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SAKINA INTEGRATED
MENTAL HEALTH CONFERENCE

From Insight to Impact - Driving the Future of Mental Health
Formerly known as
Abu Dhabi Integrated Mental Health Conference

06-07

FEBRUARY 2026

CONRAD
ETIHAD TOWERS
ABU DHABI, UAE

AGENDA



08:30 - 09:00 AM REGISTRATION

HALL A+B+C: MORNING SESSION

TIME	TOPIC	SPEAKERS
09:00 - 09:05 AM	Conference Opening	Dr. Nahida Ahmed, Dr. Samer Makhoul Chairs of the Conference
09:05 - 09:15 AM	Partnering Towards Advancing Mental Health Care in the UAE	Pedro Matos Rosa Executive Committee Member, PHARMAG Managing Director, Johnson & Johnson Innovative Medicines Gulf
09:15 - 10:00 AM	Panel 1: Beyond Treatment – Building Resilient Communities from Lived Experience to Leadership Moderated by Dr. Fatema Al Mansouri	Adel Al Falasi Salama Al Bloushi Farah Al Qaissieh Abdul-Aziz Al Anoohi Thamir Al Naqbi

10:00 - 10:15 AM BREAK

HALL A+B+C: OPENING CEREMONY

TIME	TOPIC	SPEAKERS
10:15 - 10:20 AM	SEHA Promotional Video	
10:20 - 10:25 AM	Welcome Message	Dr. Zain Ali Al Yafei - CEO, SAKINA
10:25 - 10:30 AM	SAKINA Promotional Video	
10:30 - 10:40 AM	Opening Message	Sheikha Hamda Bint Khalifa Al Nahyan Ambassador for Strategic Initiatives, SAKINA
10:40 - 11:30 AM	Panel 2: Shaping the Future of Mental Health – From Policy to Practice. Moderated by Scott Armstrong	Sheikha Hamda Bint Khalifa Al Nahyan Ambassador for Strategic Initiatives, SAKINA H.E. Maqsood Kruse - Envoy of the Minister of Foreign Affairs for Countering Extremism & Terrorism H.E., Salama Al Ameemi Director General, Family Care Authority Dr. Zain Ali Al Yafei CEO, SAKINA
11:30 - 11:45 AM	Keynote	H.E. Maqsood Kruse Envoy of the Minister of Foreign Affairs for Countering Extremism & Terrorism
11:45 - 11:55 PM	SAKINA: Transforming Mental Health from Vision to Reality	Dr. Nahida Nayaz Ahmed - CMO, SAKINA
11:55 - 12:00 pm	The Power of Preventative Care	Khaled Ateeq Aldhaheri - CEO, Daman
12:00 - 12:05 pm	Mental Health and Wellbeing Initiatives Under Abu Dhabi Youth Council	Saif Mohammed Al Mansouri - Chairman, Abu Dhabi Youth Council

12:05 - 01:45 PM LUNCH & PRAYER

HALL A+B | TRACK 1: TRENDING TOPICS IN PSYCHIATRY HALL C | TRACK 2: PERSPECTIVES IN MENTAL HEALTH

EMCEE: Asma AlHadhrami EMCEE: Fatima AlQubati

TIME	TOPIC	SPEAKERS	TIME	TOPIC	SPEAKERS
01:45 PM - 02:30 PM	Panel 3: Advances in Neuromodulation: the Expansion of Clinical Applications of TMS Moderated by: Dr. Madeeha Shammash Rahim Rasool & Dr. Fahad Ahmed Khan	Dr. Kevin T. Murphy, Prof. Milos Ljubisavljevic, Eng. Maitha Musabeh Ali Khalifa Alghfeli	01:45 PM - 02:30 PM	Panel 4: The Human Side of AI and Technology: Ethics, and Empathy in Mental Health Moderated by: Dr. Faisal Nawaz	Dr. Mohammed Kuhail Dr. Leigh Powell, Daria Radant, Dr. Dymitr Ruta
02:30 PM - 03:15 PM	Panel 5: Dementia at the crossroads: Emerging Challenges, Systemic Solutions and the Public Health Imperative Sponsored by: Lilly Moderated by: Dr. Nasir Al Zbeidi	H.E. Dr. Omniyat AlHajeri, Dr. Nahida Ahmed, Dr. Shweta Narang	02:30 PM - 03:15 PM	Panel 6: Beyond Screentime: Technology Misuse and its growing impact on Mental Health & Society Moderated by Dr. Yufei Gu	Prof. Justin Thomas, Prof. Antje Von Suchodoletz, Salwa Saeed Ali Al Saedi, Prof. Immanuel Azad

