

DAY 1

Keynote Forum



8th International Conference on

Addiction Psychiatry

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Andrew J Ashworth, J Addict Res Ther 2018, Volume 9
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THE ASHWORTH-DUTTON NEUROBIOLOGICAL MODEL OF PSYCHOLOGICAL TRAUMA: INCLUDING THE DA VINCI GAZE RESOLUTION METHOD

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Cerebellar function goes beyond the long understood role of muscular co-ordination. Each cerebellar hemisphere has a bidirectional relationship with the contralateral hippocampus. Spatial working memory has been shown to be lateralised, egocentric memory being held in the right cerebellar hemisphere and allocentric memory being held in the right. The right cerebellar left hippocampus (RCLH) deals with experiential memory forming a street view and LCRH deals with understanding and forms a map view. Traumatic events are postulated to involve a sudden change to the map view held in the LCRH. US combat veterans with PTSD have a right hippocampal volume that is 8% smaller than controls. Co-twins of PTSD patients also have smaller hippocampi, suggesting a genetic or developmental predisposition for PTSD. The anatomical connection between the two cerebellar hemispheres is via the middle cerebellar peduncles which are juxtaposed around the VIth cranial nerve nuclei. This juxtaposition is consistent with REM sleep representing middle cerebellar activity synchronising of egocentric and allocentric memories for encoding to long-term memory: this offers a theoretical mechanism by which EMDR has its effect. We demonstrate a simple exercise to encourage subconscious allocentric and egocentric synchronisation by identifying the dominant lateral gaze and using alternate cerebellar stimulation, after which patients have reported improvement in mood. This technique can be used following trauma and offered as an ongoing skill that the patient can continue by brief regular daily use. Ashworth and Dutton have been using this technique that they named 'da Vinci Gaze' to train professionals (doctors, paramedics and volunteer therapists) after noting the eye position of the Mona Lisa. This model using da Vinci Gaze offers promise both in short primary care situations and for provision of rapid and effective trauma first aid in mass casualty situations.

Recent Publications

1. Yu W and Krook Magnuson E (2015) Cognitive collaborations: Bidirectional functional connectivity between the cerebellum and the hippocampus. *Front Syst Neurosci.* 9:177.
2. Iglói K, Doeller C F, Berthoz A, Rondi Reig L and Burgess N (2010) Lateralized human hippocampal activity predicts navigation based on sequence or place memory. *PNAS* 107(32):14466-14471.
3. Grodd W, Hülsmann E, Lotze M, Wildgruber D and Erb M (2001) Sensorimotor mapping of the human cerebellum: fMRI evidence of somatotopic organization. *Hum. Brain Mapp.* 13:55-73.
4. Gilbertson M W, S Henton M E, Ciszewski A, Kasai K, Lasko N B, Orr S P and Pitman R K (2002) Smaller hippocampal volume predicts pathological vulnerability to psychological trauma. *Nature Neuroscience* 5(11):1242-1247
5. Stoodley C J, Valera E M and Schmahmann J D (2012) Functional topography of the cerebellum for motor and cognitive tasks: An fMRI study. *Neuroimage* 59(2):1560-70.

Biography

Andrew J Ashworth is a General Medical Practitioner with experience of Combat. His interests include rapid neurological management of anxiety on which he has presented at a previous conference. He has graduated from Leeds University Medical School in 1980. He became a member of the Royal College of General Practitioners in 1985. He was a Royal Navy Medical Officer between 1980 and 1994 with experience including combat in the Falklands Conflict and in submarines at sea. He is dual qualified in Occupational Medicine. His special interest is in the treatment of psychological trauma and is qualified in brainspotting as well as CBT. He works as an NHS General Practitioner in Scotland as well as providing occupational medical services and carrying out research on trauma and anxiety.

