



**1<sup>st</sup> International Congress  
for  
Egyptian Association of Cognitive Behavior Therapy**

**المؤتمر الاول  
للجمعية المصرية للعلاج المعرفي السلوكي**

**Cairo  
Egypt**

*27, 28<sup>th</sup> February 2014 & 1<sup>st</sup> of March 2014*

*٢٧، ٢٨ فبراير ٢٠١٤ و ١ مارس ٢٠١٤*

# Welcome Message

Dear Friends & Colleagues,

I am honored to invite you to the 1st International Congress for the Egyptian Association of Cognitive Behavior Therapy, which will take place in February 2014 in Cairo and which I am sure will leave a lasting impression on us all.

This innovative scientific event is scheduled to take place at Cairo Marriott Hotel, Egypt, on February 27<sup>th</sup> & 28<sup>th</sup> & the 1<sup>st</sup> of March, 2014. You are most cordially invited to join us!

The congress theme is “CBT in the Arab World: Bridging the Gap from the West to the East”. We will discuss the major theoretical backgrounds & developments in the field of cognitive behavior therapy – from clinical practice to research & clinical applications to special interest groups. In addition to a top-rate scientific program, there will be many opportunities for hands-on learning & clinical training as well as exciting social events.

The EACBT 1st Congress aims to introduce CBT theory & techniques to all Arab world. We target workers in the fields of local, national & regional mental health, primary care & public health sectors. It is among our fundamental objectives to stimulate CBT related educational, research, & therapeutic services at national and regional levels and across the Arab world.

The Congress will be organized in Keynote presentations, scientific symposia, & practical workshops.

As the chairman of the Egyptian Association of Cognitive Behavior Therapy, I look forward to welcoming you to Cairo, our revolutionary capital, filled with beautiful architecture & cultural attractions. The Egyptian capital is famous for its hospitality and culture. We are confident that the social events and leisure activities will contribute to the success of the congress.

We look forward to welcoming you all in Cairo in February 2014!

With best wishes

Congress President  
**Dr. Reham A. Aly**



Congress Honorary President  
**Prof. Ahmed Okasha**



## 3<sup>rd</sup> day 1/3/2014 : Scientific Programme

Time	Subject	Speaker
9:00 - 9:30	Registration	
<b>Opening Ceremony</b>		
9:00 - 9:30	Welcome note	<b>Dr. Reham A. Aly, M.D.</b> - Head of Training Department, General Secretary of Mental Health, Egypt - Diplomate of Academy of Cognitive Therapy, USA - President of Egyptian Association of CBT
10:00 - 11:00	Plenary Lecture	<b>Prof. Ahmed Okasha, M.D.</b> - Professor of Psychiatry, Psychiatry Dept. of Ain Shams University, Egypt - Director of WHO Collaborating Center for Training and Research - Past President World Psychiatric Association - President of Egyptian Psychiatric Association - President of Arab Federation of Psychiatrists
<b>Keynote</b>		
11:00 - 12:00	Treatment for Depression; CBT, Pharmacotherapy or Combined? ما هو العلاج الأمثل لاضطراب الاكتئاب؟	<b>Prof. Hisham Ramy, M.D.</b> - Professor of Psychiatry, Psychiatry Dept. of Ain Shams University, Egypt - General Secretary of Mental Health Secretariat, Egypt - Vice President Egyptian Association of Cognitive Behavior Therapy
<b>Symposia</b>		
12:00 - 1:00	Contemporary Psychotherapy: review of the practice in the Arab world "التيارات المعاصرة في العلاجات النفسية: منظور إيجابي متعدد المحاور في إطار التطبيق الحضاري العربي."	<b>Prof. Abdel-Sattar Ibrahim, Ph.D.</b> - Professor of Psychology, American University in Cairo - Life Member of the American Psychological Association, - Diplomate & Fellow of the American Board of Medical Psychotherapy
2:00 - 3:00	"Neuroscience-based Cognitive Therapy" استخدام العلوم العصبية في تقنيات العلاج المعرفي	<b>Prof. Tullio Scrimali, M.D.</b> - Professor of Psychology, Medical School, University of Catania, Italy - Head of ALETEIA International, European School of Cognitive Therapy - Member of the International Association for Cognitive Psychotherapy
<b>Lunch</b>		
<b>Special Interest Group Sessions</b>		
3:00 - 4:00	"CBT for Psychosis" "العلاج المعرفي للذهان، تقنيات ومهارات لازمة"	<b>Prof. Tarek Assad, M.D.</b> - Professor of Psychiatry, Psychiatry Dept. of Ain Shams University, Egypt - Director of Psycho-physiology & Sleep Lab, Ain Shams University, Egypt - Director of Cross Cultural Psychiatry Center, Egypt
4:00 - 5:00	"CBT for OCD: revisiting the basics" "العلاج المعرفي السلوكي للوسواس القهري: رؤية جديدة للأسس والتطبيقات"	<b>Dr. Amara Arafa, Ph.D.</b> - Lecturer of Clinical Psychology, Cairo University - Member of Egyptian Psychological Association,
5:00 - 6:00	"CBT with Couples; love was never enough" "العلاج المعرفي السلوكي للأزواج، أساسيات لازمة للبدائيات"	<b>Dr. Reham A. Aly, M.D.</b> - MD Psychiatry, Ain Shams university, Egypt - Head of Training Department, General Secretary of Mental Health, Egypt - Diplomate of Academy of Cognitive Therapy, USA - President of Egyptian Association of CBT

