



3<sup>rd</sup> International Conference on

# **Mental Health and Human Resilience**

June 21-23, 2017 London, UK

## Keynote Forum

### Day 1

*Mental Health 2017*

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# Mental Health and Human Resilience

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## Ming-hui Li

*St. John's University, USA*

### Resilience and coping strategies: Learning to become resilient

**Problem Statement:** Resilience has been in studies for about four decades. Studies of resilience have gradually switched the perspective of mental health issues from psychopathology to a positive psychology. For the past 13 years, the author has focused on studying the process by which trait resilience influences coping strategies, which are related to adaptation and mental health. The author has always been exploring better approaches to improving human resilience.

**Methods:** Based on resilience theories and empirical studies, the following questions were addressed in my studies: (1) Can resilience predict active coping across different cultures? (2) Can resilience predict active coping across time? (3) Can resilience mediate the effect of stress on problem-solving? (4) Can resilience moderate the effect of stress on avoidance? (5) Can resilience be learned from life experiences? (6) In the process of learning to become resilient, do stress, generalized anxiety, attachment avoidance and attachment anxiety impact the influence of life experience-learning on resilience? Data were collected in the US, China, and Taiwan, using scales that have adequate validity and reliability. Structural equation modeling and Haye's moderated mediation approach were applied to analyze data.

**Findings:** Resilience can predict active coping across cultures and across time. Although resilience can mediate the effect of stress on problem-solving, it cannot moderate stress's effect on avoidance. Resilience can be learned through life experiences. Life experience-learning could directly influence resilience and indirectly influence resilience via self-efficacy and self-compassion. Stress and generalized anxiety do not significantly impact the process of learning to become resilient. However, attachment avoidance and attachment anxiety can each negatively influence the process.

**Conclusion:** Findings suggest that mental health practitioners add a new ingredient, life experience-learning, to resilience development programs. In addition, resilience programs can be more effective when attachment anxiety and attachment avoidance are dealt with.

### Biography

Ming-hui Li is a Clinician, a Researcher, and a Professor. He is a licensed Mental Health Counselor in New York State and a licensed Professional Counselor in the State of Pennsylvania. In addition, he is a National Certified Counselor and a Nationally Certified Psychologist in the USA. His clinical and research interests include stress coping and resilience development. Some of his research projects on resilience are cross-cultural studies. He has published 18 articles in national journals such as *Journal of Counseling & Development* and *Journal of Multicultural Counseling & Development* and in international journals such as *International Journal of Stress Management*. He has conducted 40 presentations at national conferences and 41 presentations in meetings at the local, regional or international levels.

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## Jane Montague

University of Derby, UK

### I'm more resilient that I ever thought I was: Life after a cancer diagnosis

The incidence of cancer in the UK varies by type. For example, breast cancer is the most common cancer for women in the UK, with around 54,800 new cases diagnosed in 2014 and a rise of around 2% predicted to take place between 2014 and 2035. Ovarian cancer is the sixth most common cancer for UK women; however, the predicted rise is of 15% between 2014 and 2035. A diagnosis of cancer can cause an individual much distress, not only in relation to their own reaction to the news but also in having to negotiate how others might receive their diagnosis. Two studies exploring women's experiences of cancer will be discussed. The first focuses on the effects of a breast cancer diagnosis on women under the age of 50 and their decision not to reconstruct the breast following mastectomy. The second explores the experience for patients of engaging in a yoga intervention following surgery for gynecological cancer. In both studies a qualitative methodology was utilized with data generated through semi-structured individual interviews (breast cancer) and focus groups (gynecological cancer) analyzed using interpretative phenomenological analysis. An idiographic method of analysis, the focus in this approach is on exploring the in-depth accounts generated with the women during the research process. The analysis in both studies highlighted the women's resilience in relation to their experience. Through their individual and joint accounts they discuss their relationships with others, their decision making processes and their development of a new identity following their surgery. Following the research recommendations for practice have been made. The women particularly highlighted a need for engagement with others in similar positions, more discussion of their health issues and less focus on the negative aspects of their diagnosis. They actively demonstrated their positivity in moving to a new normal.