03:15 - 03:30 PM COFFEE BREAK

03:30 PM - 04:05 PM	Psychedelic Therapy in Psychiatry - Current Status, Possible Mechanisms and Future Directions	Dr. David Erritzoe	03:30 PM - 04:05 PM	Culturally responsive EMDR: Incorporating Islamic beliefs	Haneen Shalash Hanna Barakat
04:05 PM - 04:40 PM	Lifestyle Medicine in Psychiatry	Dr. Mariam AlAli	04:05 PM - 04:40 PM	Integrating Spirituality in Clinical Mental Health Practice	Dr. Khalid Elzamzamy
04:40 PM - 05:15 PM	Somatic Treatment in Psychiatry: Bridging ECT, rTMS and VNS	Dr. Walid Nasr	04:40 PM - 05:15 PM	Cultural Aspects of Major Depressive Disorder	Dr. Dina Aly

05:15 - 05:30 PM Q & A

05:30 - 05:45 PM Prize Distribution for Top 3 Posters & Art Exhibits Chairs of the Conference

05:45 - 06:00 PM Closing Remarks Chairs of the Conference

08:30 - 9:00 AM						REGISTRATION					
HALL A+B TRACK 3: NEURODIVERSITY AND DIGITAL WELLBEING						HALL C TRACK 4: INTEGRATED PSYCHIATRY					
Moderated By: Dr. Khaled Kadry, Dr. Madeeha Shammam Rahim Rasool						Moderated By: Dr. Medhat ElSabbahy, Dr. Fahad Ahmed Khan					
TIME	TOPIC	SPEAKERS	TIME	TOPIC	SPEAKERS						
09:00 AM - 09:35 AM	Screens and toddlers- how much is too much?	Dr. Binu George	09:00 AM - 09:35 AM	Tired, Depressed and Hurting: An Integrative Approach to Treating Chronic Pain	Muhammad Ishaq Farhan						
09:35 AM - 10:10 AM	Digital Wellness in Early Childhood	Prof. Antje Von Suchodoletz	09:35 AM - 10:10 AM	Dermatodaxia: Beyond the Skin	Dr. Enas Attia						
10:10 AM - 10:45 AM	Social disconnection in a hyper-connected world: mental health, loneliness and longevity	Prof. Justin Thomas	10:10 AM - 10:45 AM	Preventive Medicine Practices in Child and Adolescent Psychiatry	Dr. Eyup Sabri Ercan						
10:45 - 11:00 am						COFFEE BREAK					
11:00 AM - 11:35 AM	ADHD Stigma and the Benefits of Timely Treatment	Prof. David Coghill	11:00 AM - 11:35 AM	Sexual Function, Relationships and Bipolar Disorder: An Integrated Therapeutic Approach	Dr. Mehmet Cagdas Eker						
11:35 AM - 12:10 PM	Psychotropic Medication Treatments for Children with Autism Spectrum Disorder	Dr. Tanya Froehlich, Dr. Suzanne Sampang	11:35 AM - 12:10 PM	Personality Disorders & the Forensic Interface: Assessments, Risks and Management	Dr. Fawaz Gali						
12:10 PM - 12:45 PM	Personalized transcranial magnetic stimulation (PrTMS®) and spectral EEG measures for the treatment and assessment of autism spectrum disorder	Dr. Kevin T. Murphy	12:10 PM - 12:45 PM	Management of Mood Disorders: The original Cipralext Matters sponsored By: NewBridge	Dr. Joseph El-Khoury						
12:45 - 01:00 PM	Panel Discussion: Q & A		12:45 - 01:00 PM	Panel Discussion: Q & A							
01:00 - 01:15 PM	Honouring Lives of Those We Lost, in memory of "Dr. Faisal Abdulla Al Nowais and Dr. Hassan Sid Ahmed Nasrallah"	Dr. Fatema Al Mansouri, Prof. Medhat El Sabbahy	01:00 - 02:30 PM LUNCH & PRAYER								
01:15 - 02:30 PM	LUNCH & PRAYER										
HALL A+B TRACK 3: INNOVATIVE PRACTICES IN PSYCHIATRY						HALL C TRACK 4: YOUNG MINDS AND INVISIBLE PRESSURES					
Moderated By: Asma AlHadhrami & Gareth Bloomfield						Moderated By: Fatima AlQubati & Laila Alseiri					
TIME	TOPIC	SPEAKERS	TIME	TOPIC	SPEAKERS						
02:30 PM - 03:05 PM	Panel 7: Revisiting Psychedelics: Science, Safety and Future of Mental Health Treatment Moderated by: Dr. Joseph El-Khoury	Prof. Sharukh Hashmi, Dr. David Erritzoe	02:30 PM - 03:05 PM	Psychosocial Factors in Eating Disorders	Prof. Oltea Joja						
03:05 PM - 03:40 PM	Sakina and GTD - Proof of Concept in Primary/Secondary Care Transforming Early Cognitive Screening in Abu Dhabi and Beyond	Dr. Bjoern Schelter	03:05 PM - 03:40 PM	Child Protection in the Field of Mental Health: Cross-Sectoral Pathways	Amna Alhosani, Khulood Al Shehhi						
03:40 PM - 04:15 PM	Very Late Onsite Psychosis	Dr. Tariq Qassem	03:40 PM - 04:15 PM	Non-Suicidal Self-Injury in Adolescents	Dr. Suzanne Sampang						
04:15 - 04:30 PM						COFFEE BREAK					
04:30 PM - 05:05 PM	Cariprazine: A Unique Broad Spectrum Antipsychotic Sponsored By : Hikma	Dr. Samer Makhoul	04:30 PM - 05:05 PM	Child Digital Safety and Gen Alpha: From Risk to Resilience - What Social Media is Doing to Development (And What We Can Do About It)	Ameera Salam Mubarak						
05:05 PM - 05:40 PM	Tracking cognitive speed of processing in health and disease	Prof. David Melcher	05:05 PM - 05:40 PM	Mental Health of Social Media Influencers	Ala'a Azayem						
05:40 - 05:55 PM						Panel Discussion: Q & A					
05:55 - 06:00 PM						CLOSING REMARKS					





