

## Awakening awareness for mental health and success at work and home

### Amber Qureshi

Institute of Coaching, McLean/Harvard, United Kingdom

Being self-aware is difficult in our modern age, as we are constantly bombarded with marketing messages and social media platforms that vie for our attention. The new oil is of course our data and as companies relentlessly share our personal information to target us more effectively, we are often, drawn into their 'web.' Consequently, rather than taking the time to self-reflect and become more self-aware, many of us have become consumers who mindlessly absorb external (often biased) information often resulting in poor mental and physical health and destructive relationships. Being self-aware is a necessity and not a luxury. It helps us to navigate ourselves with mental strength when faced with adversity. It enables us to make decisions optimal for our mental and physical health and to find meaning and purpose in our lives and relationships at work and home. It is ironic that as the world becomes more 'connected' via technology, we are becoming more fragmented and disconnected as individuals. In developing self-awareness, one becomes more conscious of oneself and connects with people around them more effectively. Ultimately, self-awareness is a key for living a full life—understanding one can help elucidate how to best foster personal and professional growth and wellbeing.

**Conclusion:** Self-awareness results in optimal performance in all areas of life. Cultivating self-awareness is essential to see the power we hold within ourselves while developing proper self-leadership skills. We can also use this connection to ensure better mental health and stress management, so that we can turn self-doubt into self-confidence and self-limitation into self-power, making remarkable changes and allowing us to unlock exceptional potential for those who seek a more fulfilling life.

### Biography

Amber Qureshi is a specialist in special care dentistry. She is UK qualified and studied and worked at London's two most prestigious hospitals before answering to the call of her entrepreneurial nature and desire to make the world a more healthy, loving, kind, compassionate, equitable, diverse and inclusive place for all. She is a bestselling author (including co-authoring a wordless book with Baroness Hollins), has appeared in local/national magazines and contributed to numerous UK public health reports. She is the podcast host of Inside Out Smile and has served as a trustee and committee member for Special Olympics GB and MedicaAlert UK. Currently she is a coach/consultant, a fellow and Council member of the Council for race, equity and inclusion, with the Institute of Coaching, McLean, A Harvard Medical School Affiliate and coaches at University College of London's Global Business School for Health.

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# 6<sup>th</sup> International Conference on Mental Health & Therapy

February 20, 2023 | Webinar

Andrew Bordt, Int J Emer Ment Health 2023, Volume 25

## Engage! Building recovery capital through learning optimization

### Andrew Bordt

The Institute for the Advancement of Group Therapy, USA

Just like learning to swim or ride a bike, skills cannot be learned through the passive absorption of information alone. Have you ever had a group where silence seemed to be the norm or where you were quite certain half of the patients weren't paying attention? Have you met patients that knew so much they could recite the curriculum talking points by heart but were in treatment yet again?

Group therapy plays an influential role in behavioral health and recovery. Yet, current delivery methods often fail to engage patients or effectively build recovery skills necessary for success outside of the treatment space. Didactic facilitation and instruction, while an important part of the beginning of any session, can quickly lead to patient disinterest and disengagement. Current clinical licensing courses do not address group dynamics or delivery skills beyond theory, but, as with all skills, clinicians need practice in group facilitation to move a group of diverse learners towards a common session goal.

### Biography

Andrew Bordt, M.Ed., is a licensed educator with certifications through Columbia University's Teacher's College and Cambridge University. He is an expert in the neuroscience of learning and engaging diverse groups to improve knowledge and skill acquisition, retention and recall to help more patients heal and improve recovery outcomes.

