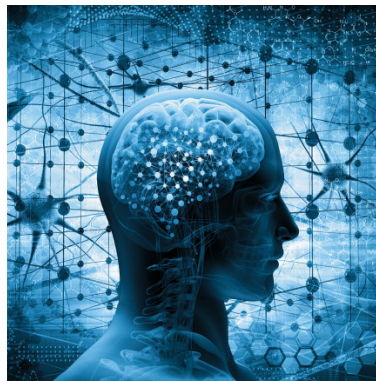
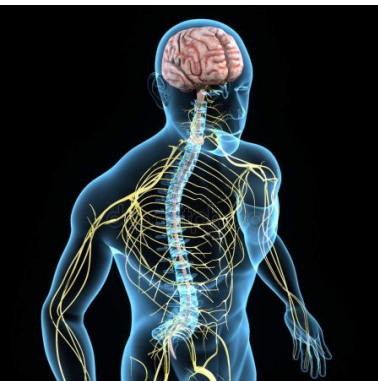


Workshop

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



Roy Kiessling

EMDR Consulting, USA

CID: Critical Incident Desensitization

Participants attending this experiential 60-minute workshop will learn and practice the CiD protocols and be provided with the necessary materials to use the CiD protocols in their communities.

It is well known that traumatic incidents, if left untreated, increase the likelihood of excessive stress, depression and eventually may develop into PTSD. Early interventions such as Psychological First Aid, Critical Incident Stress Management and Critical Incident Stress Debriefing are well known crisis interventions that are designed to reduce the stress of recent traumatic incidents.

CiD (Critical incident Desensitization) is an experimental intervention designed to be administered immediately after a crisis. Research has shown that short bursts of eye movements rapidly decrease the vividness of images and its level of disturbance. Since eye movements, in themselves, are not considered psychotherapy, CiD protocols offer an ideal crisis


intervention for clinicians and para-professionals to use in a wide variety of crisis situations.

CiD is currently considered experimental. Participants will be provided information and materials to submit to Roy as part of a research project to evaluate its effectiveness as a critical incident intervention.

Speaker Biography

Roy Kiessling, in 1980, as a Red Cross Disaster Volunteer, he introduced to helping survivors of natural disasters. Since being trained in EMDR, 1994, he has participated in training clinicians to treat trauma in Bangladesh, Poland, Russia and the Middle East as well as through the USA. In 2005 he participated in treating and teaching clinicians living in New Orleans who had survived the devastation of Hurricane Katrina. From 2005 to 2012, when appropriate, he taught clinicians various forms of his crisis intervention protocols. Since 2013 Roy has included his crisis intervention protocols during his EMDR training course as well as teaching these protocols non-EMDR trained clinicians, nurses, emergency responders, school counselors, police, firefighters, and other para-professionals.

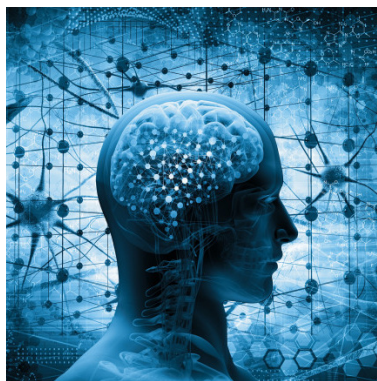
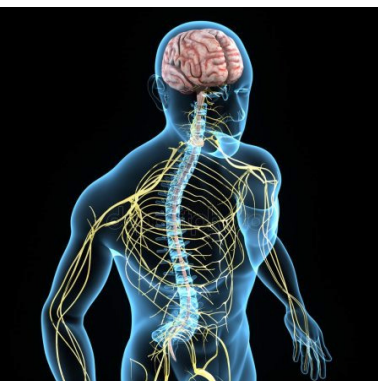
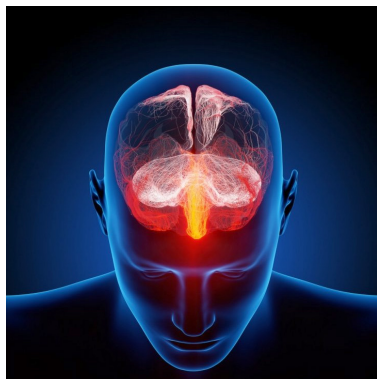
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 Notes:

Scientific Tracks & Sessions

March 18, 2019

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The state of Stress in today's leadership world- How leaders can reduce, prevent and cope with stress and challenges using Business Coaching Methodology

Asha Mankowska

Business and Life Coaching/Consulting, USA

Motivation: Stress has become a major predicament in business and leaders are increasingly susceptible to it. Stress has been implicated as an important determinant of leadership functioning. Their stress is proven to impact their followers (companies, countries, team members) and if not prevented or managed properly, it can result in anxiety, depression, and as a direct consequence: burnout, or worse. CEOs and management face many challenges, and critical failures and overwhelming odds can easily break anyone down and make them lose sight of their goals. They have to have the skills to overcome stressful situations and demonstrate conduct that will make a business, an organization or country, productive and profitable.

