

1793rd Conference

Mental Health Nursing & Annual Mental Health 2018



14th World Congress on

PSYCHIATRIC & MENTAL HEALTH NURSING

&

5th World Congress on

MENTAL HEALTH AND WELLBEING

July 25-26, 2018 | Vancouver, Canada

Keynote Forum

Day 1

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Javier Fiz Perez

The European University of Rome, Italy

The negative effects of extrinsic motivation on organizational emotional intelligence

Introduction: Emotional intelligence is an emergent topic. However, few studies have tested its relationship with motivation at work, which remains unclear. In particular, the effects of extrinsic motivation on emotional intelligence are under-investigated.

Method: The Organizational Emotional Intelligence Questionnaire (ORG-EIQ) and the Work and Organizational Motivation Inventory (WOMI) were administered to 486 Italian employees. In testing the relationship of emotional intelligence with motivation, we used a new Italian model that includes self-awareness; self-management; social competency and relationship management.

Results: Findings suggest that intrinsic motivation dimensions add a significant percentage of variance, in addition to variances due to extrinsic motivation with respect to emotional intelligence.

Discussion/Conclusion: The results highlight the negative association of extrinsic motivation with relationship management in particular. New research and intervention perspectives are suggested.

Biography

Javier Fiz Perez Ph.D., 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's a Member of the Advisory Board of the Academic Senate of the Accademia Tiberina. Professor Fiz Perez 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).

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Atul Kumar Mehra

Jaagran Psychoanalysis and Wellness Centre, Canada

The need for disease

95% of all people do not know that our body has the capacity to heal itself from any disease. If we can create a disease then we can heal it too. We depend so much upon external resources and physical aspects of being a human in order to fight against diseases and get quick relief from symptoms; basically, we go back to the state before the symptoms began and then continue on the same path as before when we received warning signs or just produce entirely different symptoms, and keep on cycling through the creation and disappearance of symptom for the rest of our lives. I medicines are useless, that while using medication, it is also of utter importance to integrate the working and accessing of the unconscious mind to find where of illness lie. For example, Bruce Lee was considered one of the strongest people in the world, yet he died at 32 years of age. While it was widely believed that he died of cerebral edema, there are still many rumors circulating about his untimely death. Was it that he was not able to confront his basic fears that were created during his childhood? We will never know the real truth unless we explore the depths of unconsciousness and begin to understand the malignant energy lurking beneath any disease. Can a heart attack, be an unconscious form of committing suicide or are willing to our unconscious and the connections working within it, be surprised to learn that although Mother Teresa sacrificed her life for the upliftment of humanity, she suffered from periodic depression, a chronic form of emotional darkness and that was, of course, created by her at an unconscious level. Does this mean that by serving others the way she did that she was trying to fill a dark void within her that was created in her childhood? All these questions remain a challenge us to our perspective we may research related to our unconscious mind in order to create a need for the disease.

Biography

Atul Kumar Mehra is an author, international speaker and a registered Psychotherapist in Ontario, Canada. He has participated in Moderated Panel Discussion Videos with Dr John Gray (The author of Women are from Venus and Men are from Mars) on various topics. He has presented in same international event He has been a guest speaker on hundreds of TV and radio shows in different languages, as well as a keynote presenter for national and international conferences. Atul has always had a love of writing and has published articles in several countries and in several languages. In addition to publishing his book The Unseen Wisdom of the Unborn, he is working on two other books - Addiction is Survival, Not Guilt and How to Program your Subconscious Mind.