08:30 - 9:00 AM						REGISTRATION					
HALL D TRACK 5: PSYCHOLOGICAL AND ALLIED HEALTH INSIGHTS						HALL E TRACK 6: ETHICS, ACCESS, AND INCLUSION					
Moderated By: Dr. Sumaya Al Marzooqi & Salwa Saeed Ali Al Saedi						Moderated By: Dr. Huda Saeed Al Shemeili & Dr. Cairo Arafat					
TIME	TOPIC	SPEAKERS	TIME	TOPIC	SPEAKERS	TIME	TOPIC	SPEAKERS	TIME	TOPIC	SPEAKERS
09:00 AM - 09:35 AM	Stress Resilience & Susceptibility: Links to the Sleep-Wake Cycle and Clock Rhythms	Prof. Dipesh Chaudhury	09:00 AM - 09:35 AM	Regulating prescribing practices	Ranim Kaddoura	09:35 AM - 10:10 AM	Integrated Somatic Psychotherapies	Zuleikha Sayani	09:35 AM - 10:10 AM	Universal Access to Mental Health Care	Dr. Malaviarachchige Aruna Devanmini Rabel
10:10 AM - 10:45 AM	Emerging Directions in the Treatment of Post- Traumatic Mental Health Disorders	Prof. David Forbes	10:10 AM - 10:45 AM	From Risk to Recovery: Reimagining Psychological Practice Across Social and Justice Systems	Haneen Shalash Dr. Asma Ismail Latifa Lkhraibani	10:45 - 11:00 AM					
						COFFEE BREAK					
11:00 AM - 11:35 AM	When Data Guides - and When It Doesn't: Limits of Mental Health Analytics	Nariman Ghader	11:00 AM - 11:35 AM	Brain hypothyroidism and how it can make depression treatment-resistant	AboeLezz Kalboush	11:35 AM - 12:10 PM	Integrate Psychiatric-Mental Health Nursing roles into the patient-centered care team	Dr. Brittany Evans	11:35 AM - 12:10 PM	Ethical dilemmas in addiction psychiatry	Dr. Amani Haroun
12:10 PM - 12:45 PM	Psychometric Assessments: Cross-Cultural Considerations	Dr. Saad Yaaqeb	12:10 PM - 12:45 PM	Autoimmune Diseases... A Community Responsibility	Dr. Eman Alhashmi Abdul-Aziz Anoohi	12:45 - 01:00 PM					
						Panel Discussion: Q & A					
01:00 - 02:30 PM						LUNCH & PRAYER					
HALL D TRACK 5: CLINICAL APPLICATION OF AI AND DIGITAL TECHNOLOGY						HALL E TRACK 6: NATIONAL REHABILITATION CENTER (SUD)					
Moderated By: Prof. Tai Broach & Hazza Jumaa Almarzooqi						Moderated By: Dr Samya Almamari & Dr Hawraa Sajwani					
TIME	TOPIC	SPEAKERS	TIME	TOPIC	SPEAKERS	TIME	TOPIC	SPEAKERS	TIME	TOPIC	SPEAKERS
02:30 PM - 03:05 PM	Befriending AI: What Drives Young People to Trust and Use Social Chatbots?	Dr. Mohammed Kuhail	02:30 PM - 03:05 PM	Hot Topics in Addiction Medicine	Dr. Ahmed Yousef	03:05 PM - 03:40 PM	Reimagining Mental Health Care in the UAE: Digital Therapeutics for Changing Patient Needs	Daria Radant, Dr. Eve Huber	03:05 PM - 03:40 PM	The Invisible Half: Exploring The Female Science of Substance Use	Dr. Duaa Hashim Dr. Yassine Bourouais
03:40 PM - 04:15 PM	Clinical Excellence and AI - Can They Coexist?	Alexandru Manescu	03:40 PM - 04:15 PM	Silent Addictions Among Gen Z and Gen Alpha	Dr. Michael Aoud	04:15 - 04:30 PM					
						COFFEE BREAK					
04:30 PM - 05:05 PM	The Invisible Burden of Stuttering on Mental Health: Toward an Integrated Neurobiological, Psychiatric, and Speech Therapy Model Enhanced by AI	Dr. Gerald Maguire, Gonçalo Leal	04:30 PM - 05:05 PM	Recent Trends in Craving	Dr. Mohamed Aboudeeb	05:05 PM - 05:40 PM	AI-Enabled Early Language Screening and Its Role in Mental Health Equity	Dr. Nicole Agrela, Hamdan Al-Ali	05:05 PM - 05:40 PM	Beyond Substitution: Current Evidence and Emerging Pharmacological Strategies for Crystal Methamphetamine Use Disorder	Dr. Abdelazim Ali
05:40 - 05:45 PM						Panel Discussion: Q & A					
05:45 - 06:00 PM						AWARDS & CLOSING REMARKS					





