Safe Start: Early Childhood Mental Health Updates
4th Conference of the Child and Adolescent Psychiatry Program
Department of psychiatry
American University of Beirut Medical Center
Friday February 17th, 2017

The conference addresses mental health issues in children younger than six year of age. It provides professionals with up to date knowledge on diagnoses and psychotherapeutic interventions for parents and their young children. Child and adolescents psychiatrists, pediatricians, child and adolescents’ psychologists, pediatric nurses, special educators, rehabilitation professionals working with this age group (occupational therapists, speech therapists, etc.), psychiatry and pediatric residents, clinical psychology interns will find it relevant. Pre-conference workshops will be organized.

Preliminary program

8:00-9:00 Registration
9:00-9:15 Opening Ceremony
9:15- 11:00 Session 1: Parents’ mental health and infant development
1- Impact of parent’s mental health on early development of attachment and emotion regulation
2- Maternal mental health
3- Neonatal psychiatry: Prevention or early intervention?

11:00- 11:30 Q & A
11:30 -12:00 Coffee Break

12:00-2:00 Session 2: Diagnostic challenges in early childhood
1- Diagnosing mental health disorders in infants and toddlers- Challenges and perspectives
2- Safe start diagnostic process- challenges in Lebanese context
3- A review of assessment tools

1:45- 2:00 Q & A
2:00- 3:00 Lunch Break

3:00- 5:00 Session 3: Psychological treatment models in families of infants and toddlers
1- Interpersonal psychotherapies
2- Behavioral psychotherapies
3- Case discussion: establishing diagnosis and discussing therapeutic choices.

5:00- 5:15 Closing Remarks
Pre-conference workshop

Parent Child Interactive Therapy- A 40-hour workshop
PCIT is an empirically supported treatment for preschool children (ages 2-7) with behavioral and emotional problems. PCIT emphasizes changing the parent-child interactions to improve the nature of the parent-child relationship. Parents who participate in PCIT with their children are taught specific skills to develop a strong, positive relationship with their child while increasing the child’s prosocial behavior and reducing the child’s undesirable behaviors. PCIT also has been shown to be an effective treatment for children age 2.5 to 12 with a history of physical abuse or neglect.

This activity is held in collaboration with the Continuing Medical Education Office at AUBMC

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