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3RD DIALOGUES IN MENTAL HEALTH

Precision Medicine in Psychiatric Practice



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3RD DIALOGUES IN MENTAL HEALTH

Precision Medicine in Psychiatric Practice

CO-CHAIRS



JOSEPH EL-KHOURY
Consultant Psychiatrist
Co-Founder & CEO
The Valens Clinic, Dubai



SAMER MAKHOUL
Consultant Psychiatrist & CEO
REEM Neuroscience Centre,
Abu Dhabi

SPEAKERS



Medhat Elsabbahy
Master of Ceremonies
REEM Neuroscience Centre,
(UAE)



Sani Karam
McGill University
(Canada)



Faisal Nawaz
Al-Amal Hospital
(UAE)



Andrew Molodynski
University of Oxford
(UK)



Dina Aly El-Gabry
UAE University
(UAE)



Rassil Ghazzaoui
The Valens Clinic
(UAE)



Olga Karpenko
University of Moscow
(Russia)



Naim Aoun
American Hospital Dubai
(UAE)



Mona Tareen
Cleveland Clinic
(UAE)

WELCOME LETTER

Welcome to the 3rd edition of Dialogues in Mental Health: Precision Medicine in Psychiatry. We are thrilled to present this one day conference, filled with insightful discussions and groundbreaking research on the intersection of mental health and precision medicine.

Following two excellent years where we were true to our mission of exploring truly inspiring, yet relevant topics, this year's conference is dedicated to the exciting advancements in precision medicine within the field of psychiatry. With an emphasis on individualized treatment approaches, we aim to uncover innovative strategies that will revolutionize mental health care.

Join us as we bring together international and local experts over a diverse academic program. Through thought-provoking presentations, we will delve into the latest breakthroughs, challenges, and opportunities in this rapidly evolving field.

From exploring genomics and biomarkers to harnessing the power of data analytics and artificial intelligence, we will delve into the potential of precision medicine to transform the diagnosis, treatment, and prevention of mental illnesses. We will also consider the aspects of care, whether physical or psychological that result in improved outcomes and enhanced well-being.

We invite you to be a part of this important conversation and contribute to the advancement of precision medicine in psychiatry in the United Arab Emirates and the region. Whether you are a healthcare professional, researcher, policy-maker, or advocate, Dialogues in Mental Health offers a unique platform to exchange knowledge, foster collaborations, and shape the future of mental health care.

We look forward to welcoming you on Sunday the 9th June at the prestigious Conrad Hotel in Dubai. Prepare to be inspired, challenged, and empowered as we embark on this transformative journey together.

Warm regards,



JOSEPH EL-KHOURY
Consultant Psychiatrist
Co-Founder & CEO
The Valens Clinic, Dubai



SAMER MAKHOULI
Consultant Psychiatrist & CEO
REEM Neuroscience Centre,
Abu Dhabi



3RD DIALOGUES IN MENTAL HEALTH

JUNE 9TH 2024

AGENDA

TIME	TOPIC	SPEAKER
09:00-9:15	Official Opening by Master of Ceremonies Dr. Medhat El Sabbahy	
	Session Moderator: Dr. Bassem Dheya	
09:15-10:00	Session 1: Pharmacogenomics in Psychiatry	Dr. Faisal Nawaz Al-Amal Hospital (UAE)
10:00-10:45	Session 2: Introduction to psychedelic assisted psychotherapy	Dr. Sani Karam McGill University (Canada)
10:45-11:00	Break	
	Session Moderator: Dr. Naheda Nayaz Ahmed	
11:00-11:30	Symposium 1	
11:30-12:15	Session 3: An overview of parasomnias and their treatment	Dr. Naim Aoun American Hospital Dubai (UAE)
12:15-13:00	Session 4: Pain management for psychiatrists	Dr. Mona Tareen Cleveland Clinic (UAE)
13:00-14:00	Lunch	
	Session Moderator: Dr. Tamer Metwally	
14:00-14:30	Symposium 2	
14:30-15:30	Session 5: Personalized care is possible if we follow the evidence	Dr. Andrew Molodynski University of Oxford (UK)
15:30-16:00	Session 6: Cultural aspects of major depressive disorder	Dr. Dina Aly El-Gabry UAE University (UAE)
16:00-16:15	Break	
	Session Moderator: Dr. Rana Abounakad	
16:15-17:00	Session 7: Evidence based psychosocial interventions in schizophrenia	Dr. Olga Karpenko University of Moscow (Russia)
17:00-17:30	Session 8: Optimizing the interface between therapy and pharmacology	Ms. Rassil Ghazzaoui The Valens Clinic (UAE)
17:30-17:35	Closing Remarks	

CHAIRS BIOGRAPHIES



Dr Joseph El-Khoury

Consultant Psychiatrist, Co-Founder and CEO, The Valens Clinic

Dr Joseph El Khoury is a consultant Adult and Substance Misuse Psychiatry. He is the co-founder and medical director of the Valens Clinic, a newly established clinic in Dubai. He is the previous chief of department of psychiatry and behavioral health at American Hospital Dubai (AHD).

