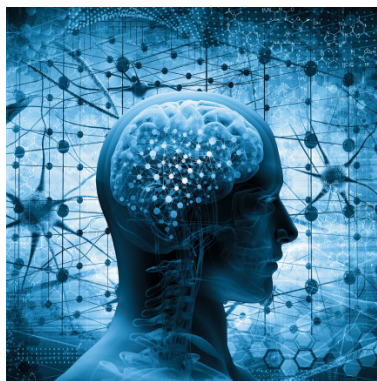
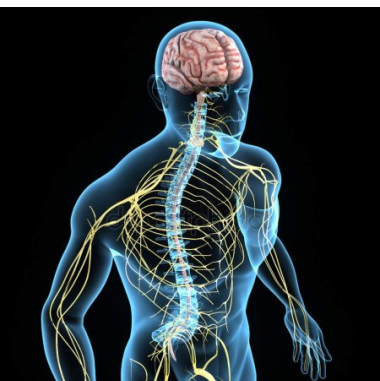


Keynote Forum
March 18, 2019

Stress Management 2019



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

March 18-19, 2019 | London, UK

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Roy Kiessling

EMDR Consulting, USA

Being brief with EMDR


Standard EMDR is known for its 8 phases and 3-pronged approach to processing traumatic memories. EMDR's unrestricted processing frequently opens associated channels that had not been identified or exceed the patient's window of tolerance, often extending treatment to multiple sessions. A more focused, briefer approach to EMDR treatment may help manage client processing and number of sessions. The Brief approach to EMDR uses a neurological networking perspective in case conceptualization. Beliefs are the verbalization of neural networks emotions and sensations, therefore, by identifying the negative and adaptive core beliefs associated with the client's presenting concerns, these neural networks can be quickly identified and transferred to a Targeting Sequence Plan. Once identified, the patient and clinician can determine what to target and how much of the neural network to process. Processing is managed by using a variable speed application of BLS, i.e., The

Processing Continuum: EMD[^], EMD^r, EMDR. Processing may be restricted to a single incident, contained to part of the neural network, or opened to the entire neural network processing. Regardless of the processing modality negative and positive neural networks are linked, bound and consolidated into an adaptive, functional network. This keynote address will give participants an introduction on how to be Brief with EMDR.

Speaker Biography

Roy Kiessling was initially trained by Francine Shapiro in 1994, became an Institute facilitator in 1997, a trainer for HAP (USA) in 2001 and a senior trainer for her Institute in 2006. In 2013, he resigned his positions and formed EMDR Consulting. Since 2013 EMDR Consulting has grown to be one of the largest training organization in the US. EMDR Consulting's training approach stresses an integrative EMDR approach based upon core beliefs, The Processing Continuum and neural network consolidation. His presenting experience includes over 360 EMDR trainings, conference presentations and advanced trainings in the US, Canada, Russia and the Middle East.

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 Notes:

Anxiety, Depression and Stress Management

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Lara S F Carneiro^{1,2}

Maria Paula Mota², Maria Augusta Vieira-Coelho³, Renato Sobral Monteiro-Junior⁴, José Vasconcelos-Raposo⁵

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⁵Portugal Institute for Systems and Computer Engineering, Portugal

The influence of exercise on Cortisol, Anxiety and Stress levels in patients with Depression

Clinical depression has been connected with cortisol changes, high stress and anxiety levels. The neurobiology of depression has not been totally understood yet, but there is support demonstrating that stressful life events and dysregulation on the stress physiology, especially in the hypothalamus-pituitary-adrenal (HPA) axis are strongly associated. Changes in plasma concentrations e.g. in cortisol have been systematically reported.

We examined the effects of exercise in patients with depression on cortisol, stress and anxiety levels. Nineteen women with clinical depression were randomly assigned to one of two groups: aerobic exercise plus pharmacotherapy or only pharmacotherapy. Control group involved ten patients who carried on with their usual pharmacological therapy but without exercise and the exercise group included nine patients that performed aerobic exercise, 45-50 min/session, three times/week, for 16 weeks. Cortisol in plasma was measured using the chemiluminescent ADVIA Centaur Cortisol immunoassay and Depression Anxiety Stress Scale-21 (DASS-21) was used to assess anxiety and stress levels.

Results showed that anxiety and stress sub-scales (assessed by DASS-21) presented a significant reduction that indicated an anxiolytic exercise effect. Exercise group had a statistically

significant and large effect on both anxiety ($p=0.025$; $\eta^2p=0.262$) and stress ($p=0.012$; $\eta^2p=0.316$) scores. After exercise intervention cortisol response to exercise did not differ when we observed the interaction between time X group ($F(1,17)=1.724$, $p=0.207$, $\eta^2p=0.092$). Since no significant changes in cortisol plasma levels between groups were found, it was not possible to bridge the effect of exercise in depressive symptoms and cortisol levels. The lack of significant difference between groups may be explained by the small sample size and patients' large age range (18–65 years), which could contribute to a greater result variability and the inclusion of patients diagnosed with different subtypes of depressive pathology. Data are preliminary outcomes from a small sample and should be replicated.

