



"PSYCHOLOGICAL AND PSYCHIATRIC PROBLEMS IN ADOLESCENTS"

- Which types of problems exist among the adolescents in Costa del Sol?
- Multidimensional approach to helping families.
- Why adolescents suffer from depression, anxiety, eating disorders and why is there is a high risk of suicide attempts or self-harming in the Costa del Sol. What are the causes?
- Psychological and medical treatment. Prevention of psychological disorders.
- Overdiagnosis: finding a qualified specialist.

Dr. Alexandra Geller

Dr. Geller received her degree in Psychiatry from the First Moscow State Medical University after completing a residency at the world famous Russian National Center for Mental Health (a unit of the Russian Academy of Science). In 2008 she accomplished German medical training with a focus on psycho pharmacy and was approved as a German MD. During her medical training she successfully accomplished psychiatry trainings at the Psychiatry Clinic of the Basel University (Switzerland) and at the Rhine Psychiatry Clinic of the Heinrich-Heine-University in Dusseldorf (Germany). Dr. Geller holds valid medical licenses for Spain, Russia and Germany, and is a board member of the Institute of Applied Psychology (Dusseldorf/Tallinn). Professional Memberships: Medical Chamber of the Malaga Province (Spain), Medical Chamber of the North Rhine Province (Germany).

"A JOURNEY THROUGH INTELLIGENCE CONCEPTS"

Understanding, learning or self-awareness. What is the essence of our most developed capacity? What is animal intelligence and what characteristics belong only to the human species? What are the frontiers in Artificial Intelligence. Can the machine feel through artificial emotion? Can the computer be aware of its own existence?

The relevance of IQ and how intelligence is measured. There are multiple intelligences, some of them related to objective abilities as spatial or logical intelligence, and other less known as kinaesthetic or interpersonal intelligence. We will discover why empathy is also a form of intelligence and its powerful relationship with social psychology.

Everyone has untapped potential.

Javier López-Ibor, MSc Neuropsychology

Javier Lopez-Ibor, Clinical Neuropsychologist and Forensic Examiner. Head of Mental Health, Neuroscience and Detoxification Dept. at HC Marbella International Hospital. President of European Society for the Advance of Neuroscience (ESAN) and Head of Forensic Sciences Dept. Vice-President and Academic Chairman of Ilustre Academia de Ciencias de la Salud Ramón y Cajal, (part of Complutensis University of Madrid); Academic Chairman of International Medical Academy (IMA) - Psychology Section; Member of the Executive Committee of World Association for the History of Psychiatry (WAHP); Member of the Organizing Committee of Neurointerventional Master Course (NeuroIMC); Organizing Committee of Addiction Research & Therapy and Alzheimer Disease & Dementia Congresses, both in Chicago.



"AN INTRODUCTION TO COGNITIVE BEHAVIOURAL THERAPY"

The aim of this lecture is to provide you with a basic understanding of the theory and practice of Cognitive Behavioural Therapy (CBT). CBT is an increasingly popular, highly structured, time-sensitive, present-oriented psychotherapy that aims to improve mental health. It is used to help treat a wide range of mental health issues and is appropriate for people of all ages, including children, adolescents, and adults. We will learn about the link between thoughts, emotions, behaviours and physical health, and how to use these connections for self-improvement. Let's make an effort to gain insight into our unhelpful thinking patterns and behavioural processes in order to relieve distress and boost happiness.

Eva Berkovic, MSc Psychology

Eva Berkovic, MSc Psychology, University of Zagreb, Croatia. After completing her internship in clinical psychology at the Croatian Institute for Brain Research she progressed her clinical knowledge working in a public psychiatric hospital where she conducted psychometric testing and assessment, establishing medical diagnosis, writing psychological reports, and offering individual counselling as well as group therapy. To excel in counselling she studied to gain her therapist license from the European Association for Behavioural and Cognitive Therapies. As of 2016 she lives in Marbella and is employed at MIUC as a lecturer and Head of Student Counselling Services, giving psychological guidance in social, behavioral, emotional and personal factors that can influence a student's learning experience. Her most recent collaboration is with the Hellerhof Clinic, a rehabilitation centre in Marbella where she works as a psychotherapist.

"LIFE SKILLS"

Life skills give us a guide to make sure we are covering every area of our lives in order to reach our optimum performance for our ourselves. When we are balanced in our lives, everything flows, and we feel good. When we are out of balance in any area of our life, then anxiety, depression and obsessive-compulsive behaviors, among other things, can start to appear. Wellness means realizing your best self, your possibilities, your wants and needs, and being in balance which is living in moderation. In today's fast digital world, with smaller families, less extended family close by, loneliness and the lack of emotional support are increasingly causing emotional problems. This can cause the start of substance misuse, isolation, promiscuity, overspending, shopping obsessively and binge eating for example.

Roxanne Claude, ICADC II

Roxanne Claude's training, studies, and work experience were carried out in the United States, in schools, treatment centres, and community mental health clinics. Roxanne works with co-occurring disorders, crisis intervention, and does psycho-education, and counsellor trainings. She also possesses the International Certified Alcohol and Drug Counsellor credential (ICADC II). Roxanne was President of the Board of Spain Certified Addiction Counsellors, IC&RC (2013-2015) and is presently a Board Member.

"NLP – HOW A BEE CHANGED MY LIFE"

What does a bee, traumatic events, a troubled teenager, and career all have in common? And what has this to do with hypnosis and NLP? Curious? Think of all the decisions you made just to attend this event! Some were made for you and some were wired in before you could know they were. How can a life time of key memories, decisions, personal values, beliefs, and conflicts be updated? Surely it would take time. But if you could step out of time and revisit, re-live, re-decide, in comfort, wouldn't you? Stuart will give a light hearted perspective with a serious message.

Stuart Ashing

Stuart Ashing is the Director of Lux Therapy Clinic Marbella. Resident in Spain since 2005 with his family, he is originally from Newcastle upon Tyne in the North-East of England. A Master Practitioner in Neuro Linguistic Programming, Hypnotherapy and Time Line Therapy. Hypnosis has been his life and career since 1993. Not the stereotypical therapist as he has also entertained with hypnosis on stage, and 7 million viewers on MTV. 60,000 people have been hypnotised by him at those live events. The dynamic presentation skills combined with years of study and training have produced an interesting energy and character for this presentation.

"BEING PRESENT" INTRODUCTION TO MEDITATION

"Just flow with it and give yourself completely to the task of the present moment. Don't be afraid, don't resist, don't delay. Be what you are. There is nothing to be afraid of. Trust and try. Experiment honestly."

Nisargadatta Maharaj

This workshop creates a space for experiencing the uniqueness of being present. Key principles of meditation, understood as the ability to be present, will be introduced. From a practical approach, participants will experience specific exercises to facilitate the moment to moment awareness. Practices will guide participants through some of the benefits of meditation. We will start with a body scan, standing still posture, and then experience a basic meditation based on the "awareness of breathing".

Catalina Argüello Rodríguez, PhD

PhD in Psychology, University of Granada (Spain). Tai Chi Chuan and Chi Kung Certified instructor (1st Duan). Trained in Yoga, dance and passionate about music, she has worked as a researcher and lecturer in several universities. She has also had ample experience in Social Intervention and community psychology. She enjoys working with groups and believes in creative education as a powerful tool for social change. She is part of SaludArte project, an innovate team that investigates and creates strategies for holistic health interventions based on the impact of movement, music and meditation.