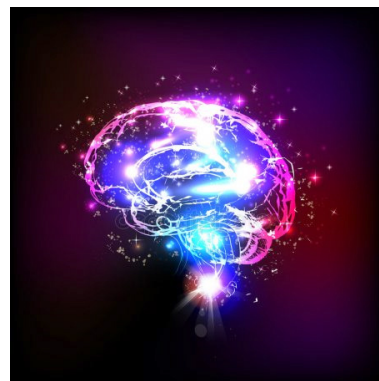
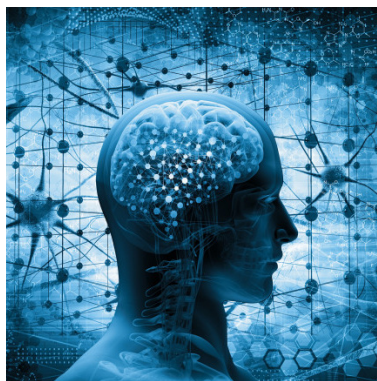
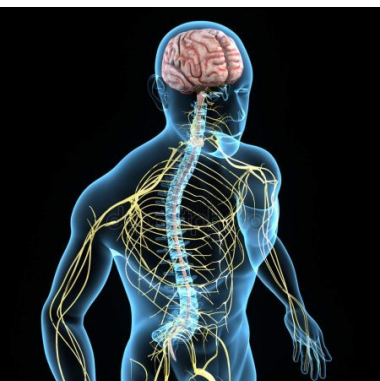


Video Presentation

Stress Management 2019



6th World Congress on
Anxiety, Depression, and Stress Management

March 18-19, 2019 | London, UK

Anxiety, Depression and Stress Management

March 18-19, 2019 | London, UK

Immediate healing for personality development

Hadi Eltonsi

Cairo University Medical College, Egypt

Statement of the problem: clients receiving psychotherapy require several sessions even if with drugs and use of will power over time.

Purpose of the treatment: Achieving immediate non-medicinal effortless painless healing without complications
For personality development, relief of neurotic disease, psychosomatic symptoms and diseases, treating emotional obesity and smoking.

Method: After joint analysis with Client and definition of psychological and physical goals of treatment, the healer as a trained behavioral, cognitive and logo psychotherapist arrives with client to a new corrected understanding of the case and roots of conflicts in childhood, taking around 2 hours, then in less than an hour performs non-verbal interpersonal hypnosis with transfer of energy and telepathy to client till deep sleep when he implants the required personality, ideas, emotions, motives and attitudes into the subconscious embodying the required state.

The subconscious and conscious mind will have same agreed

upon analysis and targets for immediate results in that session of 3 hours

Results: The healer got patent in Egypt 2016 for his discovery of The Immediate Healing for Personality Development and for mentioned purposes. Up till now treating more than 700 cases aging between 12 and 80 years with relief of more than 80% of cases either totally or mostly.

Conclusion: immediate non-medicinal revolutionary life transforming healing for a wide spectrum of cases achieving higher grades of maturity, insight, harmony and efficiency saving client time, effort, interests and complications. Also used to mature community leaders to be a trouble shooter model efficient leaders with team spirit.

Speaker Biography

Hadi Eltonsi a medical graduate trained in group psychotherapy, hypnosis, silva mind control, NLP, Reiki Master, Pranic Healing, Life Couch, Mantra Yuga meditation among others courses for psychic powers, family constellation thru his medical study and practice then as a diplomat and Ambassador. He performed many TV, Radio interviews and seminars apart of two short American films about his work or inspired by his skills which were shown in international film festivals, the second got an award in Venice 2017.

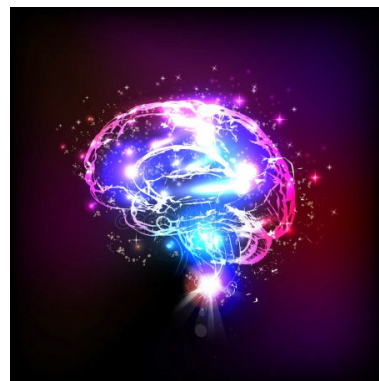
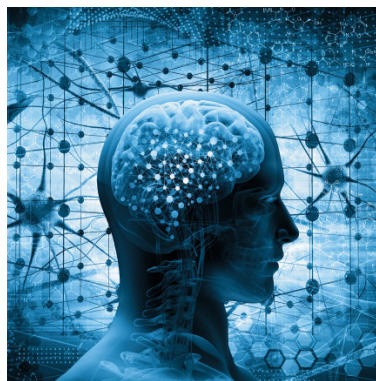
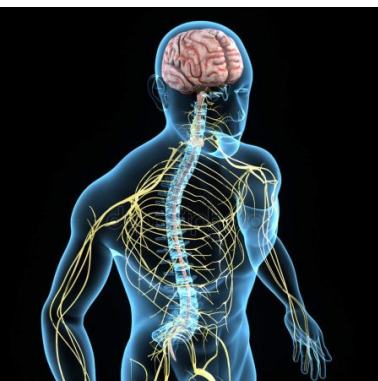
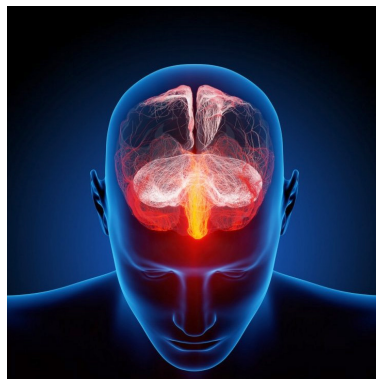
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Accepted Abstracts