After qualifying as a medical doctor in 2002 Dr El-Khoury trained in the United Kingdom, obtaining Membership of the Royal College of Psychiatrists (MRCPsych) in 2006. He holds a certification in Adult and Substance Misuse Psychiatry since 2010 (CCT) in addition to a Postgraduate Certificate in Cognitive Behavioural Therapy from the University of Reading. He holds a Masters (MSc) in 'War and Psychiatry' from King's College London. He was elected Fellow of the Royal College of Psychiatrist in 2019 for his contribution to the field of mental health.

Dr El-Khoury was appointed as a substantive consultant in the National Health Service in 2010. He relocated to Lebanon, joining the American University of Beirut (AUB) Assistant Professor of Clinical Psychiatry in 2015, where he founded the Psychosis Recovery Outreach Program (PROP), the first community program for severe mental disorders in Lebanon. Dr El-Khoury directed the residency training program at AUBMC, one of the first ACGME-I (US) accredited programs in the Middle East from 2017 to 2021. He has been active on advocacy for mental health with over 10 years of media appearances and contributions in the international and regional press. He is also the serving president of the Lebanese Psychiatric Society and the Financial Officer of the Middle Eastern Division of the Royal College of Psychiatrists.

Dr El-Khoury has over 55 academic publications on topics ranging from addiction, psychosis, service development and conflict medicine. He is a former Global Mental Health Scholar for the Arab region at Columbia University (NY,US) and was involved in the ICD-11 revision. He is an editor and reviewer for a number of academic journals, and features as a speaker and organizer of academic events in the UAE and abroad.

Dr. Samer Makhoul

Consultant Psychiatrist & CEO, REEM Neuroscience Centre

Dr. Samer Makhoul is an experienced UK certified consultant psychiatrist and the chief executive officer of REEM Neuroscience centre and adjunct assistant professor at UAE university.

Dr. Makhoul is a Syrian/British who completed his psychiatric training in the UK with double CCT in adult psychiatry and substance abuse psychiatry, membership and fellowship of the royal college of psychiatrists (MRCPsych /FRCPsych) as well as international fellowship from the American psychiatric association.

Since moving to the UAE in 2013, Dr. Makhoul led many prestigious services and helped improving the quality of mental health delivery in the UAE and most recently, established the first private inpatient mental health hospital in the UAE.

Dr. Makhoul is also involved in assessment of pilots and their mental health: to this end he has been an aviation specialist and been approved by the General Civil Aviation Authority in the UAE as a specialist Aero medical examiner since 2015 and been one of the few approved assessors in the UAE in this area including substance abuse. Dr. Makhoul is HIMS trained aeromedical psychiatrist. Dr. Makhoul has also been involved with the department of Health -Abu Dhabi as part of the Mental health task force.



SPEAKERS BIOGRAPHIES

Medhat Elsabbahy (Master of Ceremonies)

REEM Neuroscience Centre, (UAE)

Founder and head of the Psychiatric Rehabilitation department at BSP, SKMC, Abu Dhabi, UAE from 1999 till 2021. Member of the Psychiatric Rehabilitation Association (PRA) International Committee, and member of the Advisory Council of the PRA academy, Adjunct Associate Professor of Psychiatry G.M.U, ex-Regional Vice President; EMR World Association for Psychosocial Rehabilitation. Trained more than 50 team members to help in initiating three psychiatric rehabilitation units in UAE. Managed to initiate new chapters of WAPR in UAE and the region, and working on initiating chapters in Tunisia, Qatar and Kuwait. Initiated the Psychiatric Rehabilitation Division in the Arab Federation of Psychiatrists since 2010. Organized regional and international conferences; WAPR international conference 2017 held in Abu Dhabi, UAE. Chair of 14th WAPR World Congress 2021 and 7th International conference on Mental Health held in Abu Dhabi. Nominated for the President Elect elections of WAPR 2022. Co-chair of the WPA thematic congress held in Abu Dhabi May 2023. Chair of the Psychiatric Rehabilitation Section in the World Psychiatric Association. Nominated by the executive board of WPA as an honorary member of the WPA in Vienna 2023 World Congress of WPA. In December 2023 recognized as Distinguished International Fellow of APA (DIFAPA)



Faisal Nawaz

Al-Amal Hospital (UAE)

Dr. Faisal Nawaz is a Psychiatry Resident Doctor at Al Amal Psychiatric Hospital in Dubai. Dr. Nawaz also shared the privilege of exploring diverse health systems in countries including the United States, Jordan, and India. With an unwavering commitment to advancing the field of mental health, he has authored over 60 peer-reviewed research publications and delivered presentations at international and local conferences.

