

LEGEND	Dincolo de Granițe: Uniți pentru Sănătatea Mintală	Beyond Borders: United for Mental Health
	Plenary session	Thematic session
	Symposium	Networking

Hour	Senate Hall	Hall 205
THURSDAY, 10 OCT 2024		
Event Presidents: Jana Chihai (Moldova), Howard H: Goldman (USA), Mihail Cristian Pirlog (Romania)		
08:30-09:00	Registration of the participants - Senate Hall	
09:00-09:30	Welcome and introduction	
	Opening speech by the Ministry of Health (MH)	
	Opening speech by Representatives from Parliament of Republic of Moldova	
	Opening speech by the Representative of the WHO Country Office in the Republic of Moldova	
	Opening speech by the Representative of the Swiss Cooperation Office in Moldova	
	Opening speech by “ Nicolae Testemițanu ” State University of Medicine and Pharmacy (SUMP)	
	Opening speech by the Society of Psychiatrists, Narcologists, Psychotherapists, Clinical Psychologists of the Republic of Moldova (SPNPPC)	
09:30-09:45	Media Meet-Up/Press Time	
09:45-11:00	Plenary session 1: Addressing the current and future challenges in mental health	
	The need for scientifically validated health practices and comprehensive approaches in the treatment of psychiatric patients - Daniel David (Romania)	
	Youth mental health - Jutta Lindert (Germany)	
	The adolescence and the mental health disorders - importance of early recognition - Mihai Cristian Pirlog (Romania)	
	Challenges on prevention of mental health of adolescents and youths - Ariel Como (Albania)	
Chair: Jana Chihai (Moldova), Mihai Cristian Pirlog (Romania)		
11:00-11:30	COFFEE TIME	
11:30-13:00	Symposium 1: New therapeutic approaches in the management of severe mental disorders (with the support of Gedeon Richter Moldova)	
	Combined treatment in schizophrenia - Ion Cosciug, Inga Deliv (Moldova)	
	New possibilities for the use of Cariprazine - Jana Chihai (Moldova)	
	Chair: Igor Nastas (Moldova), Alina Bologan (Moldova)	
13:00-14:00	LUNCH BREAK	
14:00-15:00	Plenary session 2: Current approaches in telepsychiatry	
	Advancements in Telepsychiatry - Davor Mucic (Denmark)	
	The use of telemedicine in various fields of medicine and its impact on mental health: epidemiology and effectiveness	
	Radislav Cosulean (Moldova), Madalina Bivol (Moldova)	
	Perceptions of artificial intelligence use in psychiatry - George Stercu (Romania)	
Looking beyond the borders of e-mental health - Mihai Bran (Romania)		
Chair: Grigore Garaz (Moldova), Mihai Cristian Pirlog (Romania)		
15:00-15:10	Video spot, Promotional poster / videos from the partners	
15:10-16:20	Senate Hall	Hall 205
	Thematic session 1: Challenges and interventions in adolescent mental health: Cognitive-Behavioral Therapy, ADHD, and substance abuse	Symposium 2: Abizol and Alzancer easy tab - maximum purity for maximum clinical efficacy - Alexandru Simionel (Moldova) (with support of Nobel Moldova)
	The use of cognitive-behavioral therapy in the treatment of bipolar disorder in adolescents - Raluca Nica (Romania)	Thematic session 2: Exploring the mental health spectrum
	ADHD - current neurobiological theories - Florina Rad (Romania)	Sensory disorders and their impact on social functioning in people with autism - Victoria Garstea (Moldova)
		Gender differences in autism: understanding the underdiagnosis in women - Mihaela Belous (Moldova)
		Suicidal behaviour in adolescents: clinical assessment approaches Catalina Sirbu (Moldova)
	Substance use among adolescents - Explanations and Solutions Diana Stanculeanu (Romania)	Gender peculiarities in autism spectrum disorder Cornelia Zincenco (Moldova)
		Postpartum depression: Understanding its impact and differentiation from baby blues - Valentina Ciobanu (Moldova)
		The interdependence and intersection between crime and mental disease Valentin Oprea (Moldova), Dorin Jelaga (Moldova)
	Q&A Session - 10 min	Suicidal behavior and psychoactive substance consumption Romil Popescu (Moldova)
Digital violence, sexual abuse, and psychiatric outcomes: Implications and preventive strategies through sexual education Ecaterina Scaletchii (Moldova)		
Chair: Jana Chihai (Moldova), Andrei Esanu (Moldova)		Chair: Valentin Oprea (Moldova), Larisa Boronin (Moldova)
16:20-16:40	COFFEE TIME / Video spot, Promotional poster / videos from the partners	

