



7TH ANNUAL CONFERENCE & EXPO

Hall 1 For Professionals ONLY

Hall 2 For Professionals & Students ONLY

Hall 3 For the Entire Conference Audience

Hall 1 Open to All

THURSDAY APRIL 25TH, 2024

ALL SESSIONS ARE BASED ON KUWAIT TIME

Time	Session Title		
9:30 - 10:00	Welcome from the MEPA President and the Platinum Sponsor		
10:00 - 11:00	<p>Keynote Speaker Dr. Cynthia de las Fuentes APA President 2024 "Advances in Multicultural Psychology"</p>		
11:00 - 11:30	Break/ Visit Posters and Exhibitors		
11:30 - 12:30	<p>"Gender Stereotypes and Eating Disorders" Dr. Jeremy Alford</p>	<p>"Introduction to Hikikomori: Understanding and Addressing Social Withdrawal Syndrome" Ms. Nutaila Al-Kharusi MA Psychology, PhD (C)</p>	<p>"How is Psychological Trauma defined and experienced by citizens of the GCC Arab Community" Dr. Guillermo Ybarra</p>
12:30 - 1:00	Break/ Visit Posters and Exhibitors		
1:00 - 2:00	<p>"The application of Investigative Psychology in the GCC" Dr John Synnott, Prof Maria Ioannou, Dr Dara Mojtahedi & Dr Calli Tzani</p>	<p>"The Impact of Climate Change on Psychosocial Well-being" Dr. Patricia Tesoriero</p>	<p>"Treatment of Trauma in the Context of Couples Therapy" Ms. Nashwa Tantawy</p>
2:00 - 3:30	Lunch Break		
3:30 - 4:30	<p>"Breaking Taboos: A New Approach to Mental Health in the MENA Region" Dr. Pia Tohme Khalaf</p>	<p>"Introducing Emotional Regulation Skills Groups within Mental Health Services" Ms. Zuleikha Sayani</p>	<p>"Applying Collaborative Proactive Solutions (CPS) model to challenges associated with Attention Deficit Hyperactivity Disorder (ADHD)" Ms. Anna Kaminski, MA Psych</p>
4:30 - 5:00	Break/ Visit Posters and Exhibitors		
5:00 - 6:00	<p>"Getting you and your clients back into the Groove when stuck in a #F + Stress Response" Dr. Dawn McBrian</p>	<p>"Exploring Adult Attachment Styles: Unveiling the Implications for Building Healthy Relationships" Ms. Walanda Johnson</p>	<p>"Mental Resilience through Mindfulness and More" Dr. Christopher Willard</p>





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FRIDAY APRIL 26TH, 2024

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Time	Session Title		
9:30 - 10:30	<p>Keynote Speaker Dr. Robert Bor Director of the Center for Aviation Psychology "Psychological Safety in High-Risk Work Settings: Drawing on Lessons from Aviation"</p>		
10:30 - 11:00	Break/ Visit Posters and Exhibitors		
11:00 - 12:00	<p>"Enhancing Systemic and Relational Therapies with Single Session Integration" Dr. Monica Sesma-Vazquez, Dr. Rubina Rahiman, Ms. Dunia Clemente</p>	<p>"A Perspective on Attachment: Adapting Art Psychotherapy to the Middle East" Ms. Natalia Gómez-Carlier, MAAT, ATR-BC & Ms. Sara Powell, MBACP, HCPC UK</p>	<p>"The Influence and Involvement of Family Members in Career Decision-Making" Dr. Ahmad Oueini</p>
12:00 - 12:30	Break/ Visit Posters and Exhibitors		
12:30 - 1:30	<p>"Connecting creative thinking with solution-focused therapy" Dr. John McCarthy</p>	<p>"Young Violent Offenders within the Gulf" Lt Col. Abdullah Althuwaikh</p>	<p>"Early Intervention strategies for building mental health and competency in young adults" Dr. Nafees Sultana</p>
1:30 - 3:00	Lunch Break		
3:00 - 4:00	<p>"Where did it begin? Understanding Inherited Family Traumas" Dr. Millia Begum</p>	<p>"Life On the Other Side: Tools and frameworks to help clients debrief and process experiences in cults or high control environments" Ms. Kelsey Hoff</p>	<p>"Mental Health and Well-Being of Third Culture Kids/Adults (TCK/As): Creating Home and Belonging (Part 1)" Dr. Patricia H. A. Perez, PhD and Mr. Brandon C. Kerr</p>
4:00 - 4:30	Break/ Visit Posters and Exhibitors		
4:30 - 5:30	<p>"Transcranial Magnetic Stimulation; a medication-free and non-invasive treatment for mental health conditions" Dr. Abdullah Habib</p>	<p>"Supervision in Clinical Psychology: What Is It & What Does It Take?" Dr. Amanda Clinton</p>	<p>"Mental Health and Well-Being of Third Culture Kids/Adults (TCK/As): Creating Home and Belonging (Part 2)" Dr. Patricia H. A. Perez, PhD and Mr. Brandon C. Kerr</p>
5:30 - 6:00	Closing from the MEPA Vice-President		





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SATURDAY APRIL 27TH, 2024

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Time	Session Title	
	Workshops (Only choose 1)	
10:00 - 3:00 (Lunch 12:00 - 1:00)	<p>#1 "Teaching Recovery Techniques for Traumatized People in War or Disasters" Dr. Masa Al Kurdi</p>	<p>#2 "Health Anxiety: Illness, Grief and Death" Dr. Nikita Bhatnagar, Dr. Anjolie Dhillon, and Mr. Muhammad Ali Ilyas</p>