08:30 - 9:00 AM

REGISTRATION

WORKSHOPS

TIME	ROOM 1 (HALL F)	ROOM 2 (HALL G)	TIME	ROOM 3 (HALL H) Under the Gracious Patronage of Sheikha Hamda
09:30 AM - 11:00 AM	Amplifying Children's Voices and Promoting Their Meaningful Engagement in Clinical and Research Activities through Assent-Based Practices Dr. Sarah C. Mead Jasperse Dr. Michelle Kelly Dr. Shannon Ward Dr. Javier Virués-Ortega Dr. Yufei Gu	Pharmacogenetic Testing in Psychiatry, Gene S Dr. Svetlana Baltic Dr. Suzanna Temple Dr. Ruchita Shah	10:00 AM - 11:00 AM	Panel Discussion: Arab Youth Council Moderated By: Saif Mohamed Salem Mubarak Almansoori Dr. Zain Al Yafei Mohammed Ali Marzouq Mehmel Al Ahbabi Maryam Ali Saeed Alkas Alshehhi Noura Nasir Salim Musfar Alkarbi
11:00 AM - 12:30 PM	AI Skills for Psychiatrists: From Evaluation to Implementation Dr. Faisal Nawaz Dr. Leigh Powell Dr. Meshal Sultan	Bullying Prevention, Home- School- Community Approach Dr. Cairo Arafat	11:00 AM - 12:30 PM	Workshop 1: "Resilience in Action: Empowering Youth with Coping Skills for Life" Fatima Al Qubati Asma Al Hadhrami Laila Al Sejari Misha Faraz

01:00 - 02:30 PM

LUNCH & PRAYER

2:30 PM - 04:00 PM	Recognising ADHD and Autism Spectrum Disorder in Primary Care: Early Identification, Diagnosis and Differential Diagnosis Dr. Jigna Stott	Beyond Fluency: Tools for Supporting Clients Who Stutter Gonçalo Leal	2:00 PM - 03:30 PM	Workshop 3: "You Care for Them—Who Cares for You? Skills and Support for Caregivers" Prof. Theodore Waters Dr. Yufei Gu Dr. Walid Nasr Baqlah Hassan Ali
4:00 PM - 05:30 PM	Spectral EEG Analysis in Pediatric and Adult Population: A Novel Paradigm for Both Diagnosis and rTMS Treatment Planning Dr. Kevin Murphy Paul Biberstein Matthew Fischer	A Practical Guide for Centering Spirituality in Grief Counseling in Arab Culture Manar Ghamian	3:30 PM - 05:00 PM	Workshop 4: "From Experience to Impact: Partnering with Service Users in Mental Health Decision-Making" Adel Al Falasi Salama Al Bloushi Farah Al Qaissieh Abdul-Aziz Al Anoohi Thamir Al Naqbi



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