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# 6<sup>th</sup> International Conference on Mental Health & Therapy

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Antoinette Gomez, Int J Emer Ment Health 2023, Volume 25

## Incorporating JEDI into mental health treatment and practice

### Antoinette Gomez

Harmony Counseling Center, LLC., USA

This session explores how the counseling room can address JEDI (Justice, Equity, Diversity and Inclusiveness). Speakers, share how to address JEDI from the consultation call to discharge, specifically with clients who identify as minorities including African American/Latinx and are also members of sexual minorities, veterans, the disabled, the poor and the social and politically disenfranchised. Participants will participate in small group exercises which facilitate crucial conversations about race, class, gender and sexual orientation. There is a focus serving members of our community using a mindfulness and self-care strategies to lead these transformative and crucial conversations, minimizing vicarious trauma. We will explore our serving population's representative of our cultures can contribute to compassion fatigue which manifest in mental, physical and emotional ways. Our last goal is to celebrate client strengths, pride, culture and values with clients from a strengths-based approach and not from a deficiency approach, which we feel increases self-efficacy, contributes to help seeking behaviors and casts aside the myth that counseling is a sign of weakness.

**Learning Objectives:** Attendees will learn how innovative strategies can significantly impact provider capacity and competency to support individuals with complex behavior support needs.

**Learning objective 1:** To Encourage clinicians to openly create dialogue from the initial contact to the last session of therapy focusing on self-awareness using FIT model, using and the Culturagram to explain and model in a practical group exercise who knowing self lends to helping clients explore their whole selves.

**Learning objective 2:** To discuss how counselors can integrate JEDI principles in counseling, through assessment, treatment goal creation in a collaborative manner, assessing progress, celebrating accomplishment and unpacking the effects on the client's mental health and the therapist's professional and personal growth.

### Biography

Antoinette Gomez is a Licensed Clinical Social Worker, Licensed Marriage and Family Therapist and Registered Play Therapist. She has devoted 15 years to helping children and their families are successful in relating to one another. She also treats anxiety, depression, trauma, eating disorders, compulsions, addictions and other lifelong stressors. Trauma recovery is her area of expertise and she presents on how Justice, Equity, Inclusiveness and Diversity aligns with healing chronic, racial and generational trauma. She works on treating people with an abundance mentality and using CBT, to restructure their thoughts and to see the myriad of opportunities. PTSD is real and the struggle is REAL. She helps people including veterans and crime victims turn the page to survivorship and healing in transformative ways.

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## Patients' opinions on the validity of the diagnosis of pediatric bipolar disorder

### Katrin I. Kutlucinar

Synergy Family Services, USA

The recent debates regarding the validity of Pediatric Bipolar Disorder (PBD) as a valid diagnosis is concerning to many patients who have firsthand experience of the trajectory that Bipolar Disorder (BD) can take when not treated early. We offer patients' perspectives on the arguments made in the commentaries, which we believe should be taken into consideration before consequential decisions like eliminating a diagnosis is proposed. We are certainly not experts in the study of PBD, but rather, experts on the subjective experience that only those who fall on the bipolar spectrum are able to identify with. We do not disagree with all the statements made in these commentaries. However, we do believe that the debate is not complete without hearing from those who experienced symptoms in childhood. We offer first hand experiences from three patients who will attest to strong reactions elicited by the suggestions made.

### Biography

Katrin I. Kutlucinar is a Research Associate at Research and Conversations about Bipolar Disorder Inc. Her focus is on recovery, quality of care and embracing the individuality of the client and patient. Her goal is to improve the quality and availability of mental health services for those living with mood and psychotic disorders through research and psychotherapy.

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## Determining the prevalence of depression among cervical cancer patients in Moi Teaching and Referral Hospital, Eldoret