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Monica de Sousa Mendes, J Addict Res Ther 2018, Volume 9
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DEPRESSION IN YOUNG WOMEN: A STUDY OF RISK AND PROTECTIVE FACTORS FOR DEPRESSIVE SYMPTOMATOLOGY IN A PORTUGUESE YOUNG WOMEN COMMUNITY SAMPLE

Monica de Sousa Mendes

Valiant Clinic, UAE

This study aims to describe the risk factors and protective factors for prevalence of depressive symptomatology among young women in a Portuguese non-clinical representative community sample, with ages between 18 and 29. The Center for Epidemiologic Studies Depression Scale (CES-D) and a questionnaire including sociodemographic variables, general health variables and women health variables, as well as interpersonal stress factors were mailed to a sample of 1480 subjects. A phone line was available and local papers asked for collaboration. Fifty five young women aged between 18 and 29 answered the CES-D and the questionnaire and was found an high level in the intensity of depressive symptomatology in this sample (18.56+13.7 CES-D mean score). Logistic regression has shown that young women have a double risk of being depressed in comparison to young men and significant risk increments in depressive symptomatology among rural, non-college and recent unemployed young women. It also has shown an increment risk of depression symptomatology among young women with previous depressive episodes and high concerns about body appearance and weight. Nevertheless, being employed and/or being student and have a good health state (self-perceived) founded to be high protective factors for depressive symptomatology. The need for prevention-focused programs for that specific gender group (especially recent unemployed young women, with previous depressive episodes and/or high concerns about body appearance and weight) is discussed as well as other programs to empower resilience in young women.



Biography

Monica Mendes is a Specialist in Clinical Psychology with over 10 years' experience in Psychotherapy and Counseling for a variety of emotional and situational problems. She customizes therapy to suit each client, drawing from a variety of techniques to enable patients to find the best path to healing and growth. She coordinated the Psychology and Mental Health Department of the Lisbon University Medical Health Center for over 12 years and was Assistant Professor of Developmental Psychology and Educational Psychology for 14 years in the Higher Institute of Sciences and Education (ISEC). As a Senior Supervisor of Clinical Psychology trainee of the Portuguese Board of Psychology; she coordinated the Psychotherapy and Clinical Psychology Consultation of the College Pedagogical and Counseling Center of the Faculty of Psychology of Lisbon University.

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DAY 2

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Javier Fiz Perez, J Addict Res Ther 2018, Volume 9
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STRESS PERCEPTION AND STRESS CAUSES: COPING SUPPORT TECHNIQS WITH THE POSITIVE PSYCHOLOGY APPROACH

Javier Fiz Perez

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Stress is no longer a phenomenon that concerns adults exclusively. For this reason, we have decided to include teenage stress in our research. We have been submitting a survey on stress to a group of 671 teenagers with an average age of 16 years and 7 months. The survey was focused on two different aspects: stress perception and stress causes family support coping questionnaire was also submitted. The main finding of this study is that 38% of the sample defines them as stressed, with no gender related differences. Subjects that consider themselves stressed indicate as causes lack of time (31%) and excessive commitments (23%). Almost all the subjects say school (48%), family (21%) and sentimental relationships (8%) are the main sources of stress. From the analysis of the open answers, it is clear that family and school expectations are the greatest sources of stress – even if significantly more so for females than for males. Subjects were asked to assess the level of stressed originated by finishing school and the need of choosing and planning their future. This finding is meaningful when measured up to the percentage of subjects that has stated to have already made the decision of what to do when they finish studying. As it is seen in the graphic (we asked the subjects to state if they had already decided what to do after school) the greatest levels of uncertainty are found in year IV. The intersection of these data does not seem, however, enough to explain levels of stress, as the high percentage of students who have decided should cause a significant reduction of stress in year V. Most likely, stress concerning the post high school choice is the nonlinear combination of two factors: on one hand, uncertainty regarding the choice, on the other hand, the immediacy of the event. Comparing stress levels amongst subjects that count on strong family support and subjects that count on scant family support there are significant differences. The subjects that count on strong family support seem to register lower average stress levels, regarding their post high school choices. Furthermore, this kind of support seems to reduce stress as the event comes nearer, facilitating the decision-making.