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Iwona Sienko

University of British Columbia Okanagan Campus, Canada

Smart UBC-Embedding mindfulness into undergraduate BSN curriculum

Stress is a natural part of our lives and healthy levels help us with creativity, reaching our goals and maintaining overall drive. Increased stress levels erode our health, productivity and overall happiness. Chronic stress is becoming an epidemic of the twenty-first century. To combat this state of affairs many began exploring the benefits of mindfulness as an antidote to chronic stress. Thirty years of research looking at the effects of mindfulness, as well as the neuroscience of mindfulness, offer compelling evidence to support the use of mindfulness practices. Some benefits of practicing mindfulness are stronger focus, better memory, staying calmer under stress, enhanced concentration and executive functioning, improved overall mental and physical health. In 2015, the School of Nursing at UBC Okanagan began offering a smartUBC to all first-year students in a mandatory Relational Practice course. The rationale was two-fold: to provide undergraduate students with mindfulness skills and capacities to help them navigate and succeed in their first year of university as well as stress management and resiliency techniques for their nursing practice. These students are currently part of a 6-year longitudinal study looking at the efficacy of smartUBC. First-year findings provide preliminary evidence that the smartUBC course offers coping techniques to nursing students to assist them with the demands of school. We offered smartUBC to our faculty and staff and have expanded the program into the community. Program evaluation into these sessions reports that the curriculum has a positive impact on both work and personal lives. The vast majority of participants would recommend the course to others and faculty members believe there is a benefit to offering smartUBC in the academic environment. The smartUBC (stress management and resiliency techniques) curriculum has its foundation in MBSR (mindfulness-based stress reduction) with added components of emotional theory and forgiveness and compassion training.

Biography

Iwona Sienko has over 30 years of nursing and leadership experience in working in various healthcare systems and own business. Throughout her career, she developed a deep trust in a human capacity that became even more prevalent after spending time healing from chronic stress. During that time she explored the latest discoveries in neuroscience, epigenetics, and neuroplasticity. She has learned how to build resiliency in the body and mind. In a way, she bio hacked her life to overcome the adversities of her experiences. She witnessed first-hand how the body and mind can heal from chronic stress when given proper support in the right environment. She is an Adjunct Professor with the School of Nursing at UBCO; in her practice, she utilizes the power of mindfulness and its influence on our relationship with stress. She holds a Bachelor of Science in Nursing and Masters in Business Administration and is a certified smartUBC facilitator.

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Mada Eliza Dalian

Dalian School for Health and Consciousness, Canada

An advanced light-speed system of the future that eliminates the causes of anxiety, depression, PTSD, chronic pain and disease

Problem: Challenges such as anxiety, depression, grief, PTSD, chronic pain, and disease are experienced in the body, yet our conventional treatments don't go deep enough to identify the deeply rooted unconscious thought patterns, fears, and emotions working in the body. The purpose of this presentation is to illustrate how mental and physical challenges can be eradicated with a new advanced technology – the Dalian Method™ – without using cognitive therapy or expensive medications.

Methodology and theoretical orientation: The theory is that: 1) anxiety, depression, PTSD, and disease are manifestations of fear and unconscious beliefs that are repressed in the body and its epigenetic code. 2) healing occurs by transforming what is unconscious in the body into self-empowered consciousness. The methodology is based on a mathematically designed system – the Dalian Method™ (DM), which works through the entire body (from feet to head) including; front/back and top of the head, the yin/yang energy polarities, front and back chakra points, knees, and bottoms of feet simultaneously, while utilizing a structured system of breathing (inhalation/exhalation) and out loud verbal expression through different parts of the body. Cleverly by-passing the mind, DM accesses the thoughts and associated emotions of anger, sadness, insecurity, self-criticism, etc. stored in the body's cellular memory, and spontaneously transforms what is unconscious into self-empowered consciousness.

Findings: Documented case studies and preliminary research findings demonstrate how the Dalian Method™ helps to eradicate the root causes of anxiety, depression, grief, PTSD, chronic pain and disease and achieve a lasting change. It helps to naturally increase understanding and clarity, build self-awareness and self-confidence, learn valuable lessons, and experience self-acceptance, inner peace, joy, and wellbeing.

Conclusion and significance: The Dalian Method™ is a unique system, which works with the entire body, and not just the cognitive mind, to access and transform the causes of anxiety, depression, PTSD, and disease repressed in the body's cellular memory. The Dalian Method™ can be used with a trained facilitator or on one's own, using the Self-Healing Dalian Method home practice kit (book and 2 CDs).

Biography

Mada Eliza Dalian is an award-winning best-selling author, scientist of the human condition, and founder of the Dalian Method for Health and Consciousness. Her findings and the success of this new methodology are based on: her childhood ability to "read" repressed thought-patterns in people's body; her experience of awakening at age 33; explorations of human condition (interconnectedness of unconscious and conscious processes); experimentation and research, along with her work in the fields of social work and personal development over the past forty years. After developing and working with this powerful system with clients in her private practice for over eighteen years, in 2014, she devised the self-help version of the method for adults, followed by its variations for young adults, teens, and children. Due to consistent lasting results and increased interest from professionals, Mada also created Dalian Method Facilitator Training Programs to allow for seekers of one-on-one support to receive assistance from trained Dalian Method facilitators.

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