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	Senate Hall	Hall 205
16:40-18:00	Thematic session 3: Modern psychotherapeutic approach in the treatment of diverse mental health problems	Thematic session 4: Young psychiatrists and their contribution in mental health services and research
	Transference-Focused Psychotherapy (TFP) as a modern psychotherapeutic approach in borderline personality disorder Cornelia Adeola (Moldova)	Psychological profile of gamblers and gamers Madalina Valache (Moldova)
	Integrative psychotherapy: A comprehensive approach to mental health treatment - Jana Chihai (Moldova)	Genetics of Frontotemporal Dementia - Ina Buga (Moldova)
	Psychotherapeutic interventions in panic attacks: Integrated methods for reducing anxiety and enhancing emotional control Alina Bologan (Moldova)	Depressive disorder in post-COVID-19 syndrome Iulia Radilova (Moldova)
	Mindfulness in modern psychotherapeutic practice: Mechanisms, techniques, and applicability in reducing stress and anxiety Radislav Cosulean (Moldova)	A case report on somatoform disorder - Maria Filimon (Moldova)
	Integrating cognitive behavioral therapy and acceptance and commitment therapy in the treatment of depression: A comparative approach to enhancing emotional resilience and recovery - Andrei Esanu (Moldova)	Psychiatric comorbidities in patients with episodic and chronic migraines Lidia Sanduleac (Moldova)
	Chair: Anatol Nacu (Moldova), Cristina Nestor (Moldova)	The effects of tobacco consumption on pregnant and breastfeeding women - Natalia Caraman (Moldova)
		Trauma, chronic stress and illness – biopsychosocial impact. Horticulture on the moon - Sanda Gherasim (Moldova)
18:00-19:00	Networking session	

FRIDAY, 11 OCT 2024

Event Presidents: Jana Chihai (Moldova), Howard H. Goldman (USA), Mihail Cristian Pirlog (Romania)