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Get out to get in: Walk Therapy as an innovative approach to treating anxious and depressed men

Aaron Rochlen

University of Texas at Austin, USA

The health benefits of exercise on reducing levels of anxiety, depression, and stress have been well-documented in the literature. Similarly, while efficacy questions remain, the core purpose of psychotherapy is centered on symptom reduction, often in the areas of anxiety, depression, and stress management. In this invited presentation, Dr. Aaron Rochlen, a Professor of Counseling Psychology and Licensed Psychologist describes a promising way of integrating exercise and traditional talk-therapy via Walk Therapy. As a Licensed Psychologist, Dr. Rochlen has been engaged in walk therapy for approximately 4 years, concentrating on working with men and adolescent boys. Dr. Rochlen is also a nationally recognized scholar in men and

depression, fathering, and working with counseling resistant, traditional men. Formerly, he was President of the Division of Men and Masculinities of the American Psychological Association. While research in this area is limited, his work and this presentation outlines creative benefits of walk therapy that has been found appealing and beneficial to therapy-resistant populations. This presentation includes case material shared to illustrate and integrate different theoretical components of counseling, including Gestalt and Existential therapy. The presentation will also address relevant ethical issues, multicultural considerations, and cautions to practice.

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Anxiety, Depression and Stress Management

March 18-19, 2019 | London, UK

Addressing adverse childhood experiences with a unique approach

Jerry Sparby

ACIM (Academy of Complementary and Integrative Medicine), USA

Statement of Problem: Children pass through developmental periods on their journey from infancy to adulthood. During these stages, huge changes physically and neurologically occur within their brains'. Admittedly, environmental-relational circumstances and interactions have a deep influence on how children (all of us) development through these phases.

The immediate and long-term effects of children's exposure to maltreatment, inept parenting strategies, anxiety and chronic stress during the pregnancy, traumatic experiences of parent as well as child's during the delivery are multifaceted.

Emotional abuse and neglect, and physical abuse, as well as erratic and unpredictable behavior of parent(s) can interfere with the development of a secure attachment to caregiver(s). This affects the child's regulation, the child's health.

Complex trauma exposure regularly results in a loss of capacities for interpersonal relatedness. Children exposed to complex trauma often experience lifelong problems placing them at risk for additional trauma exposure and cumulative impairment (e.g., psychiatric and addictive disorders; chronic medical

illness; legal, and family problems). These problems may extend from childhood through adolescence and into adulthood (van der Kolk,).

In the Adverse Childhood Experiences (ACE) study by Kaiser Permanente and the Centers for Disease Control and Prevention it was demonstrated that adverse childhood experiences are more common than believed. The ACE's impact adult health. The study found a highly significant relationship between adverse childhood experiences and depression, suicide attempts, alcoholism, drug abuse, sexual promiscuity, domestic violence, cigarette smoking, obesity, physical inactivity, sexually transmitted diseases. In effect, every medical problem seen in adults.

This presentation will discuss strategies and review protocols to address the (ACEs) adverse childhood experiences. The program developed and used over the past 7 years has shown marked improvement in the children and families medical, social and emotional well-being.

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Anxiety, Depression and Stress Management

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Anxiety and Depression: Treating Trauma through Hypnosis

Zoe Clews

Zoë Clews and Associates, UK

Anxiety and depression, along with addiction, Obsessive Compulsive Disorder (OCD) and phobias are very often the conscious manifestation of unprocessed past trauma. As such, they are symptoms, rather than the condition that needs to be addressed and treated. The evidence of trauma is often seen in self-destructive behaviours, such as drug and alcohol abuse, emotionally and/or physically harmful sexual activity, self-harming and anti-social behaviour. These responses represent coping mechanisms used by the subconscious to deal with buried emotions that may include shame, grief and rage. Hypnosis is the process by which we are able to negotiate with the subconscious to acknowledge, honour and then heal the wounds of the past in a way that offers emotional protection to the individual, within an environment that is completely safe. The subconscious neither recognizes nor understands the concept of linear (chronological) time. In this sense, buried trauma remains as fresh today as it was at the moment of the event that caused it, resulting in the subconscious manifesting a heightened state of alertness and vigilance in the form of negative behaviour.

Hypnosis is an effective treatment for trauma, and therefore anxiety and depression, because it actively works with the subconscious, which is the gatekeeper for the root problem (the original trauma). As the old saying goes, you cannot heal what

you cannot feel.

Anxiety is essentially a threat-detection and self-protection mechanism triggered by the two amygdala neurons, which control emotions, memory and survival instincts. Humans, unlike prey animals, are not designed to operate in a prolonged state of heightened anxiety, but the amygdala links past experience to present responses.

Past trauma – even if experienced only as a witness rather than victim – remains in the ‘now’ as an ever-present threat, and the amygdala responds accordingly. Rewiring the brain with new and more positive associations to create the behaviour we desire can be achieved through Neuroplasticity. This describes the brain’s ability to reorganize itself by forming new neural connections throughout life, compensating for injury and disease and adjusting responses to new situations or environmental changes.

The result of associated learning is that the more you repeat a task the more it becomes a habit, and when you repeat an experience over and over, the brain learns to trigger the same neurons each time.

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