**Aphlyne Turfy\*, Pauline Kimonda, Maureen Kalum and Naaman Oyugi**

Medical Psychologists Association of Kenya, Kenya

Many cervical cancer patients present with comorbid depression hence low quality of life, as evidenced by Moi Teaching and Referral Hospital (MTRH) cancer patient records. This study was conducted to identify factors associated with depression among cervical cancer patients at MTRH by determining the prevalence of depression among cervical cancer patients at MTRH. This included the inpatients and outpatients in MTRH and Clinical Assessments done together with the screening tools (The Becks Depression Inventory [BDI]). A total of 123 patients were enrolled to participate in the study. Participant's ages ranged from 18 to 65 years and the marital distribution was: 15% single, 16% divorced and 69% were married. A third (30%) had severe depression; 42% were moderately depressed, 17% mild depression and 11% minimal depression level. Slightly less than half (41%) thought that somewhat the treatment was important and the majority (33%) identified intensity of pain as an associated factor for depression. Determinants of depression such as Loss of interest, Low self-esteem, Low social support, feelings of worthlessness all contributed to the low Quality of life of the cervical cancer patients and their response and attitude towards the treatment modalities. To conclude, patients with cervical cancer have co-morbid depression that should be addressed to improve the quality of life. Socio-demographic and socioeconomic factors are important in defining the incidence of depression among cervical cancer patients. The management of cervical cancer requires a multi- sectoral and multidisciplinary effort and it also requires strong linkages and teamwork between providers at all levels of Health care system.

### Biography

Aphlyne Turfy is a Medical Psychologist and the current national Chairperson for the Medical Psychologists Association of Kenya. She is currently in Israel ongoing her MA in International Development and Specializing in Migration, Refugees and Asylum Seeking and also working on a project for Mental Health and Climate Change. She previously worked with the Division of Mental Health at the Ministry of Health, Kenya, Mathare National Teaching and Referral Hospital and Jaramogi Oginga Odinga Teaching and Referral Hospital. She is passionate about Mental Health advocacy and her knowledge on Sign Language helps her communicates and reaches out to the deaf community at Mental Wellness with a Smile, a Community Based Organization she founded.

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## Prevalence of depression among adolescents in secondary schools in Kakamega County

**Bakesia Grace\*, Olayo Rose, Mengich Gladys and Opiyo Rose**

Masinde Muliro University of Science and Technology, Kenya

Adolescence presents behavioral adjustments related to the hormonal changes. This often makes adolescents susceptible to depression, a condition that's very challenging to diagnose. Secondary-school adolescents have academics, physical as well as the social development tasks to juggle with. Global data indicates that mental disorders record 16% of the worldwide burden of disease and ill health with 10-20% of adolescents suffering from mental disorders. Half of the cases of all mental illnesses kick-off at age fourteen and a number these cases are undetected, unreported and untreated. In Kenya, depression prevalence rate is at 43.7% for the overall population and 57.5% among adolescents. The paper aims to determine the prevalence of depression among adolescents in secondary schools. This study adopted descriptive cross-sectional survey design. Eleven questions on depression were asked to the students and mean and standard deviation computed based on Kutcher Adolescents Depression Scale-version 11. The Hopelessness Theory of Depression and Dynamic Equilibrium Theory of Subjective Well-Being guided the study. A simple random sample of 456 secondary school going adolescents aged 15 to 19 years were selected from 76 schools through multistage cluster sampling. Consent and ascent forms were obtained and an ethical clearance was obtained. Descriptive statistics was used to analyze the prevalence of depression among adolescents in secondary schools in Kakamega County. Most of the students were form 2s in mixed Day Schools. The results showed that the prevalence was at 44.5% with a mean age of the students being 17 years. The study concluded that the depression prevalence rate is high among secondary school students. Ministry of Health and Education need to embrace the timely interventions recommended by the WHO to greatly decrease the numbers and rigor of depression.

### Biography

Grace Buluma Bakesia is a Lecturer at the Department of Reproductive, Midwifery and Child Health at the School of Nursing, Midwifery and Paramedical Sciences in Masinde supervises students while in class and on clinical placement. Her areas of academic and research interests are in the fields of adolescent health and her partnerships help in linking students to fields of practice that better's advocacy for the overall well-being of patients in innumerable platforms. She has worked as a child protection specialist, a gender and social development champion and a researcher, interested in the sociocultural impacts on health and development agenda. She is pursuing PhD in Public Health with a focus on adolescent well-being interventions from Masinde Muliro University of Science and Technology; she holds Masters and Bachelors in Medical Anthropology from the University of Nairobi (2015 and 2011 respectively) and Certificate in Counselling from the University of Nairobi (2008).

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