



1007 N Orange St. 4th Floor Suite #3199,
Wilmington, Delaware 19801, USA

SCIENTIFIC PROGRAM



3rd International Conference on

MENTAL HEALTH AND HUMAN RESILIENCE

March 23-24, 2026 | Berlin, Germany

Theme: Mindfulness in Action: Cultivating Holistic Wellness

<https://mentalhealth.novelticsconferences.com/>

SCIENTIFIC PROGRAM

DAY 1: MARCH 23, 2026

Registration Desk Opens | 08:00-08:45

Opening Ceremony & Inaugural Address | 08:45-09:00

KEYNOTE FORUM

Ibrahim El-Bayoumy | Tanta University, Egypt

09:00-09:45 Title: Depression among diabetic patients with painful peripheral neuropathy; Cross—sectional study

Suzanne Fox | The Yellow Tulip Project, USA

09:45-10:30 Title: Planting hope and smashing the stigma—one yellow tulip bulb at a time. Innovative approaches to addressing youth mental health through the arts, storytelling and gardens

10:30-10:45 COFFEE BREAK

Sessions: Mental Health | Psychiatry | Depression | Neurology | Anxiety | Human Resilience | Psychology | Mindfulness | Wellbeing | Youth Resilience | Dementia | Behavioral Disorders | Antiretroviral therapy | Stress | Child Abuse | Mental Health Awareness

Chair: Ibrahim El-Bayoumy | Tanta University, Egypt

Anas Khadra | University of Glasgow, UK

10:45-11:15 Title: The power of mindset and resilience

Kahsay Baranto | Mekelle University, Ethiopia

11:15-11:45 Title: Help-seeking behaviors and preferred interventions for mental health disorders in Ethiopia: Three delays model: Afar Region, Dubti General Hospital

Peter Bongiorno | Atria Health and Research Institute, USA

11:45-12:15 Title: From breakdown to holistic breakthrough: Cultivating resilience from depressive disorders

Aliya Durrani | Keele University, UK

12:15-12:45 Title: Management of postnatal depression: A systematic review of clinical practice guidelines

Isabella Lebek | Work-Life Balance Coaching, Germany

12:45-13:15 Title: From trauma to empowerment: A personal journey and practical frameworks for building resilience

GROUP PHOTO & LUNCH BREAK | 13:15-14:00

Gabriel Andrade | Ajman University, UAE

14:00-14:30 Title: Depressive symptoms predict consistency and utilitarian responses in trolley dilemmas: Evidence from UAE students

Kirstie Northfield | Charles Sturt University, Australia**14:30-15:00**

Title: The rules of engagement – how to encourage our young people to share their low feelings: A qualitative investigation of how teenagers communicate their low wellbeing

Grace Fong | University of Birmingham, UK**15:00-15:30**

Title: Sexual behavioral disorders in the criminal justice system: Outlook on pedophilia disorder

Shira Maya | University of Haifa, Israel**15:30-16:00**

Title: The hidden superpower of sensitivity: resilience through the eyes of highly sensitive adolescents

16:00 – 16:15 COFFEE BREAK**Gregory S Anderson | Thompson Rivers University, Canada****16:15:16:45**

Title: An ecological model of resilience for public safety and frontline health care organizations

Niina Majaniemi | Finland**16:45-17:15**

Title: Empathetic leadership and emotional intelligence: Building resilient work cultures for wellbeing and recovery

****Slots Available****

NETWORKING & B2B MEETING**END OF DAY 1****DAY2: MARCH 24, 2026****Opening Ceremony & Inaugural Address | 09:00-09:15**

Opening Ceremony & Inaugural Address

KEYNOTE FORUM**Joachim Lee | Neuro-Therapy, Singapore****09:15-10:00**

Title: Brain-Switch 2.0® A neuroscience informed approach to rapid and lasting change

Sessions: Mental Health | Psychiatry | Depression | Neurology | Anxiety | Human Resilience | Psychology | Mindfulness | Wellbeing | Youth Resilience | Dementia | Behavioral Disorders | Coping | Antiretroviral therapy | Stress | Child Abuse | Mental Health Awareness

Denada Selfo | University of Vlora Ismail Qemali, Albania**10:00-10:30**

Title: The impact of sugar consumption on women's health during the pre-menopausal period and nursing care in the management of risk factors

REFRESHMENT BREAK & GROUP PHOTO 10:30-10:45**Zai Miztiq | Step Up Journey, Singapore****10:45-11:15**

Title: Unbreakable: The science and soul of resilience

Priyanka Kisten | Public Service Co-Ordinating Bargaining Council, South Africa

11:15-11:45	Title: Early intervention and prevention strategies in mental health: From screening to organisational policy
11:45-12:15	Sasha Javadpour Hirsch Therapy, Singapore Title: Miniatures, mindfulness, and meaning: How hobbies support mental health
12:15-12:45	Shiksha Risal Kathmandu University, Nepal Title: Urgency of mental health education for adolescents
	Rithika Yogeshwarun Restoring Rika Sattvic Ayurveda Wellness, USA
12:45-13:15	Title: The intersection of our natural environment, mental health and wellbeing: Elevating consciousness and aligning mind, body and spirit through holistic health measures

LUNCH BREAK | 13:15-14:00

12:15-12:45	Julian Leicester Asian Institute of Mental Health Management (AIMHM), Malaysia Title: NeuroSynergetics™: An EEG-guided integrative neural systems model for clinical regulation and peak performance optimization
12:15-12:45	Cristina Montoro Denmark Title: Healing trauma and building resilience in expatriates: Integrative, mindful, and community-based approaches
14:15-14:45	** Speaker Slots Available **
14:45-15:15	** Speaker Slots Available **
15:15-15:45	** Speaker Slots Available **

REFRESHMENT BREAK 15:45-16:00

16:00- 18:00 | POSTER SESSION @ MEETING ROOMS

Orna Braun-Lewensohn | Ben Gurion University of the Negev, Israel

P1	Title: Have coping resources and trust in state institutions helped jews and arabs to overcome stress during the iron swords war?
P2	Geoffrey Kimotho University of Nairobi, Kenya Title: Mindfulness and youth resilience: Strengthening mental well-being in a changing world
P3	Sidra Ali University of Campania Luigi Vanvitelli, Italy Title: Digital literacy and mental health awareness among caregivers: Psychological opportunities and risks in the age of AI
P4	Poster Slots are Available
P5	Poster Slots are Available

****Slots Available****

PANEL DISCUSSION

Closing Ceremony