Recent Publications

1. G Giorgi and Fiz Pérez J (2014) The general health questionnaire (GHQ-12) in a sample of Italian workers: Mental health at individual and organizational level. *World Journal of Medical Sciences* 11(1):47-56.
2. G Giorgi, Fiz Perez J and M Morone (2016) Neuroticism: characteristics, impact on job performance and health outcomes. The influence of neuroticism, personality traits and motivation on organizational emotional intelligence and work-related stress tolerance. ISBN: 978-1-63485-323-1.

Biography

Javier Fiz Perez is a Psychotherapist and Professor of Psychology at the European University of Rome, where he cooperates also as Delegate for the International Research Development. He is Co-Director of the Laboratory of Applied (Business and Health Lab). He graduated in Philosophy, Psychology and Social Bioethics, getting also a specialization in Executive Business Administration (EMBA) after the PhD. He is a Member of the Advisory Board of the Academic Senate of the Accademia Tiberina. He is the Coordinator of the Scientific Committee of The International School of Economics and Ethics (Italy) and collaborates with the International Academy for Economic and Social Development (AISES) of which he has been Vice President for Spain and Latin America. He is also the Scientific Research Director of the European Institute of Positive Psychology at Madrid (IEPP) being also a Member of the Scientific Committee of International Institute Jacques Maritain. He is also a Member of several Committees of Scientific Journals and the Director of the International Network for Social and Integrated Development (INSID). He has more than 150 national and international publications.

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DECISION MAKING IN ADDICTION

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Addiction is a serious public health problem that causes morbidity and mortality and economic burden. Recognizing that addiction results from the choices made by those with that disorder, the field of addiction science, beginning in the 21st century has increasingly focused its attention on decision making processes. A hallmark of addiction is the fact that the individual suffering from it continues to use despite negative consequences. Progress in identifying the neurobehavioral decision processes underlying disadvantageous decision making evident in addiction could facilitate the transition from a symptom-focused approach to a mechanism-focused approach, and this may further the development of treatments for these conditions. Decision-making impairments can be both the cause and consequence of addiction. Some of the traits linked to substance use vulnerability, such as reward-sensitivity and impulsivity, contribute to poorer performance in decision-making tasks. Similarly, the deleterious effects of chronic substance use on frontostriatal and limbic systems have been shown to produce or exacerbate impairments in cognitive control processes that contribute to decision making, such as working memory. This presentation will focus on neurobehavioral theories of impaired decision-making in addiction; impairments in three stages of decision-making in addiction, namely, preference formation, choice implementation, and feedback processing; and implications of impaired decision-making in addiction.

Recent Publications

1. Bickel W K, Mellis A M, Snider S E, Athamneh L N, Stein J S and Pope D A (2017) 21st century neurobehavioral theories of decision making in addiction: Review and evaluation. *Pharmacology Biochemistry and Behavior* 164:4-21.
2. Verdejo Garcia A, Lawrence A J and Clark L (2008) Impulsivity as a vulnerability marker for substance-use

disorders: Review of findings from high-risk research, problem gamblers and genetic association studies. *Neurosci Biobehav Rev* 32(4):777-810.

3. Verdejo García A, Chong T T J, Stout J C, Yücel M and London E D (2017) Stages of dysfunctional decision-making in addiction. *Pharmacology Biochemistry and Behavior* 164:99-105.
4. Albein Urios N, Martinez Gonzalez J M, Lozano O, Clark L and Verdejo Garcia A (2012) Comparison of impulsivity and working memory in cocaine addiction and pathological gambling: Implications for cocaine-induced neurotoxicity. *Drug Alcohol Depend* 126(1-2):1-6.
5. Vonmoos M, Hulka L M, Preller K H, Minder F, Baumgartner M R and Quednow B B (2014) Cognitive impairment in cocaine users is drug-induced but partially reversible: Evidence from a longitudinal study. *Neuropsychopharmacology* 39(9):2200-2210.

Biography

Ebru Aldemir has been a Psychiatrist for fifteen years. She is a Lecturer and a PhD student on Substance Addiction Programme at Ege University Institute on Drug Abuse, Toxicology and Pharmaceutical Science. She has published more than 15 papers in reputed journals. Her research interests are addictive disorders, neurocognitive functions, motivational interviewing and brief psychotherapies.

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