**Duration:** from 9 a.m. - 3:30 p.m. (6hrs Continuing Education)

All workshops will be presented bilingually (English & Arabic)  
except workshops for guest speakers will be presented in English.

**Coffee Break:** 12 p.m. - 12:30 p.m.

**1<sup>st</sup> day 27/2/2014**

### **Workshop 1:**



**"Cognitive Behavior Therapy:  
condensed practical basics"**

العلاج المعرفي السلوكي: دورة مكثفة عن أساسيات الممارس.

**Prof. Abdel-Sattar Ibrahim, Ph.D.**

- Professor of Psychology, American University in Cairo
- Life Member of the American Psychological Association,
- Diplomate & Fellow of the American Board of Medical Psychotherapy

### **Workshop 2:**



**"CBT & others: where do CBT meet with othertypes of  
psychotherapy & how do they differ"**

العلاج المعرفي السلوكي والأنواع الأخرى  
من العلاج النفسي: اين يتقابلون ومنى يختلفون

**Prof. Mahmoud Hamouda, M.D.**

- Professor of Psychiatry, Psychiatry Dept of Al-Azhar University Hospital, Egypt
- Head of Psychiatry Dept of Al-Azhar University, Cairo
- Diploma of child & Adolescence Psychotherapy, Ain Shams University

# Pre-congress workshops

→ Please register to reserve your place  
(limited attendee / workshop).

جميع ورش العمل باللغة العربية فيما عدا  
ورش عمل الضيوف الاجانب باللغة الانجليزية ←

## Workshop 3:



### "CBT for Addiction"

"العلاج المعرفى السلوكى لإضطراب استخدام المواد المؤثرة نفسيا  
(الادمان) أساسيات التعامل اللازمة لنجاح العلاج"

**Prof. Amany Haroun El Rasheed, M.D.**

- Professor of Psychiatry & Addiction, Psychiatry Dept of Ain Shams University, Egypt
- Johns Hopkins University Fellowship (Substance Abuse)
- Fellow of RC Psych, Fellow of WPA, Member of APA

## Workshop 4:



### "CBT for Social Phobia"

"العلاج المعرفى السلوكى للخوف الاجتماعى"

