



Scientific Programme for the International Psychiatric Conference

2nd August, Friday

9:00-12:30 AM

WORKSHOPS

WORKSHOP 1:

Happiness for Healthcare Professionals. (Emerald Hall A)

Chair: Professor Khalid Mufti; Professor Aftab Asif, Professor Fareed Minhas, Dr Ajmal Kazmi

Co-chair: Dr Anwar ul Haq, Dr Sara Shahid, Dr Burhan Mustafa.

Facilitator: Professor Mowadat Hussain Rana.

MCPS; FCPS; DCPS; HPE; MCPS-HPE; D-CBT; MRCPsych; FRCPsych

WORKSHOP 2:

Children in a Digital World (Crystal Hall A)

Chair: Professor Agha Shabbir, Prof Moin Ansari

Co-chair: Prof Haroon Hamid; Prof Iftikhar Ijaz; Prof Tipu Sultan, Dr Mohsina Najeeb; Mrs Khawar

Facilitators:

International Faculty:

Professor Waqar Azeem

Dr. Muhammad Ather .

Dr Durre Shahwar

National Faculty:

Dr Ayesha Minhas (RMU, Rawalpindi)

Dr Shehryar Jovindah (SKMH, Lahore)

Dr Nazish Imran (KEMU, Lahore)

Dr Wamiq Ali & Dr Aisha Sanober (AKUH Karachi)





WORKSHOP 3: Perinatal Psychiatry

Strong Women, Strong Families Supporting our women during Perinatal period (Bukhara Hall)

Chair: Professor Dr Shamsa Humayun; Professor Ayesha Humayun.

Co-chair: Dr Shamila Ijaz, Dr Faiza Ather, Dr Afshan Ambreen, Dr Ammara Amir, Miss Mirat Gul.

Moderator: Dr Khaula Fatima Tariq

Facilitators:

Dr Felice Watt

Division Chief Women's Mental Health for
Department of Psychiatry at Sidra Medicine.
Ex Medical Co-Director Women's Health, Genetics
and Mental Health at King Edward Memorial
Hospital, Women's and Newborn Health Service,
Perth, Australia.

Dr Syeda Monazza Ali.

MRCPsych; CCT(Cambridge UK)
Perinatal Psychiatrist, Sidra Medicine, Qatar
Ex- Lead Consultant Psychiatrist Acute Inpatient
Psychiatric Unit at Mid Central District Health
Board (DHB), New Zealand

WORKSHOP 4:

Neuropsychological Assessment: When & How (Shalimar C)

Chair: Professor Zahid Mehmood, Dr Khawaja Hamid Rasheed

Co-chair: Dr Irum Bokhari, Dr Farasat Ali Doger, Dr Fauzia, Dr Urooj Burhan Mustafa,

Moderator: Dr Saima Batool

Facilitators:

Dr. Omar M. Mahmood

Professor of Psychology in Clinical Psychiatry
Weill Cornell Medical College
Acting Clinical Director Psychology (Sidra
Medicine Doha, Qatar)
Ph.D.; Masters in Clinical Psychology (Wayne State
University)
Post-doctoral training, University of California, San
Diego, School of Medicine.

Dr Ifaf Asghar

Consultant Clinical Psychologist (Sidra Medicine, Qatar)
Doctorate in Clinical Psychology (The University of
Glasgow).
Associate Fellow of the British Psychological
Society (AFBPS)
MSc in Applied Psychology for Children and
Young People (The University of Edinburgh)
MSc in Children and Young People's Mental Health
and Psychological Practice (The University of
Edinburgh)



2nd & 3rd AUGUST, 2019 | PC-HOTEL, Lahore-Pakistan

Working Across Boundaries

2nd August Friday Afternoon:**1pm -2:30pm Lunch, PC, Lahore, for the Conference Registered Participants****1st Scientific Session: 3:00-4:00 (Crystal Hall B)****Rehabilitation/ Social Psychiatry (Session 1)**

Chair: Professor Mazhar Malik, Professor Imtiaz Dogar, Prof Aziz ur Rehman

Co-Chair: Professor Naeem Leghari; Dr Khalid Mehmood Mughal,

Dr Ayesha Rasheed; Dr Atiya Inam

Secretary: Dr Irum Aamer

Time	Topic	Presenter
3:00-3:15	Social Psychiatry- A National Movement towards a change in our Practice	Dr Mazhar Malik
3:15-3:30	Rehabilitation Practices	Dr Ajmal Kazmi
3:30-3:45	Wellness: The Preferred goal of Healthcare	Prof. Zahid Mehmood (Director, Clinical Psychology, UMT)
3:45-4:00	Psychosocial factors of addiction and impediments after Rehabilitation.	Prof Mamoona Mushtaq (Head/ Vice Principal MAO college)
	Question Answer Session and Certificate Distribution	

TEA BREAK 4:00-4:15 PM



Conference Secretariat: Ijaz Clinic

5-Racecourse Road, Shadman, Lahore, Pakistan



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**2nd Scientific Session (Crystal Hall B)****Rehabilitation/ Social Psychiatry (Session 1I)****Chair:** Professor Raza-ur Rahman, Professor Moin Ansari,

Professor Rizwan Taj, Col Rtd Khalid Mehmood, Dr Anwar ul Haq

Co- Chair: Dr Imran Murtaza, Dr Burhan Mustafa, Dr Ali Sajid, Miss Mirat Gul.**Secretary:** Dr Saima Batool

Time	Topic	Presenter
4:15-4:45	Focus on Islamic Spirituality	Prof Khalid Mufti
4:45-5:00	Psychiatric Morbidity in Residents	Prof Rizwan Taj
5:00-5:15	Burden of Caring for Patients with Dementia and Role of Health Psychologists	Prof Shahida Batool (Chairperson Psychology, GCU)
5:15-5:30	Question Answer session and Certificate Distribution	

PARALLEL SESSION**2nd August Friday Afternoon****3:00pm -5:30pm (Emerald Hall A)****The Psych Lounge: Student Wellness and Health Promotion****Panellists:** Dr Amina Ahmad (Medical Educationist), Professor Waqar Azeem.

Dr Sadia Saleem (UMT), Dr Tazvin Ijaz (GCU), Dr Ali Hashmi; Dr Nazish Imran.

Moderators: Salar Haider (Medical student) & Dr Ayesha Irfan (Recent Graduate, KEMU).

2nd & 3rd AUGUST, 2019 | PC-HOTEL, Lahore-Pakistan

Working Across Boundaries

Inaugural Session (Crystal Hall B)Friday 2nd August 2019

Timing: 6:00 PM-7:15 PM

Moderator: Dr Nazish Imran

6:00-7:15	Guests to be seated
	Arrival of Chief Guest
	Recitation from the Holy Quran
	Welcome Address by Professor Imran Ijaz Haider
	Thematic Lecture by Professor Mowadat Rana “Prescription for Wellness: Working across Boundaries”
	Address by Guest of Honour : Professor Khalid Mufti.
	Address by Guest of Honour : Professor Abdul Malik Achakzai
	Address by Special Guests : Prof Waqar Azeem, Professor Unaiza Niaz, Prof Mazhar Malik, Dr Nisar Hussain, Prof Rizwan Taj, Dr Ajmal Kazmi, Prof Aziz ur Rehman.
	Address by Guest of Honour : Prof Naveed Ansari (Principal FMH College of Medicine & Dentistry)
	Address by Chief Guest, Professor Khalid Masud Gondal (Tamgha-e-Imtiaz) Vice Chancellor, King Edward Medical University, Lahore.
	Distribution of Conference Shields for the Guests.
	Vote of Thanks.
7:15-7:30	Inauguration of Pharmaceutical Display by the Chief Guest.
7:30-9:00	Welcome Dinner for Conference Delegates.
9:00-10:00	11 th Meeting of the Executive Committee of Pakistan Association of Social Psychiatry (Emerald Hall A)



**Saturday 3rd August, 2019****3rd Scientific Session (Crystal Hall B)****Wellness Across the Life Span****Chair:** Brig Mowadat Rana; Brig Farrukh, Professor Waqar Azeem., Dr. Ajmal Kazmi**Co Chair:** Dr Rubina Aslam, Dr Saima Daud, Dr Muhammad Al Rawi**Secretary:** Dr M Mujataba

Time	Topic	Presenter
9:00-9:15am	Transcranial Magnetic Stimulation (TMS)	Prof Aftab Asif
9:15-9:30am	Ingredients for Wellness.	Prof Naim Siddiqui
9:30-9:45am	Prescription for Wellbeing: Working across Boundaries	Prof Raza ur Rehman
9:45-10:00 am	Borderline Personality Disorder-Birth of Interest Group in Pakistan.	Prof Fareed Minhas
10:00-10:30 am	Question Answer session and Certificate Distribution	

Tea Break: 10:30am -11:00am

Poster Competition: Emerald Hall A

11:00-12:00pm

Judges Panel:

