

5th Annual Congress

Egyptian Association of Cognitive Behavior Therapy

February 22nd - 24th, 2018

**"CBT & Medication in the treatment of Psychiatric Disorders;
From Theory to Practice"**

Venue: National Training Institute

Address : 1 Mamdouh Salem St., Nasr city, Cairo Beside Exhibitions Area



Under Patronage of His Excellency:

Prof. Yasser Soliman

President of Compulsory Egyptian Medical Training Authority

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Welcome Message

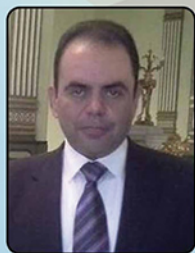
Dear Honoured Guests

On behalf of the Egyptian Association of Cognitive Behaviour Therapy (EACBT), we are honoured to welcome you to the **EACBT 2018**. Upon reviewing state-of-art practice & significant body of evidence; it was decided to title the EACBT2018 **“CBT & Medication in the Treatment of Psychiatric Disorders: from Theory to Practice”**. Hence, the EACBT2018 binds good clinical cognitive behaviour therapy techniques & practice **to** updated psychopharmacological trends for management of psychiatric disorders.

The pursuit of a comprehensive effective management plan for patients suffering from psychiatric disorders mandates the innovation of means of combination of CBT with psycho-pharmacotherapy to provide the best service for our patients.

The EACBT2018 also aims to convey fresh CBT techniques for management of the most complicated psychiatric disorders in both adults & children & among special population. Finally; the EACBT2018 is honoured to expect a group of prestigious speakers & expertise nationally, regional & internationally to join us at the National Training Institute, Cairo Egypt from 22nd till 24th February 2018.

We look forward to welcoming you all at the EACBT2018 & wish you fruitful enjoyable time with us.



Prof. Hisham Ramy
Congress President

Hisham Ramy



Dr. Reham Aly
EACBT President

Reham Aly

08:00 – 09:30 am	REGISTRATION	
09:30 – 10:00 am	Opening Ceremony	His Excellency Prof. Yasser Soliman (CEMTA President) <i>Continuing Professional Development in Egypt</i>
10:00 – 10:30 am	Plenary Lecture	<i>"Ethics of combined CBT and Pharmacotherapy"</i> Prof. Ahmed Okasha (Egypt)
10:30 – 10:45 am	BREAK	
10:45 – 11:15 am	Key notes	<i>"CBT & Antipsychotics in the treatment of Schizophrenia; Friends or Foes?"</i> Prof. Hisham Ramy (Egypt)
11:15 – 11:45 am		<i>"Evidence based Training and Supervision in CBT"</i> Dr. Reham Aly (Egypt)
11:45 – 12:15 pm		<i>"Critiques and challenges to DSM criteria of sexual disorders"</i> Prof. Mehmet Sungur (Turkey)
12:15 – 12:45 pm		<i>"Personal Analysis & Development for the CBT Trainee An original protocol for training the CBT trainee to becoming mindful"</i> Prof. Tulio Scrimalli (Italy)
12:45 – 01:00 pm	COFFEE BREAK	
	HALL A	HALL B
01:00 – 02:30 pm	<i>"Laws & Regulations of Practicing Psychotherapy in Egypt"</i> Prof. Mostafa Shaheen (Egypt)	<i>"Management of Disruptive Mood Dysregulation Disorders"</i> Prof. Safeya Effat (Egypt)
	<i>"Combining CBT with Pharmacotherapy in the Management of SUDs"</i> Prof. Amany Haroon Elrasheed (Egypt)	<i>"Adolescent & Family-focused CBT for Pediatric Bipolar Disorders"</i> Prof. Hala Elborae (Egypt)
	<i>"Cognitive Errors in OCD patients: Is Literal Interpretation a new one?"</i> Prof. Wael Abou-hendy (Egypt)	<i>"Mindfulness Cognitive Based Psychotherapy"</i> Prof. Mohamed El Mahdy (Egypt)
02:30 – 04:00 pm	<i>"Cognitive Deficits in Rheumatological Diseases"</i> Prof. Dahlia Abdel Mohsen (CEMTA General Secretary - Egypt)	<i>"Psychiatric Rehabilitation & CBT"</i> Prof. Medhat Elsabahy (Egypt)
	<i>"CBT in the Primary Care"</i> Prof. Hayfaa Elkahtany (KSA)	<i>"Trauma Focused CBT"</i> Dr. Shabaan Fadl (Libya)
	<i>"Family accommodation in obsessive compulsive disorder"</i> Prof. May Eissa (Egypt)	<i>"Religiously Integrated Cognitive Behavioral Therapy: is it applicable to our culture?"</i> Dr. Talaat Matr (Egypt)
04:00 – 04:30 pm	LUNCH BREAK	
04:30 – 06:00 pm	<i>"CBT for PTSD, a protocol to help recovery from adversities"</i> Dr. Adel Agwany (Egypt)	<i>"Cognitive Behavioral Treatment for sexual dysfunctions"</i> Ass. Prof. Eman Shourab (Egypt)
	<i>"Role of performance and wellness department in OMSB residency training"</i> Dr. Saif Al Hashmi (Oman)	<i>"Medication compliance behavior in psychiatric out-patients with psychoactive substance use comorbidity in a Nigerian tertiary hospital"</i> Prof. C.I. Okpataku (Nigeria)
	<i>"Predictors of response to cognitive behavioral therapy for obsessive compulsive disorder"</i> Dr. Ayman Al Hosainey (Egypt)	<i>"برنامج ارشادي عقلائي لفعالي لعلاج الزوجة الأولى من الاكتئاب الناتج من زواج الزوج"</i> Dr. Zahraa Elmosowey (Kuwait)
	<i>"Nuts & Bolts of Dialectical Behavior Therapy"</i> Dr. Ryma Hady (Lebanon)	<i>"التدخلات العلاجية للأطفال المعرضين للاساءات"</i> Dr. Psych. Walaa Mohamed (Egypt)
06:00 – 06:15 pm	Closing Ceremony	Prof. Hisham Ramy & Dr. Reham Aly

Pre-Congress WORKSHOPS

	Topic	Moderators
Thursday 22/2/2018	"Controlling anger & negative emotions; A CBT approach to wellbeing"	Prof. Hisham Ramy Dr. Reham Aly (Egypt)
	"Enhancing attention in ADHD child: CBT approach"	Prof. Safeya Effat Dr. Safa Eraky (Egypt)
	"Cognitive behavior therapy in Substance use disorders"	Prof. Amany Haroon Elrasheed Dr. Hanan Elrasas (Egypt)
Friday 23/2/2018	"Basics Of CBT for Beginners"	Prof. Haifaa Elkahtaney (KSA)
	"CBT for Cluster B Personality Disorders"	Prof. Arthur Freeman (USA) (Video Conference)
	"Two different approaches to Linda: CBT and multimodal (eclectic) therapy"	Prof. Mehmet Sungur (Turkey)
	"Neuroscience-based Cognitive Therapy for Children and Adolescents"	Prof. Tullio Scrimali (Italy)

Registration Packages:

Registration Type	Before 15/1/2018	After 15/1/2018
Registration for One day per-congress workshop	1,000 LE	1,250 LE
Registration for Two days per-congress workshop	1,500 LE	1,750 LE
Registration for Full congress	2,000 LE	2,250 LE
Registration for Non-Egyptians	500 \$	600 \$



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