09:00-10:30	Plenary session 3: Research and its impact in mental health	
	Mental health literacy program in schools: Reducing suicide and promoting peer support behavior - Hiroaki Ambo (Japan)	
	Quantitative methods of research in health economics. The impact of culture, country-level intelligence, and country-level personality on economic development and income inequality - Cristian Litan (Romania)	
	The basics of data analysis in medical research - Dragos Alexandru (Romania)	
	Mental health stigma in medical education: barriers and solutions - Dan Bondari (Romania)	
	Postponement of psychiatric diagnosis and treatment in the context of social stigma - Miruna Radutoiu (Romania)	
	The impact of mental health literacy on stigma reduction - Daciana Elena Pintilie (Romania)	
	The revival of the critique of "antipsychiatry" in Bulgaria as a crisis intervention - Vladimir Nakov (Bulgaria)	
Chair: Cornelia Adeola (Moldova), Mihai Cristian Pirlog (Romania)		
10:30-11:00	COFFEE TIME Video spot, Promotional poster / videos from the partners	
11:00-12:30	Plenary session 4: New approaches in psychiatry and mental health	
	Differences in clinical practices and treatment approaches across european countries - Eka Chkonia (Georgia)	
	Everything of value is vulnerable. In search a integrity in professional conduct - Agnes Verbruggen (Belgium)	
	Medical comorbidities in people with bipolar disorders: Focus on metabolic syndrome - Giovanni di Girolamo (Italy)	
	The impact of personality disorders on leadership - Adela Magdalena Ciobanu (Romania), Mirela Manea (Romania)	
The role of alcohol use disorders in psychiatric admissions - Maria Gabriela Puiu (Romania)		
Chair: Andrei Esanu (Moldova), Mihai Cristian Pirlog (Romania)		
12:30-13:30	LUNCH BREAK	
13:30-14:30	Plenary session 5: Expanding horizons in psychiatry	
	The social psychiatry of pathological grief - exemplified by Ovid's Orpheus and Eurydike - Heinz Katschnig (Austria)	
	Targeting vulnerability: to address smoking in at-risk populations - Uladimir Pikirenia (Poland)	
	Mental health and smoking epidemic: New challenges in Eastern Europe - Nadiya Bedriciuc (Ukraine)	
Presentation of the "Compendium of addiction medicine" - Ovidiu Alexinschi (Romania)		
Chair: Ghenadie Carausu (Moldova), Larisa Boronin (Moldova)		
14:30-14:40	Video spot, Promotional poster / videos from the partners	
14:40-15:50	Senate Hall	Hall 205
	Workshop 1:	Symposium 3: Resistant Depression - New approaches (with support of Janssen Pharmaceuticals / Johnson & Johnson)
	Exploring Harm Reduction: Historical Roots, Achievements, and Future Opportunities - Katarzyna Kinga Kowalczyk (Poland)	Innovations in the treatment of resistant depression: Modern and effective approaches - Jana Chihai (Moldova)

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Hour	Senate Hall	Hall 205
14:40-15:50	Exploring Harm Reduction: Historical Roots, Achievements, and Future Opportunities - Katarzyna Kinga Kowalczyk (Poland)	Thematic session 5: Actualities in the management of depression and anxiety
		Evaluation of telepsychiatry in the treatment of depressive disorders in the outpatient mental health service of the Republic of Moldova Madalina Bivol (Moldova), Radislav Cosulean (Moldova)
		Generalized anxiety disorder in primary care: Current challenges and opportunities for improving care - Alina Bologan (Moldova)
		Addressing stigma towards individuals with depression in primary healthcare: Challenges, implications for treatment, and strategies for promoting inclusive mental health care - Andrei Esanu (Moldova)
		Effectiveness of schema therapy in the treatment of borderline personality disorder - Cornelia Adeola (Moldova)
		Chair: Inga Deliv (Moldova), Ion Cosciug (Moldova)
15:50-16:20	COFFEE TIME Video spot, Promotional poster / videos from the partners	
16:20-18:00	Senate Hall	Hall 205
	Round table 1 :	Symposium 4: No Addict
	The impact of quality mentorship on young scholars and their academic and professional trajectories - Howard Goldman (USA), Ariel Como (Albania), Vladimir Nakov (Bulgaria), Cornelia Adeola (Moldova), Mihail Cristian Pirlog (Romania), Jana Chihai (Moldova)	Potential cardiovascular risks of cannabis use Alexandra Bolos (Romania)
		Characteristics of cyberbullying in Romania - Gavril Radu (Romania)
		AI applications in psychiatry and addiction medicine Ovidiu Alexinschi (Romania)
Q&A Session - 10 min Chair: Ovidiu Alexinschi (Romania), Valentin Oprea (Moldova)		

SATURDAY, 12 OCT 2024		
Event Presidents: Jana Chihai (Moldova), Howard H. Goldman (USA), Mihail Cristian Pirlog (Romania)		
09:00-10:30	Plenary session 6: Trilogos method	
	Innovation by intuition – An action research project about the Trilogos method as a source of inspiration in R&D processes Michael Noah Weiss (Norway)	
	Workshop 2: The Trilogos Method in practice A Workshop on Personality Training and Consciousness Development Michael Noah Weiss (Norway)	
	Chair: Michael Noah Weiss (Norway), Mihai Cristian Pirlog (Moldova)	
10:30-11:00	COFFEE TIME Video spot, Promotional poster / videos from the partners	
11:00-12:30	Plenary session 7: Challenges in the treatment of severe mental disorders	
	How Public Mental Health can complement psychiatric practice in Moldova for greater impact - Laura Shields-Zeeman (Netherlands)	
	Something about visible and invisible "borders" in mental health - Aleksandra Milicevic Kalasic (Serbia)	
	Antioxidants in neurodegeneration: Exploring mechanisms and therapeutic strategies - Romeo Dobrin (Romania)	
	Monitoring European Convention on Human Rights Decisions in the context of involuntary admissions – practical aspects Mihaela Tanase (Romania), Ciprian Bacila (Romania)	
	Progressive approaches in bipolar disorder: Evaluating treatment patterns (2019-2023) - Anamaria Ciubara (Romania)	
	Human enhancement - a mental health perspective - Mihai Mutica (Romania)	
	Chair: Jana Chihai (Moldova), Ion Cosciug (Moldova)	
12:30-13:30	LUNCH BREAK	
13:30-14:30	Plenary session 8 : Psychiatric services in Moldova: Present and Future	
	The Ministerial perspective on mental health reform	
	Past, present and future of the MENSANA Project - Victoria Condrat (Moldova)	
	Evaluation of mental health data - Karel Kraan (Swiss)	
	Perspective of inpatient treatment	
	Perspective of outpatient community treatment - Lucia Carp (Moldova), Olga Jalba (Moldova)	
	Thoughts and Conclusions from international perspective - Laura Shields-Zeeman (Netherlands)	
	Chair: Jana Chihai (Moldova), Victoria Condrat (Moldova)	

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	Senate Hall	Hall 205
14:40-16:00	Symposium 5: Contemporary treatment strategies for anxiety disorders: A focus on pharmacological and rehabilitation approaches Jana Chihai (Moldova) (with support of Top Pharma)	Thematic session 6: Harm reduction and Noxious Prevention Alcohol consumption and its far-reaching effects on mental and public health - Madalina Bivol (Moldova)
	Plenary session 9: Future approaches in psychiatry	Smoking and health: risks, harmful effects and prevention Natalia Caraman (Moldova)
	Virtual assessment of symptoms in psychiatry Michael Davidson (Israel)	The science about drug use: impact and prevention Madalina Valache (Moldova)
	Future treatments in schizophrenia - good news and bad news Mark Weiser (Israel)	Psychoactive substance use during adolescence. Age-specific characteristics - Dorin Jelaga (Moldova)
	Chair: Jana Chihai (Moldova), Igor Nastas (Moldova)	Chair: Inga Deliv (Moldova), Cornelia Adeola (Moldova)
	16:00-16:30	COFFEE TIME Video spot, Promotional poster / videos from the partners
	Senate Hall	Hall 205
16:30-18:00	Symposium 6: Exploring the frontiers of interventional psychiatry: Advances, techniques and clinical application	Symposium 7: Building the peer movement in Republic of Moldova. Is now the right time for user empowerment?
	Transcranial magnetic stimulation: Innovation and efficacy in modern psychiatric treatments - Ciprian Bacila (Romania)	Theoretical perspective: ethical and condition for good care within community model of care Jenny Boumas, Faith Thompson (Netherlands)
	Esketamine in the treatment of severe depression: Innovation and efficacy in psychiatric interventions - Andreea Grama (Romania)	Supporting peer work and movement in Moldova Cristina Nestor (Moldova)
	Psychedelics as emerging therapies: Redefining psychiatric treatment - Bianca Macavei (Romania)	The experience of being a peer in Moldova Aliona Mutu, Ana Tincu (Moldova)
	Electroconvulsive therapy and informed consent: Navigating clinical efficacy and patient rights - Claudia Anghel (Romania)	Supporting peer workers from within the system Viorica Ursu, Izabela Moroz, Mariana Lupascu (Moldova)
	Chair: Valentin Oprea (Moldova), Ion Cosciug (Moldova)	Chair: Faith Thompson (Netherlands), Cristina Nestor (Moldova)

SUNDAY, 13 OCT 2024
Event Presidents: Jana Chihai (Moldova), Howard H: Goldman (USA), Mihail Cristian Pirlog (Romania)

09:00-10:40	Symposium 8: Neurodegeneration - Dysmetabolic and cognitive issues - Ion Cosciug (Moldova) (with support of Gedeon Richter Moldova)
	Plenary session 10: Charting new paths in mental health
	Evaluating the effect of the wellness recovery action plan (WRAP) for nurses: Study protocol of a randomized controlled trial - So Yayama (Japan)
	Mental health care reforms in Belgium: primary psychological care - Sarah Morsink (Belgium), Bernard Jacob (Belgium)
	Tobacco harm reduction: Key strategic themes with a focus on people with schizophrenia spectrum disorders - Riccardo Polosa (Italy)
	Symposium 9: Long acting treatment in SMD - Jana Chihai (Moldova) (with support of Janssen Pharmaceuticals / Johnson & Johnson)
	Chair: Igor Nastas (Moldova), Grigore Garaz (Moldova)
10:40-11:00	COFFEE TIME Video spot, Promotional poster / videos from the partners
11:00-12:30	Plenary session 11: Perspectives in Psychiatry
	The path to healthier workplaces: Lessons learned and future directions in workplace mental health Virginia Mendes da Conceicao (Portugal)
	Sentiment as attitude. Prevention of the recurrent depressive disorder - Petre Radescu (Romania)
	Psychedelic psychotherapy: current perspectives and challenges - Azizbek Boltaev (Uzbekistan)
	Analysing alcohol dependence and legislative changes in Uzbekistan - Amir Rashidov (Uzbekistan)
	Delusional (self-) misidentification and being controlled syndromes: three cases report and discussion - Pier Luca Bandinelli (Italy)
	Phenomenologically oriented psychiatry and psychopathology in Europe: Reasons for its decline and hopes for its recovery - Pier Luca Bandinelli (Italy)
	Abnormal response to niacin in schizophrenia - Igor Nastas (Moldova)
Inflammation markers in pregnancy and postpartum mental disorders - Larisa Boronin (Moldova)	
	Chair: Igor Nastas (Moldova), Larisa Boronin (Moldova)
12:30-13:30	LUNCH BREAK

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SUNDAY, 13 OCT 2024	
13:30-14:20	Thematic session 7: Multidisciplinarity in mental health
	Personal resilience of university teaching staff - Mariana Cernitanu (Moldova)
	Psychosocial factors of violence in individuals with schizophrenia - Iulia Radilova (Moldova)
	The impact of mental health on gastric diseases: a holistic perspective - Cristian Bondari (Romania)
	A 5-year review of hospitalized cases of postpartum psychiatric disorders at the Clinical Hospital of Psychiatry Lidia Sanduleac (Moldova)
	Neurobiology and neuroimaging of PTSD - Victoria Tapes (Moldova)
	The risks and limitations of using ai in mental health - Lidia Sanduleac (Moldova)
	Chair: Igor Nastas (Moldova), Grigore Garaz (Moldova)
14:20-15:50	Round table 2: Editors' insights and advices on publishing in scholarly journals
	Howard Goldman (USA), Lisa Dixon (USA), Donald Goff (USA) Chair: Jana Chihai (Moldova), Mihai Cristian Pirlog (Romania)
15:50-16:10	COFFEE TIME
16:10-17:40	Plenary session 12: Advances in Psychiatry
	Making progress in mental health policy - Howard Goldman (USA)
	The challenge and rewards of employment: The individual placement and support model and international learning community - Lisa Dixon (USA)
	New advances in biomarkers and the pharmacologic treatment of schizophrenia - Donald Goff (USA)
	Chair: Chihai Jana (Moldova), Andrei Esanu (Moldova)
17:40-18:00	Open discussion session - Perspectives on the future of mental health in Eastern Europe
SOLEMN CLOSING OF THE CONFERENCE	