### Biography

Jane Montague has completed her PhD in critical social psychology concentrating on relationships a few years ago. Alongside that she worked in several different institutions gaining some lecturing experience. After taking the role of Subject Leader for Joint Honours Scheme students and then moving to Assistant Head of Psychology, she is now working as Head of Psychology in the Faculty of Education, Health and Sciences at the University of Derby. Our subject area is growing rapidly within the School of Science and the University of Derby Online and, along with the three Assistant Heads in Psychology. She is currently having management responsibility for approximately 35 campus-based, members of staff, in addition to a growing number of associate lecturers and online tutors.

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### Notes:



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## Thomas P Dooley

*Trends in Pharma Development, USA*

### PanX® drugs as PRN alternatives to addictive benzodiazepines for anxiety disorders

Fast-acting and safer prn drug treatments for anxiety disorders are a significant unmet need in mental health. The recently developed PanX® drugs were designed to address this unmet need. PanX® drugs are a patented “new class” of medicines (www.PanX.us). The currently available PRN medicines for anxiety disorders are benzodiazepines. However, benzodiazepines are addictive and have the potential for abuse. As new alternatives to benzodiazepines, PanX® dual drug combinations consist of a beta blocker and an antiemetic antimuscarinic agent. The beta blocker (e.g., Atenolol or Propranolol) antagonizes epinephrine to reduce the cardiovascular symptoms of anxiety disorders, such as tachycardia and palpitations. The antiemetic motion sickness component (e.g., Scopolamine) antagonizes acetylcholine to reduce the non-cardiovascular and central nervous system symptoms, such as anxiousness, fear, avoidance, nausea and vomiting. By antagonizing the sympathetic and parasympathetic autonomic nervous systems simultaneously, PanX® drug combinations are intended to suppress the multiplicity of symptoms of acute anxiety episodes. Furthermore, the active ingredients have been shown to be safe and non-addicting over the past half century. In the United States multiple regulatory pathways are envisioned for the anxiolytic products. Given that the active ingredients are already approved in other drugs, compounded pharmaceuticals have been prescribed and have provided anecdotal evidence of a calming effect in humans. We are also pursuing clinical development toward a US FDA approval. The products can be formulated for rapid effect by mucosal delivery (e.g., sublingual), among other routes of administration. PanX® drugs are promising breakthrough medications intended as fast-acting and safer alternatives to benzodiazepines for the treatment of acute anxiety episodes.

### Biography

Thomas P Dooley is the author of *Praying Faith, Hope When Everything Seems Hopeless* and *Half-Truths are Lies*. He is the Founder and President of Path Clearer Inc., and has been a Co-Founder and/or Board Member of various Judeo-Christian Ministries and other nonprofit organizations. He is a frequent guest contributor to television, radio and print media. He is an Entrepreneurial Biomedical Research Scientist and has served in various leadership roles in the pharmaceutical and biotechnology industry and in academia. He was the Founder and CEO of IntegriDerm Inc. and ALtruis LLC, and the recipient of an Endowed Chair Position at Southern Research Institute.

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## *Simon Michaels*

*Mindful Work, UK*

### How mindfulness training can be adapted for busy people in stressed working environments

Today's workplace is an increasingly challenging environment. Stress is at epidemic levels and now the top reason for absence. HR managers have to both nurture employee wellbeing and support people to work at their best. Few organizations can afford for employees to be off work or to have unhappy teams with a potentially detrimental effect on customer service and profitability. We need effective stress reduction programs that encompass organizational values, promote wellbeing and improve productivity. Mindfulness has been proven to be highly effective in reducing stress, improving focus, and helping people get on better together. But many wonder if it will suit their workplace, whether it's all a bit new-age, or whether busy people have the time to do the exercises. These are all very good questions. The author has developed a unique training program designed for busy professionals, using a little-and-often approach that uses practical mindfulness techniques to help people cope with anxiety and stress with grounding in value-driven intention.

### Biography

Simon Michaels is a Business Advisor and Mindfulness Trainer, who has worked with government agencies, public and private sector organizations and as a Business Coach. He draws on 20 years of experience as a company Director, Consultant and mindfulness Practitioner, designing training programs that address the inherent pressures of the modern workplace.

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### Notes: