XI th Pan Arab Conference of Psychiatry
Psychological Consequences of Violence & Evidence-based Mental Health

Under the Patronage of His Excellency:
Dr Mohamed Najj Al-Datari Prime Minister of the Syrian Arab Republic

The Syrian Arab Association of Psychiatrists
The Arab Federation of Psychiatrists
The World Psychiatric Association are honored to invite you to Mental Health Congress 2008
21–23 August 2008 Sheraton Hotel Damascus (2008 Capital of Arab Culture)

Prof. Juan E. Mezzich

Dear Colleagues and Friends, I am delighted to extend my warmest greetings to the 8th Pan Arab Congress of Psychiatry to take place in Damascus on August 21-23, 2008 and to our esteemed WPAMember Societies meeting there. The Arab world is repository of some of the most venerable traditions in medicine and psychiatry. Building on these distinguished roots, current Arab psychiatric societies are constructing vibrant contributions to enhance mental health in their own countries and across the world. The World Psychiatric Association feels deeply enriched encompassing such wise traditions and recent contributions.

The Congress overall themes, Psychological Consequences of Violence and Evidence Based Mental Health, are timely and compelling. The wide range of issues for presentation and discussion are thought-provoking and propitious forenhancing our clinical skills and public health perspectives. Syria at large and Damascus in particular, with their enormous natural and man-made beauty, their rich cultural resources, and warm population and professional community, shall be highly stimulating settings for this Pan Arab Congress. The fact that Damascus has been designated 2008 Capital of Arab Culture is all the more remarkable and an added bonus to the Congress. Chairman Professor Adib Essali and all our colleagues of the Syrian Arab Association of Psychiatrists will be our gracious hosts and guides. Many opportunities to renew old friendships and forge new ones shall emerge at the Congress. I am very much looking forward to greeting you personally in Damascus this August. Cordially yours,

President of the World Psychiatric Association

Adib Essali, MD, PhD (London), MRCpsych

Dear Colleagues, On behalf of the Arab Federation of Psychiatrists and the Syrian Arab Association of Psychiatrists, I am delighted to invite you to the 8th Pan Arab Congress of Psychiatry which will be held in Damascus from 21st to 23rd August 2008. Pan Arab congresses provide a unique opportunity for professionals all over the world to meet, discuss their concerns, learn from each other and supporteach other. The theme of the 8th Pan Arab Congress of the Arab Federation of Psychiatrists hopes to stimulate participants to move the world towards acaring and non-violent community. The scientific program of the Congress will cater for colleagues ranging from those who just recently joined the field to those looking forrefinements in professional practices. The many concurrent sessions will offer participants opportunities to present innovative research and share-well tried evidence-based best practices. All colleagues are cordially invited to submit abstracts at the Congress website: www.ebm-syria.com. Abstract submission deadline is 30 May 2008. Syria has always been a center where east and west meet with their varied civilizations. It is a wonderful panorama of natural colors and images: seacoast, mountains, forests, rolling hills, fertile valleys, plains and steppes. Monuments, archaeological sites, impregnable castles, citadels andforgotten cities narrate a glorious history. Damascus, one of the oldest continuously inhabited cities in the world, is amixture of glorious heritage and modernity. The Congress social program will ensure that visitors have opportunities to enjoy our cultural heritage while revitalizing old or building new friendships. You will enjoy exploringhistory. Ever smiling Syrians will make you feel at home. We look forward to welcoming you to Damascus and to what will prove to be an unforgettable event. Please plan to submit an abstract and register for the Congress at www.ebm-syria.com. Yours sincerely,

Congress Chairperson

International Organizing Committee:
Mohamed Abu Saleh (UK)
Yousef Abu alababan (UAE)
Walid Abdul Hamid (UK)
Hatam Achache (Tunisia)
George Christodoulou (Greece)
Abdulkader Dandachi (NL)
Tawfik Daradkeh (Jordan)
Khalil Fadel (Egypt)
Alaa Farghaly (Egypt)
Eric Griez (NL)
Yassar Jomah (USA)
Ihsan Salum (USA)
Amira Seif El Din (Egypt)
Mohamed Fadi Al Khani (KSA)
Munir Al Khani (Lebanon) Tarik Al Kubaisy (UK)
Mohmed Lafta (Iraq)
Ahmad Mohit (Iran)
Nadim Al Moshmosh (UK)
Abdullah Al Nggar (Palestine)
Abdul Kareem Al Obaidi (Iraq)
Tarek Shahrour (KSA)
Berna Ulug (Turkey) Simavi Vahip (Turkey)
Patrice Dubus (France)
Program Overview

The program will encompass a number of high quality keynote sessions and high quality symposia. Other sessions will encompass free papers that allow practitioners and researchers to report on their clinical practice or research findings. Training workshops are aimed at making the most of this exceptional gathering of distinguished clinicians and scientists. Interwoven with these highly academic sessions will be an opportunity for meeting old and new friends, notably over coffee and lunch, but also at social events.

The selected abstracts will be finally accepted only after the presenter’s completed registration is received.

21 AUGUST

- 9.00-10.00
- 10.00-11.30

Presidential Symposium
Juan Mezzich and Ihsan Salloum (USA)
23 AUGUST

- 9.00-10.00
  Nuri Bimarstan
  Abdelmasih Khalaf (Syria)
  Contemporary Psychiatry in Damascus

- Ghassan Shaker (Syria)
  The Damascus Cochrane Team

- Mohamed Jawaosh and Nahla Haj-Hasan (Syria)
  Evidence-based Residency Training in Psychiatry in the Netherlands by Critically Appraised
  Topics
  Bart PF Rutten (Holland)
  10.30-11.30

HALL A

ATTITUDES TO PSYCHIATRY

- Ethical foundations of psychiatry
  George Christodoulou (Greece)

- Testing for two mental illness stigmas in general hospital setting
  Tarek Shahrour and Rifat Rehmani (Saudi Arabia)

- Causal Beliefs of Schizophrenia among Schizophrenic Inpatients’ Families in Iraq
  Shalan Al-Abbudi (Iraq)

- Attitudes towards mental illness: a comparative study between Syria and the United Kingdom
  Masa AlKurdi & Paula Hixenbaugh (UK)

HALL B

New research Do we need the sub-speciality of Old Age

- Psychiatry
  Walid Abdul-Hamid (UK)

- Psychological benefits of aerobic training program as a psychotherapy for moderate depression in the elderly
  Samir Al Gazzar (Saudi Arabia)

- Depression in Iraq: A socio-demographic study
  Naamah Humaidi (Iraq)

- Preparing an obsessive compulsive scale
  Dalia Moemen & Wail Abohendy ( Egypt)

- Prevalence of smoking in school students: Cross sectional study about 850 students in Monastir city (Tunisia)
  Lotfi Gaha (Tunisia)

HALL A

Working together

- Arapsynet
  Jamal Turky (Tunisia)

- Arabic Treatment Center for traumatized patients
  Nahla Haj-Hasan (Syria)

- E-Health and Psychological Health: Its potentials in the management of victims of violence

HALL A

- 10.30-11.30

WOMEN MENTAL HEALTH

- Psychological harassment at work
  Hachefeli Hamid (Algeria)

- Violence against mothers
  Sonia Missaoui (Tunisia)

- Sexual violence and female genital cutting’s beliefs and attitude of Egyptian women
  Mustafa Alifi (Oman)

- Egyptian women’s attitude and beliefs about female genital cutting and its association with childhood maltreatment
  Mustafa Alifi (Oman)

- Interviewing traumatized children
  Mohamed Tahar Bouyaya (Algeria)

- Treating difficult neurotic cases
  Fadel Khalil (Egypt)

- Cognitive Behavior Therapy of PTSD
  Keltoum Belmihoub and Dalila Zenad (Algeria)

- 12.30-15.00 Prayer and Lunch Break

- 15.00-17.00 Workshops Please see page 10

- 20.00-23.00 Gala Dinner Barada Club

HALL B

- 10.30-11.30

- Homelessness & Psychiatric Hospitalisation
  Walid Abdul-Hamid (UK)

- The Stress update
  Ala’a Farghaly (Egypt)

- Stress and trauma may impact through epigenetic modulation of gene expression
  Bart PF Rutten (Holland)

- Combat fatigue and its relation to ego-resilience and social support of College students
  Athmar Shaker Majeed (Iraq)

- Living with stress in Palestine
  Abdallah Al-Najjar (Palestine)

- PTSD among Gaza children
  Neamat Alwan (Palestine)

- Acute stress disorder: indicators of chronicity
  Binabbas Malik (Algeria)

HALL A

- 9.00-10.30

- 10.30-12.30

- Biopsychobiology of stress
  Walid Abdul-Hamid (UK)

- The Stress update
  Ala’a Farghaly (Egypt)

- Stress and trauma may impact through epigenetic modulation of gene expression
  Bart PF Rutten (Holland)

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HALL A

- 20.00-21.00 Opening Ceremony

- 21.00-23.00 Reception

Psycho-legal consequences of torture

A Basra hotel tale 1
Adib Essali (Syria)

A Basra hotel tale 2
Sapa Malik (UK)

The Psychology of Terrorism
Yasmin Farooqi (Pakistan)

22 AUGUST

- 9.00-10.30

- 10.30-12.30

HALL A

- Homelessness & Psychiatric Hospitalisation
  Walid Abdul-Hamid (UK)

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- Acute stress disorder: indicators of chronicity
  Binabbas Malik (Algeria)
- Trauma focused treatment for sexually abused women
  Şahika Yüksel (Turkey)
- Medication and anxiety disorders
  Bart PF Rutten (Holland)
- Treatment of depression – evidence review
  Nadim Almoshmish (UK)
- Spiritual dimensions of traumatic healing
  Abdul Basit (USA)
- Religiosity & Anxiety Disorders in a Multi Confessional Population – A Case Control Study
  Ramzi Haddad, Chantal Mansour and Wadih Naja (Lebanon)

<table>
<thead>
<tr>
<th>Title</th>
<th>Authors</th>
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<tr>
<td>The Efficacy of Mirtazapine in Social Anxiety Disorder: a double-blind placebo controlled study with adjunctive paroxetine in nonresponders to treatment</td>
<td>S.I.J. Schutters, H.G.J.M. van Megen and H.G.M. Westenborg (Holland)</td>
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<td>The frequency of psychiatric patients using Traditional and Spirituality medicine</td>
<td>Saadoun Dawood Ahmed Al-jiboori (Iraq)</td>
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<td>Depression in elderly people in nursing homes</td>
<td>Mehdi Chitiou, Leila Gassab, Férid Zaafrane, and Lotfi Gaha (Tunisia)</td>
</tr>
<tr>
<td>Short and long term outcome of first psychotic episode: Tunisian inpatient population</td>
<td>Leila Gassab, Sami Boughammoura, Anwar Mechri, Férid Zaafrane, Lotfi Gaha (Tunisia)</td>
</tr>
</tbody>
</table>

Workshops All training workshops will take place between 15.00-17.00 hours in the indicated location.

21 August 2008 15.00-17.00
Sheraton: Attachment from theory to neurobiology
HALL A: Karam Radwan and Sandra Naaman (USA)
Sheraton: Self-harm and violence in old age
HALL B: Abeer Eissa and Doaa Hwedi (Egypt)

22 August 2008 15.00-17.00
Sheraton: The Psychiatric examination
HALL A: Mohamad Al Khani (Saudi Arabia)
Interviewing child victims of sexual abuse
Abdelouadoud Kharboush and Jamila Bia (Morocco)
Sheraton: Psychodrama
HALL B: Modern Psychodrama Khall Fadel (Egypt)
Effectiveness of Psychodrama in Developing Social Communication Skills for Pupils with Learning Disabilities
Mohammad El-Nahhas (Egypt)
Psychodrama in assessing and rehabilitating students’ memory
Elham Aljammas (Iraq)
CPD Center: Critical appraisal of mental health literature
Damascus Cochrane Team

23 August 2008 15.00-17.00
Sheraton: The Arab Board Examination
HALL A: Tewfik Daradkeh (Jordan) and Munir Al-Khani (Lebanon)
Sheraton: Treatment of PTSD in children
HALL B: Yassar Jomah (USA)
CPD Center: How to write a Cochrane Review
Damascus Cochrane Team

SOCIAL PROGRAM
The Opening Ceremony will take place in Damascus Castle. We will be entertained by The Syrian Army Band. Re-built in 1202, Damascus Castle is an impressive citadel with imposing walls and a dozen colossal turrets surrounding it; there were three-hundred arrow slits and enormous parapets all round. In the following centuries, it suffered devastation and neglect; recently, the western walls of the fortress came into full view. Restoration work has been done, and the citadel is now a center for various cultural activities. Its most celebrated annual event is the Damascus Jazz Festival which will start this year on 23 August 2008. There will be a chance for all of us to be there. The Syrian Army Band was established during the Ottoman era as they were the first to form bands as part of the army and they exported this idea to the rest of the world. After Syria’s independence in 1946 the band was directed until his death by a Syrian military officer, Helmi Araballi who had graduated from the military academy in France as lieutenant specializing in music. The present organizational form as an independent unit within the military hierarchy was instituted in 1960 during the union with Egypt. The Band has recorded many folk musical pieces and military marches since 1965. It took part in the Bremen Musical Festival in Germany in 1999. The Band is presently working on a “Music on the Road” project to present musical performances in public gardens in cooperation the Committee of Damascus Capital of Arab Culture for 2008.

Tours
During the conference, there will be a chance to register for brief tours that will include

1. A sightseeing tour in Damascus to visit the inspiring Umayyad Mosque, the lavishly decorated 18th-century Azem Palace, the tiny Chapel of Ananias, the vibrant souks and the National Museum.

2. A visit of Maaloula, a picturesque village perched in the rocks concealing the church of St. Sergius, where Mass is still celebrated in Aramaic, the language of Jesus.

3. A visit to Bosra, once the capital of the Roman province of Arabia, and its immaculately preserved Roman Theater. It will also be possible to plan personalized post congress trips to visit Krak des Chevaliers, the imposing Crusader castle, Palmyra, one of the most impressive Roman sites, and Aleppo, perhaps the most picturesque and unspoiled of Arab cities.

SPECIAL EVENTS

Presidential Symposium Psychiatry for the Person in the Arab Context Juan Mezzich and Adnan Takriti

Psycho-legal aspects of torture A Basra Hotel Tale Sapna Malik and Adib Essali

Psychiatry in Damascus From Nuri Bimarstan to Cochrane Collaboration Cochrane Schizophrenia Group

Keynote Speakers and Sessions

Juan Mezzich and Ihsan Salloum: Person-centered Integrative Diagnosis

George Christodoulou: Disasters and Mental Health

Ihsan Salloum: New International Classification and Diagnostic Systems

Amira Seif-El-Din: Adolescent Mental Health Problems

Naser Loza: Mental Health Legislations in Arab Countries

Alaa Farghaly: Stress update

Yousef Latifa: PTSD among Lebanese Children Following the July 2006 War

Yousef Alobeidi: PTSD among School Children in Baghdad

Call for Abstracts

You are cordially invited to submit proposals for papers, workshops and symposia using this form which can be submitted online. Abstract Submission Deadline is 30 May 2008. The selected abstracts will be finally accepted only after the presenter's completed registration is received. The time allocated for oral presentations is 20 minutes (15 minutes for the presentation and 5 minutes for discussion and questions). Abstracts should be limited to 250 words. Each symposium will be composed of three to five related papers. Authors interested in presenting a symposium are requested to submit all related papers as a
single abstract, with clear designations of the individuals’ papers and titles (limit 1,500 words). Workshops will be interactive sessions with a focus on skills development or on discussions among participants. Workshop length is 45-60 minutes depending on the level of interaction. All abstracts will be considered on the basis of individual merit by the Scientific Committee, and will be ranked according to their relevance to the Congress theme and importance to the international audience.