Prof Waqar Azeem, Prof Mazhar Malik

Prof Naim Siddiqui, Dr Muhammad Al Rawi, Dr Saima Daud



**4th Scientific Session (Crystal Hall B)****Perinatal Mental Health: Advocating for Health & Well-being of Families****Chair:** Professor Khalid Mufti; Professor Unaiza Niaz; Professor Rukhsana Kauser**Co- Chair:** Dr Sumira Qambar; Dr Rafia Rafiq; Dr Nisar Hussain,

Dr Naeem Amjad, Dr Farhat Nadeem

Secretary: Dr Anum Fatima

Time	Topic	Presenter
	Keynote Talk	
11:00-11:15	Challenges of Urban Working Women's Mental Health in Pakistan.	Prof Unaiza Niaz
11:15-11:30	Key issues in Women's Mental Health	Dr Felicia Watt
11:30-11:45	Perinatal Depression Globally: Myths and Realities	Dr Usman Hamdani
11:45-12:00	Psychopharmacological considerations in pregnancy and lactation	Dr Syeda Munazza Ali
12:00-12:15	Question Answer session and Certificate Distribution	

12:15pm-1:30pm: Special Session (Crystal Hall B)**MEMORIES**

Moderator: Professor Imran Ijaz Haider

Late Professor Ijaz Haider**Late Professor Muhammad Sharif Chaudhry**

1:30-2:30 Lunch Break



**5th Scientific Session (Crystal Hall B)****Sustaining Development: Investing in Child & Adolescent Mental Health in the 21st Century**

Chair: Professor Waqar Azeem; Professor Niaz Maqsood, Professor Altaf Qadir.

Co- Chair: Dr Ayesha Minhas, Dr Nazish Imran; Ms Shamaila Ijaz.

Secretary: Dr Fatima Bokhari

Time	Topic	Presenter
2:30-2:45	Experience of creating Qatar's National Autism Plan	Prof Waqar Azeem
2:45-3:00	Child & Adolescent Psychiatric Assessment in Emergency Department	Dr Muhammad Ather
3:00-3:15	Nuts and Bolts of Assessment and Management of Adolescent Eating Disorders	Dr Durr-e-Shahwar
3:15-3:30	Autism Spectrum Disorders: An overview	Prof Shazia Maqbool
Question Answer session and Certificate Distribution		

Tea Break 3:30pm-3:45pm



**6th Scientific Session (Crystal Hall B)****Suffering in Silence: Caring for Caregivers**

Chair: Professor Abdul Malik Achakzai, Professor Jameel Hussain, Mrs Madiha Ijaz, Professor Imran Ijaz Haider.

Co- Chair: Dr Ammara, Dr Saqib Bajwa, Dr Tanveer Nasr, Miss Lubna Azhar.

Secretary: Dr Mariam Iftikhar

Time	Topic	Presenter
3:45-4:00	Treatment Response, Remission and Resistance in Psychosis	Prof Saeed Farooq (UK)
4:00-4:15	Maintaining Psychological wellbeing and resilience: strategies for therapists and caregivers working with emotionally demanding patients	Dr Omar Mehmood
4:15-4:30	Caregiving for Patients with Addiction	Dr Mohammad Al Rawi (UK)
4:30-4:45	Caregivers of children with Autism Spectrum Disorders.	Mrs Rukhsana Shah
4:45-5:00	Looking after Families of Mentally ill Patients,	Prof Muhamad Riaz Bhatti
5:00-5:15	Emotional Understanding of the caregivers of Mentally ill patients.	Col Nadeem Ahmad
5:15-5:30	Psychoeducation for caregivers	Prof Imran Ijaz Haider
	Question Answer session and Certificate Distribution	





Concluding Session (Crystal Hall B)

Saturday 3rd August 2019

Timing: 7:30 PM onwards

Moderator: Dr Nazish Imran

7:30 PM	Guests to be seated.
	Arrival of Chief Guest
	Recitation from the Holy Quran
	Address by Special Guests : Prof Mazhar Malik, Prof Unaiza Niaz. Dr Hamid Khawaja, Col Khalid Mehmood, Dr Anwar ul Haq. Professor Waqar Azeem
	Address by Guest of Honour : Prof Salaut Siddqui (Associate Dean Clinical Affairs / Hospital Director Fatima Memorial Hospital)
	Address by Guest of Honour : Mr. Zafar Iqbal Quershi (Co- Chairperson NUR-FMS)
	Address by Chief Guest: Professor Javed Akram, Vice Chancellor, University of Health Sciences, Lahore.
	Distribution of Conference Shields for the Guests.
	Concluding Remarks.
8:00 PM	BANQUET DINNER