**Prof. Tamer Goueli, M.D.**

- Professor of Psychiatry, Psychiatry Dept of Cairo University, Egypt
- M.D. Psychiatry, Cairo University, Egypt
- M.Sc Neuropsychiatry, Cairo University, Egypt

2<sup>nd</sup> day 28/2/2014

### Workshop 1:



**“Complex Cognitive Therapy For Feeding and Eating Disorders”**

**العلاج المعرفى لإضطرابات الاكل**

**Prof. Tullio Scrimali, M.D.**

- Professor of Psychology, Medical School, University of Catania, Italy
- Head of ALETEIA International, European School of Cognitive Therapy, Italy
- Member of the International Association for Cognitive Psychotherapy (IACP)

### Workshop 2:



**“CBT for Children: Basic concepts & practical applications for beginners”**

**العلاج المعرفى السلوكى للأطفال:  
المفاهيم الأساسية اللازمة للمبتدئين**

**Prof. Safeya Effat, M.D.**

- Professor of Psychiatry & Addiction, Psychiatry Dept. of Ain Shams University, Egypt
- Head of Psychiatry Institute Ain Shams University, Egypt
- M.D. Psychiatry, M.Sc Neuropsychiatry

### *Workshop 3:*



#### *“CBT for Adult ADHD”*

*”العلاج المعرفى السلوكى لإضطراب فرط  
الحركة ونقص الانتباه عند البالغين ”*

#### **Prof. Hisham Ramy, M.D.**

- Professor of Psychiatry, Psychiatry Dept. of Ain Shams University, Egypt
- General Secretary of Mental Health Secretariat, Egypt
- Vice President Egyptian Association of Cognitive Behavior Therapy
- Vice President of Asian Federation of Psychiatric Associations

### *Workshop 4:*



#### *“Changes in the concept and management of sexual dysfunctions; Is there a role for CBT?”*

*دور العلاج المعرفى السلوكى فى فهم  
وعلاج الإضطرابات الجنسية*

#### **Prof. Tarek A. Okasha, M.D.**

- Professor of Psychiatry, Psychiatry Dept. of Ain Shams University, Egypt
- Secretary of the Scientific meeting, World Psychiatric Association
- Vice Chairman and Managing Director of the Psychiatric Health Resort

*Date of conference*  
**27, 28<sup>th</sup> February 2014 & 1<sup>st</sup> of March 2014**

### *Registration Fees*

	<b>Egyptians</b>	<b>Foreigners</b>
<b>Before December 31<sup>th</sup></b>	<b>2500 L.E.</b>	<b>450 \$</b>
<b>After December 31<sup>th</sup></b>	<b>3000 L.E.</b>	<b>500 \$</b>

### *Registration includes:*

- Workshop 1 from 27<sup>th</sup> February program
- Workshop 2 from 28<sup>th</sup> February program
- The Scientific Program on 1<sup>st</sup> March
- Coffee breaks on workshops
- Lunch on Congress Day
- Certificate of attendance

### **رسوم المؤتمر**

<b>غير مصريين</b>	<b>مصريين</b>	
\$ ٤٥٠	٢٥٠٠ ج.م	قبل ٢٠١٣ / ١٢ / ٣١
\$ ٥٠٠	٣٠٠٠ ج.م	بعد ٢٠١٣ / ١٢ / ٣١

### **التسجيل يشمل :**

- ورشة عمل من برنامج اليوم الاول ٢٧ / ٢ / ٢٠١٤
- ورشة عمل من اليوم الثاني ٢٨ / ٢ / ٢٠١٤
- حضور الافتتاح والبرنامج العلمي يوم ١ / ٣ / ٢٠١٤
- شهادات للحضور
- شئنة المؤتمر

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للاستفسار يرجى الاتصال على :

أ/ ماريان عاطف - موبايل : ٠١٠٩٧٧٧١٢٣٧ (+٢) أو أ/ سالى مهران - موبايل : ٠١٠٦٦٦٥٤٤٢٥ (+٢)