- **Abstract Submission Form**

Surname: …… First name: …… Official Affiliation: ……
Address: ……… City: ………… Country: …………
Tel: ………… Fax: ………… E-Mail: …………
Presentation Title: …………
Authors: …………
Presentation Abstract: …………

**Travel Agent**
SUN TRAVEL & TOURISM Fax: + 963 11 2312473 e-mail: inbound@suntravel-syria.com

**Air Travel**
Many airlines provide regular service to and from Damascus International Airport. Sun Travel has negotiated special rates for the conference.

**Visa Requirement**
Visitors to Syria must hold a valid passport. Arab Nationals are not required to obtain visas. Other Nationals are required to obtain visas. Applications for visas can be made at Syrian Embassies or Consulates in major cities around the world. Participants are advised to obtain a Syrian visa in their countries. Incase there is no Syrian Embassy in your country, you may send a copy of your Passport to Sun Travel in order to arrange your visa.

**Accommodation**
In order to facilitate hotel reservation by Congress participants, a number of rooms have been secured at the Damascus Sheraton Hotel (**”), Carlton Hotel (**”) and Amer Hotel (**). The Sheraton Hotel is the Conference venue. Shuttle buses will run regularly from Amer and Carlton Hotels. The journey is about 5 minutes. Please refer to the registration form for rates of each hotel. To make a booking, please fill out the Accommodation Form and return to Sun Travel by 8 August 2008.

**Language**
Arabic and English will be the official languages of the Congress. Simultaneous interpretation of all plenary sessions and some concurrent sessions will be available.

**Accreditation**
Activities of this conference have been accredited by the Professional Development Committee (CPD) for Continuing Medical Education (CME). The Conference has been accredited for 15 CPD/CME points, and each training workshop is accredited for 5 additional points.

**Letter of Invitation**
The Congress Secretariat will be pleased to send an official letter of invitation request. It is understood that such an invitation is intended to help potential delegates raise travel funds or obtain a visa. It is not a commitment on the part of the Organizing Committee to provide any financial support.

**Scholarships**
Limited scholarships will be awarded. The deadline for applications is 15 June 2008. Please apply to the Congress Secretariat including your abstract and full CV.

**Currency/Banks**
The Syrian Lira (SL) is the official currency of the Syrian Arab Republic. Foreign currency can be exchanged at the airports, hotels, banks or exchange offices. The exchange rate at the time of printing is US$1.00 = SL 47. The most commonly used international credit cards in Syria are VISA, MasterCard and American Express. Major Banks are open from 9 am to 2:30 pm Sunday to Thursday closing on Friday and Saturday. Some banks and branches are open slightly longer hours. Some banking services are not available an hour before closing.

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Payment of Registration and Accommodation Fees:

All payments should be made to SUN TRAVEL & TOURISMBASSAM HANNA CO. Fax: + 963 11 2312473 Email: inbound@suntravel-syria.com BANQUE BEMO SAUDI FRANSISWIFT: BBSFSYDA ACCOUNT NUMBER: 0154691/BBSF Payment label: CONGRESS08 REGISTRATION

Please pay by wire transfer. To ensure prompt reconciliation, please send a copy of the transfer record to the Congress Secretariat. Registrations are transferable to a colleague at any time prior to the Congress provided the Congress Secretariat is advised in writing. Your registration will be acknowledged electronically or via facsimile within a week of receipt of registration form.

<table>
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</table>

The registration fee includes the welcome reception and the gala dinner.

Total Payment: € 0