers in the Middle East: Challenges, Deficits & Improvements" Dr. Sahana Mitra, Dr. Louise Lambert, Mr. Sarmad Ahmad, & Mr. Shaheer Rizwan
12:00 - 12:15	Break/Poster Presentations		
12:15 - 1:15	"Self-Compassion in Clinical Practice" Dr. Alya Sultan	"The Renaissance Psychologist: Broadening Our Understanding of Who We Are in the Context of the Climate Crisis" Dr. Amanda Clinton	"The Effects of Family Lifestyle on Children's Overweight and Obesity" Dr. Rashed Al Sahel, Ms. Ashwaq Al-Kandari, Ms. Anwar Bokubar
1:15 - 3:00	Lunch		
3:00 - 4:00	"The Surprising Reach of Attitudes Toward Time" Dr. Frank C. Worrell	"Clinical Practice Recommendation for Psychological Services with Bariatric Patients" Dr. Reham Ammar, Dr. Firoz Kazhungil, Dr. Yassir Joudaane, Dr. Bart van Wagenveld	"Autism Spectrum Disorder, Differences among Girls and Boys" Ms. Hazel Wheldon
4:00 - 4:15	Break/Poster Presentations		
4:15 - 5:15	"Drama Therapy a Therapeutic Intervention for Socioeconomically Disadvantaged Women Impacted by Trauma: A Psychometric Analysis" HH Sheikha Intisar AlSabah, Dr. Lina Haddad Kreidie, and Ms. Sara Sakhi	"Borderline Personality Disorder, Navigating Therapists' Challenges!" Ms. Nashwa Tantawy	"Effectiveness of a Counseling Program Based on Cognitive Reframing in Modifying Attitudes through Addiction, Rebuilding Confidence and Reducing Future Anxiety among Families of Drop-Out Drug Abusers at Rehabilitation Centers for Addicts" Dr. Wesam Abu Ali
5:15 - 5:30	Break/Poster Presentations		
5:30 - 7:00	Panel Discussion "Mental Health at a Governmental Level"		





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FRIDAY MARCH 10TH, 2023

ALL SESSIONS ARE BASED ON KUWAIT TIME

Time	Session Title		
8:00 - 9:00	Registration		
9:00 - 10:00	Keynote Speaker Dr. Thema Bryant APA President 2023		
10:00 - 10:15	Break/Poster Presentations		
10:15 - 11:15	"Motivational Interviewing for Leadership" Dr. Kristijan Civljak and Dr. Megan Ross	"Mental Health in Aging: Growing Older, Growing Healthy" Dr. Barbara Zaynab D'Elia	"The Kids are Not OK: risk assessment and prevention in schools" Dr. Vedrana Mladina
11:15 - 11:30	Break/Poster Presentations		
11:30 - 12:30	"Obsessive Compulsive Disorder (OCD): An overview" Dr. Lina Ashour	"Adapting Immersive Methods in Mental Health Based on VR and AI, Supported By Scientific Research" Dr. Per Carlbring Mr. Bilal Awan	"Considerations and Strategies for the Mental Health and Well-Being of Third Culture Kids/Adults" Dr. Patricia Perez & Mr. Brandon Kerr
12:30 - 12:45	Break/Poster Presentations		
12:45 - 1:45	"Integrating Cognitive Behavioral and Islamic Principles in Psychology and Psychotherapy: A Narrative Review" Dr. Angie Cucchi	"Preventing Bullying in Schools Through Strengthening Social Competencies" Dr. Nuhaila Al- Rawahi and Ms. Sara Hassan	"Mental Wellness and Resilience" Dr. Vedrana Mladina
1:45 - 3:00	Lunch		
3:00 - 4:00	"Utilizing Cultural Intelligence to Create Conceptual Change and Diverse, Harmonious and Positive Communities in the Middle East and Globally" Dr. Roblyn Lewter	"Mobile Psychology Studies Promote Inclusivity in Science" Dr. Jacquelyn Berry	"Working with Parents: How Art Psychotherapy Supports, Informs, and Enlivens Alliances" Ms. Natalia Gómez-Carlier, Ms. Sara Powell, & Ms. Mariam El-Halawani
4:00 - 4:15	Break/Poster Presentations		
4:15 - 5:45	Panel Discussion "Resilience Across Populations and Contexts Influence of Culture, Early Development and Neurodiversity" Dr. Maria Weissenboeck, Ms. Anna Kaminski, Ms. Roberta Pagliarulo, Ms. Silvia King, and Dr. Saddiga AlGhalib		
5:45 - 6:45	Conference Closing Ceremony		





MEPA
MIDDLE EAST
PSYCHOLOGICAL ASSOCIATION

• Awareness • Resourcefulness • Collaboration

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SATURDAY MARCH 11TH, 2023

ALL SESSIONS ARE BASED ON KUWAIT TIME

Time	Session Title		
9:00 - 10:00	Registration		
10:00 - 3:00	Workshops (Only choose 1)		
	<p>#1</p> <p>"The Axe Forgets but the Tree Remembers: Guiding Clients through Understanding and Healing In Narcissistic Relationships"</p> <p>Dr. Ramani Durvasula (For professionals ONLY)</p>	<p>#2</p> <p>"Adding Creative Thinking to your Psychological World"</p> <p>Dr. John McCarthy</p>	<p>#3</p> <p>"Aspects of Group Therapy"</p> <p>HH Basma Al Said, MSc Noora AL Ahkzami Sara AlMaawali</p>



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.



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