The Problem: A leader's stress level will influence his or her behavior and that can impact the stress levels and potential for burnout in subordinates. A lack of resources and time are the most stressful demands experienced by leaders. Stress is caused by trying to do more with less, and to do it faster. For 88% of leaders, work is a primary source of stress in their lives and having a leadership role increases the level of stress. Unfortunately, very few (only 28%) companies provide tools to help management deal with stress more effectively.

Methodology:

Study & Results: During the many years, I have worked with business leaders, I have come to recognize the 7 most common stressor determinants and I have developed methodology to conquer them.

The top 7 sources are: 1. Expected High Performance in a Short Period of Time, 2. Strong Brand Loyalty, 3. Conflict Management, 4. Reputation Management, 5. Hiring the Right Team, 6. Professional Obligations vs. Balanced Life, 7. Lack of Support and Accountability;


The new avenues for stress prevention and management (individual versus corporate approach) are using stress as an efficient fuel: 1. Using certain technology, online media platforms, apps, to increase productivity, efficiency, and profits as well as leaders' wellbeing and confidence. 2. Creating strong bonds with clients using innovation and differentiation, that results in full control over the process. 3. Address & control conflict with authority, even before it arises. 4. Learning strong communication with the right infrastructure and teamwork. 5. Mastering the art of delegation & hiring the right people to maximize efficiency. 6. Demonstrating healthy & balanced conduct as an example for the company. (Vacation, hiking conferences, team building, wellbeing) 7. Establishing support & accountability systems in place outside of corporate environment (masterminds, mentors, coaches, trainings, business conferences).

These case studies were based on my clients' feedback and their results achieved within less than one year of their solid commitment, execution and implementation of the proposed methods used in my business practice

Speaker Biography

Asha Mankowska is an Internationally Renowned Business, Executive & High-Performance Coach, Consultant, Trainer, Branding Expert, Bestselling Author and Motivational Speaker. She is invited multiple times by prestigious universities to be their Keynote Speaker at conferences for top leaders, CEOs, executives and business owners in USA (frequent Keynote Speaker at Harvard University). Recognized by Forbes Magazine as one of the Top Business and Career coaches in America. She accepted the honor to be a member of Forbes Magazine Coaches Council and her articles are featured in Forbes Magazine on regular basis.

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 Notes:

Anxiety, Depression and Stress Management

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Collective trauma, resilience and quality of life in fourth generation children in Palestinian camps: A cross-sectional survey

Fayez Azez Mahamid

Northumbria University, UK

There is no doubt that Palestinian refugee children have been exposed to many violent events and it is likely that this exposure has affected them, and that they may display some or all symptoms that correspond to the diagnostic symptoms associated with trauma and related disorders. The question is, however, whether displaying these symptoms necessarily means that children suffer lack of resilience and posttraumatic stress disorders, requiring a form of intervention, or alternatively, whether the fear and sadness associated with exposure to political violence are normal reactions which will diminish with time and support from family and community (Saleh, Giacama & Rabaia, 2014).

Moving from the premise that quality of life and resilience in young children are key components for the further development later in life and are influenced by many factors in the child's environment; this study attempts to examine collective trauma, resilience and quality of life in fourth generation children in Palestinian camps, the sample of the

study consisted of (30) Children aged (12- 16) years, they were selected from five Palestinian refugee camps in West bank of Palestine (Balata, Askar, Ein Beit al-ma', Nur Shams and Jenin camps) in first semester of the academic year(2018/2019). Results showed that children who live in Palestinian camps suffer from collective trauma, trauma transferred from the first generation of Palestinian refugees to the second and further generations via narratives and stories, results also indicated that refugee children developed high level of resiliency in dealing with trauma and distress.

Speaker Biography

Fayez Azez Mahamid is currently a Postdoctoral Rutherford Fellow in the Centre for International Development at North Umbria University. He has a doctoral degree in Clinical Psychology and served as a head of the Graduate department for Human Sciences at An-Najah National University, Palestine. In addition, he continues to lecture in the Department of Psychology and Counseling. His research interests focus on mental health, trauma intervention, diagnosis, assessment, therapeutic programs and psychosocial rehabilitation.

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Notes:

Anxiety, Depression and Stress Management

March 18-19, 2019 | London, UK

AIP: Adaptive Information Processing

Roy Kiessling

EMDR Consulting, USA

Understanding the neurobiology of stress, depression and trauma helps the clinician develop effective treatment plans for their clients' presenting symptoms. Adaptive Information Processing, a phrase coined by Francine Shapiro, suggests that the brain has a constant drive to emotional health and survival. Neural networks are constantly linking, binding and consolidating past and present experiences. Psychological issues are an indication that this process has broken down.

This brief introduction to neural network formulation will lay the foundation for conference participants to under their

client's issues from a brain functioning perspective.

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.

e: roy@emdrconsulting.com



Notes: