

08.30-09.30 - Registration of the participants

Welcome and Introduction

- Opening speech by the deputy of the Parliament -Ms. Liliana Grosu, Deputy of the Parliament (allocated time - 5 minutes)
- Opening speech by the Minister of Health of Republic of Moldova (MH) – Ms. Ala Nemerenco, Ministry of Health (allocated time - 5 minutes)
- Opening speech by the representative of the *Nicolae Testemițanu* State University of Medicine and Pharmacy (SUMP) –Mr. Emil Ceban, rector of the State University of Medicine and Pharmacy “*Nicolae Testemițanu*” - (allocated time - 5 minutes)
- Opening speech Swiss Cooperation Office in the Republic of Moldova –Mr. Valeriu Sava, Health Program Coordinator, Swiss Cooperation Office in the Republic of Moldova (allocated time - 5 minutes)
- Opening speech by the representative of World Health Organization in the Republic of Moldova- Dr. Miljana Grbic (allocated time - 5 minutes)
- Opening speech by the president of the Society of Psychiatrists, Narcologists, Psychotherapists and Clinical Psychologists of the Republic of Moldova (SPNPPC)- Dr. Jana Chihai (allocated time - 5 minutes)
- Opening speech by the representative of the Mental Health Association of South-Eastern Europe (MHASEE)- Mr. Mihai Pîrlog (allocated time - 5 minutes)

09.30 - 10.15

10.15 - 11.00

Keynote lecture: Problem Management Plus (PM+): Psychological help for adults in communities exposed to adversity - Marit Sijbrandij (Netherlands)

11.00 - 11.15 Coffee Break (E-posters view session)

11.15 - 12.30

Thematic Session: Opportunities and challenges in the recovery of patients with schizophrenia

- The balance between efficacy and safety of therapy in patients with schizophrenia - **Ion Cosciug (Moldova), Mirela Manea (Romania)**

Chair: Ion Cosciug (Moldova)

11.15 - 12.30

Thematic Session: Recovery intervention in mental health

- Recovery: The seven Cs: requirements for care of people with severe mental illness outside psychiatric facilities – **Anastasia Ceban, Victoria Levinschi, Rodica Lupu, Cristina Russu, Xenia Stupac (Moldova)**
- What does community care for people with severe mental illness require? - **Eugenia Staver, Ivan Vasilo (Moldova)**
- FACT and ACT Models – differences and opportunities – **Radislav Cosulean, Victoria Garstea (Moldova)**
- Case management in mental health – **Corina Babii, Angela Zaiat (Moldova)**

Chair: Alina Bologan (Moldova)

12.30 - 13.15

Keynote lecture: Transgenerational effects of the traumatic events - Jutta Lindert (Germany)

13.15 - 14.00 Lunch Break (E-posters view session)

14.00 - 15.00

Thematic Session: Interdisciplinary approach to neurocognitive disorders

- Management of cognitive and non-cognitive impairments in dementia - **Ion Cosciug (Moldova), Inga Deliv (Moldova)**

Chair: Jana Chihai (Moldova)

14.00 - 16.45

Workshop:

Healing and transformation of trauma - from catastrophizing to happiness

Moderator: Cornelia Adeola (Moldova)

15.00 - 16.45

Thematic Session: Mood and psychotic disorders – current approaches

- New trends and modern approach in schizophrenia – **Valentin Oprea (Moldova)**
- Anxiety – a progressive condition of humanitarian crises - **Jana Chihai, Alina Bologan (Moldova)**

Chair: Jana Chihai (Moldova)

16.45 - 17.00 Coffee Break (E-posters view session)

17.00 - 18.00

Keynote lectures - Chairs: Howard Goldman (USA), Mihail Cristian Pirlog (Romania)

Advice from a Journal Editor on Publishing in Scholarly Journals - Howard Goldman (USA)

Friday, 13 October, 2023 – “A” Hall (HYBRID)

09.00 - 10.00

Plenary Session: Mental health system in reform – needs, challenges and opportunities.

- Eight years of mental health reform in Moldova - **Laura Shields (Netherland)**
Jana Chihai (Moldova)
- Managing a Mental Health development project in times of war - **Heiko Königstein (Germany)**

Chair: Jana Chihai (Moldova)

10:00 - 11:00

Symposium: Mental Health Reform for Child and adolescent in Belgium

- The new mental health policy for children and adolescents in Belgium - **Bernard Jacob (Belgium), Karolien Weemaes (Belgium)**

Chair: Jana Chihai (Moldova)

11.30 - 13.30

Thematic Session: Current challenges in the therapy of mental health conditions

- Neurobiological and Treatment Advances of Obsessive-Compulsive Disorder - **Mohamed ELWasify (Egypt)**
- Development of a mixed mystical-paranoid delusion - **Daciana Elena Pintilie (Romania)**
- Clinical case series of patients with drug resistant paranoid schizophrenia showing improvement in positive and negative symptoms after rTMS treatment - **Dancho Dilkov, Galina Dimitrova, Teodora Nikolova (Bulgaria)**
- The incidence of psychiatric pathologies in hospitals without psychiatric wards - **Dragos Ovidiu Alexandru (Romania)**
- Courage, humbleness, forgiveness and dedication - Four fundamental psycho-noetic functions in the psychopathological approach to mental disorders - **Petre Rădescu (Romania)**
- Trauma and Mind Control - **Mihai Mutica (Romania)**

Chair: Mihail Cristian Pirlog (Romania)**Friday, 13 October, 2023 – “B” Hall (HYBRID)**

09.00 - 10.00

Thematic Session: Alcohol and substances abuse and trauma

- Differences in level of affiliation to Alcoholics Anonymous (AA) Organization in individuals who attend AA meetings in Romania - a mixed methods research - **Adriana Lavinia Bulumac (Romania)**
- Drug use between deviant behavior and rational choice models - **Sonila Tivari Bitri, Entela Puca, Esmeralda Thoma, Nereida Xhabija (Albania)**
- From *Anorexia mirabilis* to ideal, media - conforming self-image - **GN Ciobanu-Haşovschi, G Ștefănescu, C Ștefănescu (Romania)**
- Is controlled drinking a goal for substance use disorder? - **Silvia Stanescu, Lavinia Duica (Romania)**
- Psychological and clinical-evolutionary aspects of alcohol addiction in women - **Valentin Oprea, Dorin Jelaga, Ghenadie Zaporojan, Stela Oprea (Moldova)**

Chair: Mihail Cristian Pirlog (Romania)

10.00 - 11.00

Thematic Session: Mental health services in Eastern Europe

- Joint Action Implemental - What needs to be changed to improve the Mental Health system in Bulgaria? **Vladimir Nakov, Romyana Dinolova, Zahari Zarkov, Dafinka Stoilova (Bulgaria)**
- Towards a balanced model of mental health care - an example from Croatia - **R Mužić, A Ištvanović, D Štimac-Grbić, I Pavić-Šimetin (Croatia)**
- Self-esteem and vulnerabilities of Romanians - **Lavinia Duica (Romania)**

Chair: Vladimir Nakov (Bulgaria)11.00 - 11.30 *Coffee Break (E-posters view session)*

11.30 - 12.30

Thematic Session: Quality assessment of mental health services

- Assessing and improving the quality of services in psychiatric institutions - **Raluca Nica (Romania)**
- From traditional institutions to assertive community services. Modern shifts in mental health - **Tiberiu Rotaru (Romania)**

Chair: Cristina Nestor (Moldova)

12.30 - 13.30

Thematic Session: New trends in the treatment of mental disorders

- Problem Management Plus (PM+) Intervention - Implementation in Moldova - **Lilia Damaschin (Moldova)**
- Biological mechanisms of avolition and anhedonia in schizophrenia: the reward circuit - **Ina Buga, Cornelia Zencenco, Lidia Sanduleac, Inga Deliv (Moldova)**
- Therapeutic interventions in hypochondria - **Tudor Titorog, Anatol Nacu (Moldova)**

- Stress and trauma: catalysts of mood disorder development - **Dorin Jelaga, Valentin Oprea, Mihaela Belous, Lidia Sanduleac** (*Moldova*)

Chair: Valentin Oprea (*Moldova*)

13.30 - 14.30 *Lunch Break (E-posters view session)*

14.30 - 16.00

Thematic Session: Current challenges in the mental health services and research

- WPA Global Guidelines for Telepsychiatry - **Davor Mucic** (*Denmark*)
- Is it possible to do innovative research in mental health? The story of the DIAPASON project in Italy – **Giovanni di Girolamo** (*Italy*)
- Barriers and motivators for accessing psychological support services in Romanian companies – **Mihai Bran** (*Romania*)
- Treating anxiety - from old to new approaches – **Pedro Morgado** (*Portugal*)

Chair: Jana Chihai, Andrei Eșanu (*Moldova*)

14.30 - 16.00

Thematic Session: Advancing mental health: from psychedelics to psychotherapy, and beyond

- Psychedelics and the future therapies for anxiety disorders and PTSD - **Alexandra Bolos, Cristina Nedelcu, Corina Alexinschi, Nicoleta Bobutanu, Ovidiu Alexinschi** (*Romania*)
- The mirage of new psychoactive substances and the dream factory - **Ovidiu Alexinschi, Cristina Nedelcu, Corina Alexinschi, Nicoleta Bobutanu, Alexandra Bolos** (*Romania*)
- The value of some affective parameters in the additional treatment with estradiol in schizophrenia - **Igor Nastas** (*Moldova*)
- BPD - The impact on carers, friends, and communication - **Cornelia Adeola, Radislav Cosulean, Jana Chihai** (*Moldova*)
- The role of psychotherapy in the treatment of psychosomatic disorders - **Mariana Cernițanu** (*Moldova*)

Chair: Mariana Cernițanu (*Moldova*)

Keynote lectures - Chairs: Howard Goldman (*USA*), **Mihail Cristian Pirlog** (*Romania*)

16:00 - 16:45

Aspects of interactions between Post-Traumatic Stress Disorder and medical illness - **Delia Hendrick** (*USA*)

16:00 - 16:45

Thematic Session: Psychological intervention in traumatic events

- Emotional regulation in Cognitive-Behavioral Therapy - **Raluca Nica** (*Romania*)
- Cognitive-Behavioral Therapy tools to work with body-image in (pre)adolescent girls - **Diana Stanculeanu** (*Romania*)

Chair: Jana Chihai (*Moldova*)

16.45 - 17.00 *Coffee Break (E-posters view session)*

17.00 - 18.00

Reflections on the Importance of Services for Families of Adults with Serious Mental Illness - **Lisa Dixon** (*USA*)

18.00 - 19.00

Biological models for psychosis and clinical course in schizophrenia - **Donald Goff** (*USA*)

Saturday, 14 October, 2023 – “A” Hall (HYBRID)

- 09.00 - 09.45 **MHASEE Symposium: A glimpse over the mental health in Eastern Europe**
- Challenges in Service Provision for Adolescents - **Ariel Como** (*Albania*)
 - Burnout, depression and suicide - self-care as a professional imperative **Vladimir Nakov** (*Bulgaria*)
 - Cognitive-behavioral interventions to enhance help-seeking behavior to reduce suicide in teenagers – a pilot project in Yamagata, Japan - **Hiroaki Ambo** (*Japan*)

Chair: Mihail Cristian Pirlog (*Romania*)

- 09.45 – 11:00 **Symposium: Mental health services during wartime**
- Mental health services for the population affected by Russian aggression - **Krystyna Vysotska** (*Ukraine*)
 - Training interventions for Ukrainian MH professionals for better treatment of people with PTSD - **Viktoriya Gorbunova** (*Ukraine*), **Jonathan Rolfe** (*UK*)
 - Setting up youth-friendly spaces and supporting families of Internally Displaced people near the front line - **Denis Vasiluk** (*Ukraine*)

Chair: Cornelia Ciofu (*Germany*)

11.00 - 11.30 *Coffee Break (E-posters view session)*

11.30 - 12.15 **Keynote lecture: Psychiatry's contribution to the stigma of schizophrenia - Heinz Katschnig** (*Austria*)

- 12.15 - 13.30 **Symposium: The Main Challenges in Mental Health Reform – Poland, Georgia, Serbia**
- Mental Health in Poland: Challenges, Reform, and Access to Care - **Katarzyna Kinga Kowalczyk** (*Poland*)
 - Mental Health in Georgia - **Eka Chkonia** (*Georgia*)
 - Mental Health in Serbia: Challenges in addiction prevention, treatment and research - **Igor Pantic** (*Serbia*)

Chair: Grigore Garaz (*Moldova*)

13.30 - 14.00 *Coffee Break (E-posters view session)*

14.00 - 14.45 **Keynote lecture: How predictable is suicide risk? - Michael Davidson** (*Israel*)

- 14.45 - 16.00 **EPA Symposium: Mental health and well-being for all: building a world in which mental health is valued, promoted and protected**
- Harmonizing practices and strengthening the collaboration of psychiatrists from different European regions - **Martina Rojnic Kuzman** (*Croatia*)
 - Ethical dilemma in Psychiatry - **Eka Chkonia** (*Georgia*)

Chair: Jana Chihai (*Moldova*)

16.00 - 16.30 *Coffee Break (E-posters view session)*

- 16.30 - 17.30 **Thematic Session: Mental health conditions and gender-related issues**
- Counselling, accompaniment and psychotherapeutic interventions before, during and after pregnancy - Highlights from six case studies - **Petre Rădescu** (*Romania*)
 - Recent developments in the diagnosis and management of transgenderism - **Cezar Babin** (*Moldova*)
 - Possible risks of using medicinal plants as adjuvant therapy during pregnancy and lactation in mental patients - **Larisa Boronin, Igor Nastas** (*Moldova*)
 - The positive effects of melatonin in pregnancy and lactation in mental disorders - **Larisa Boronin** (*Moldova*)

Chair: Jana Chihai (*Moldova*)

Sunday, 15 October, 2023 – “A” Hall (HYBRID)

09.00 - 10.45 **Workshop:**
The Trilogos Method in practice – A Workshop on Personality Training and Consciousness Development
Moderator: Michael Noah Weiss (Norway)

10.45 - 11.15 *Coffee Break (E-posters view session)*

11.15 - 12.00 **Keynote lecture:** Innovation by Intuition – How the Trilogos Method can inspire scholars in their R&D processes - **Michael Noah Weiss** (Norway)

12.00 - 13.30 **Thematic Session: Mental health issues during childhood and adolescence**

- Gender as a (non)protective factor: the impact of the COVID-19 pandemic on the mental health of young girls - **Sulltana Aliaj** (Albania) & **Fitim Uka** (Kosovo)
- Psychological trauma and suicide in children and adolescents - **Cornelia Zincenco, Ina Buga, Lidia Sanduleac, Victoria Țapeș, Inga Deliv** (Moldova)
- Stress and diabetes in young adulthood. Risk factors, prevention and quality of life - **Svetlana Dimitrova** (Bulgaria)
- Genetics of attention deficit hyperactivity disorder - **Victoria Țapeș, Cornelia Zincenco, Inga Deliv** (Moldova)
- Effects of therapeutic interventions in the socio-emotional profile of adolescents coming from single-parent families - **Alina State Pătrașcu** (Moldova)

Chair: Grigore Garaz (Moldova)

13.30 - 14.30 *Lunch Break (E-posters view session)*

14.30 - 15.30 **Thematic Session: Unraveling the Complex Interplay in Mental Health: Insights from Diverse Perspectives**

- Pathologic role of SARS-COV2 infection in mood disorders - **Maria Filimon, Anatol Nacu** (Moldova)
- Sexual trauma impact on gynecologic oncology cases - **Lidia Sanduleac, Mihaela Belous, Dorin Jelaga, Inga Deliv** (Moldova)
- Therapeutic strategies for reducing aggression and self-mutilation in children with autism - **Mihaela Belous, Anatolie Nacu, Dorin Jelaga, Lidia Sanduleac** (Moldova)
- Depression and related sleep disorders. comorbidity analysis - **Mihaela Belous, Anatolie Nacu, Dorin Jelaga, Lidia Sanduleac** (Moldova)
- Implementation of Article 110 of the Criminal Code in the Romanian psychiatric system - **Ciprian Băcilă, Mihaela Tănase** (Romania)

Chair: Igor Nastas (Moldova)

15.30 - 16.30 **Thematic Session: Exploring Diverse Perspectives on Mental Health**

- Psychological hindrances after ramp lesion injuries caused in sportive activities - **Ersi Dobi, Neritan Borici** (Albania)
- Moringa Oleifera as adjuvant therapy during pregnancy and breastfeeding - **Larisa Boronin, Igor Nastas** (Moldova)
- Melatonin as adjuvant therapy during pregnancy and breastfeeding - **Larisa Boronin, Igor Nastas** (Moldova)
- Relationship between child traumas and criminality of penitention detainees – **E. Scaletchii, A. Nacu** (Moldova)
- Electroconvulsive therapy – necessity in the therapeutic management of treatment-resistant psychiatric pathology - **Claudia Anghel** (Romania)
- Heterogeneity of Burnout Syndrome among young psychiatrists from Moldova - **Lidia Sanduleac, Mihaela Belous, Dorin Jelaga** (Moldova)

Chair: Larisa Boronin (Moldova)

16.30 - 17.00 *Closing Ceremony*