Speaker Biography

Lara S F Carneiro, BSc (Sports Science), MSc and PhD, is a Lecturer in the exercise and mental health field. She was a PhD fellow in 2012 by the Portuguese Foundation for Science and Technology, after leading a trial of exercise for major depressive disorder. In 2014 she was awarded the first prize of Psychology and Pedagogy in Sports with the investigation "Exercise as a complementary treatment of pharmacotherapy in patients with clinical depression" by the Portuguese Olympic Committee and the Millennium BCP Foundation. She is interested in the effects of exercise on major depressive disorder, its moderators, and its neurobiological correlation. She has participated in national and international conferences as an invited speaker and keynote.

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Bindu Babu

Holistic Entrepreneurship, USA

Life coaching and 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.

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.

Speaker Biography

Bindu Babu is a Transformational Life Coach who is an expert in mindset reprogramming towards the healing and recovery from narcissistic & toxic relationships. She uses the Quantum based Medicinal approach in her sessions and programs. She is a well sought out highly dynamic motivational speaker where she has spoken and Co-Chaired at various conferences & prestigious universities such as NYU & Harvard. 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. She is a Certified Reiki Master and a Past Life Regression Therapist where she completed her professional training from the Weiss Institute with Dr. Brian L. Weiss M.D. author of "Many Lives and Many Masters. She also has a well-established life coaching practice in NY and holds Guided Meditation & Reiki workshops for the community.

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 Notes:

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Jeffrey Marksberry

Electromedical Products International Inc., USA

The Management of Anxiety, Insomnia and Depression with Cranial Electrotherapy Stimulation

This lecture will cover the use of Cranial Electrotherapy Stimulation (CES) for behavioral health issues. We will cover the most current research, safety data and treatment protocols. We will cover the logistics of using this technology in your clinic as well as the usage with IAPT Services in the UK. We will discuss future implications of noninvasive brain stimulation.

Speaker Biography

Jeffrey A Marksberry is a scientist and medical educator. He has more than ten years of experience in medical education as a special consultant for two international medical schools. He also has expertise in medical licensure regulations for all 50 states and sovereign Native American governments as well as Canada, Australia, New Zealand, and The Netherlands. His focus areas include writing curriculum for continuing medical education programs for medical schools and universities. Dr. Marksberry serves as the Vice President of Electromedical Products International Inc. (EPI), a multinational medical device company manufacturing and distributing Alpha-Stim brand medical devices for the treatment of anxiety, insomnia, depression, and pain.

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Maysar Saredidine

The Inner Space, Lebanon

Learning spiritual behaviors as a means to reverse harmful epigenetic changes resulting from domestic violence


Excessive stress can epigenetically alter an individual's DNA and affect mental health. For instance, women who have been exposed to domestic violence have been found to have psychopathological alterations in their behaviors and in their hypothalamus-pituitary-adrenal axis functioning. However, these changes are reversible, because people can change their genetic makeup by changing their thoughts and beliefs. This provides an opportunity for domestic violence survivors to acquire behavioral and cognitive practices that support healthier epigenetic modifications in the expression of genes. The use of strategies centered on spirituality has been proposed as a skill that can enhance resilience, which is the ability to adapt to stress and adversities. Similar to the epigenetic mechanisms involved in excessive stress, resilience can also alter gene expressions, which can support healthier neuropsychological functioning. For victims of domestic violence, enhancing their spirituality through prayers, meditation, or cognitive reframing

can lead to neuropsychological changes that can offset the negative psychopathological alterations that occur during excessive stress. A study that frames spirituality as a buffer for stress caused by domestic violence could be significant in further illuminating the power of thoughts and beliefs in influencing our neurological functioning.

Speaker Biography

Maysar Saredidine is an architect, a businessman, a philosopher, and a psychologist. He completed his doctorate in Depth Psychology with an emphasis on Community, Liberation, and Ecopsychology at Pacifica Graduate Institute, California. His dissertation topic was an attempt to understand the dynamics of violence in Lebanon and the Middle East, specifically domestic violence against women, and to provide possible solutions that could be integrated in a more holistic way in society. He is the founder of The Inner Space (www.theinnerspace.me), and a Professor of Psychology at both The Lebanese American University (LAU, Lebanon) and Phoenicia University (PU, Lebanon). Maysar Saredidine is interested in the Pedagogy of the Oppressed and in applying insights in a wide variety of organizational development and transformation; His motto in life is, "EDUCATING FOR THE PURPOSE OF LIBERATION."

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