Dr. Nawaz's research expertise extends across diverse domains, including mental health, global health, digital health, and medical education. Beyond his clinical pursuits, Dr. Nawaz serves as the Co-founder of the Global Remote Research Scholars Program.

Dina Aly El-Gabry

UAE University (UAE)

Dr Dina Aly El- Gabry is an Assistant Professor of Psychiatry at the UAE University and is Consultant Psychiatrist.

She graduated from the Faculty of Medicine, Ain Shams University with honors in 2004. She had her Master's Degree in Neurology/ Psychiatry (MSc) from the Institute of Psychiatry, Department of Neuropsychiatry, Ain Shams University, Cairo, Egypt, where he was the top of her batch. She earned her doctorate (MD) Degree in Psychiatry in 2013 where her thesis was titled "Antipsychotic Polypharmacy versus Monotherapy and their Metabolic Side Effects in Patients with Schizophrenia" under the supervision of Prof. Ahmed Okasha (former president of the World Psychiatry Association), and passed the exam for Membership of the Royal College of Psychiatrists (MRCPsych), London, UK in 2014.



Mona Tareen

Cleveland Clinic (UAE)

Dr. Mona Tareen, MD, MS, is a Staff Physician in the Oncology Institute at Cleveland Clinic Abu Dhabi.

Prior to joining Cleveland Clinic Abu Dhabi, Dr. Tareen worked as a Palliative Hospitalist within the Department of Hematology Oncology and as a Director of Palliative Care at the American Hospital in Dubai, UAE.

Dr. Tareen completed her Internal Medicine residency program at the University of Chicago Hospital, Illinois, and completed her fellowship in Geriatric Medicine at Rush University Medical Center, Illinois, US. She then completed a fellowship in Hospice and Palliative Medicine at Midwest Palliative and Hospice Care Center in Illinois. She worked in Chicago for 14 years and then transitioned to the UAE.



Rassil Ghazzaoui

The Valens Clinic (UAE)

Ms. Rassil Ghazzaoui is a Canadian Lebanese Licensed Clinical Psychologist. She obtained her Bachelor's degree in Psychology with a minor in Cognitive Science from the American University of Beirut (AUB) and her Master's degree in Clinical Psychology from Columbia University, New York.

Prior to joining the Valens clinic, Ms. Ghazzaoui served as the Director of the Psychology Department at the American Hospital of Dubai (AHD). She also worked at the American University of Beirut Medical Center (AUBMC) in Beirut, Lebanon as a Licensed Clinical Psychologist in the department of Psychiatry and in the Bariatric Unit in the Surgery department.

Andrew Molodynski

University of Oxford (UK)

Andrew Molodynski is a consultant psychiatrist at Oxford Health NHS Foundation Trust and Honorary Senior Lecturer at Oxford University, UK. He has worked in community psychiatry for 25 years and been actively involved in research in the field for 20.

He has published on social and occupational functioning in people with severe mental illness and on different forms of service provision. He has co-edited books on coercion in mental health care and the wellbeing of medical students (released January 2024), and authored book chapters on assertive outreach, coercion, adult safeguarding, and inpatient care and has published over 100 articles in peer-reviewed journals.



Olga Karpenko

University of Moscow (Russia)

Head of the scientific collaborations department, Research center of neuropsychiatry, Mental-health clinic No.1 of Moscow Healthcare Department Associate professor, department of psychology, Moscow State University Psychiatrist, private outpatient clinic

Naim Aoun

American Hospital Dubai (UAE)

Dr. Naim Aoun is a Pulmonary, Critical Care and Sleep Medicine Consultant. He has clinical expertise in all aspects of Pulmonary Medicine: COPD, Asthma, Interstitial lung disease and Pulmonary artery hypertension; and all aspects of Adult Sleep Medicine: Sleep Apnea, Insomnia, Hypersomnolence. He earned a triple Fellowship in Pulmonary, Critical Care and Sleep Medicine from Tufts University's St. Elizabeth Hospital in Boston and worked as a Consultant at the St. Joseph Hospital, USA.



Sani Karam

McGill University (Canada)

Dr. Sani Karam is a staff physician specializing in palliative care and family medicine, practicing at a McGill University affiliated hospital in Montreal, Canada. His educational background includes a BA in Economics from Tufts University, an MPH from Boston University, and an MD from McGill University. He is trained in Ketamine, MDMA, and Psilocybin-assisted psychotherapy.

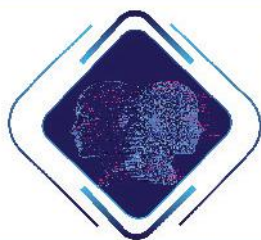
Dr. Karam serves as a faculty lecturer at McGill University, teaching mindfulness-based medical practice, and contributes as a guest lecturer with Therapsil, providing training on equity diversity and inclusion.

His goal is to explore the translation of accessible psychedelic-assisted therapy in the Middle East and is committed to advancing culturally sensitive education and research, particularly in the realms of mental health and end-of-life care.



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