

**UNIVERSITATEA DE MEDICINĂ ȘI FARMACIE TG. MUREȘ**

**ASOCIAȚIA INSTITUTUL DE PSIHOTERAPIE ȘI  
DEZVOLTARE PERSONALĂ TG. MUREȘ**

**ORGANIZEAZĂ ÎN PERIOADA 23-24 MAI 2014**

**CURSUL POSTUNIVERSITAR  
INNOVATIONS IN THE UNDERSTANDING  
AND TREATMENT OF MENTAL  
HEALTH PROBLEMS**

**Cursul este creditat cu 18 credite EMC de către CMR  
și se va desfășura în limba engleză**

**LECTORI: Prof. dr. Nireștean Aurel  
Conf. dr. Mihai Adriana  
Dr. Ross White  
Prof. Hamish J. McLoed  
Dr. Ardeleanu Mihai  
Dr. Buicu Gabriela**

**Taxa de participare este de 250 lei și se achită  
la caseria UMF**

**Pot participa: medici psihiatri, medici de  
alte specialități, medici rezidenți în psihiatrie,  
psihologi, asistenți sociali, asistenți medicali**

**Locație: Centrul de Psihoterapie și Dezvoltare  
Personală, Tg. Mureș, str. Călărașilor, nr. 20**

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# Innovations in the Understanding and Treatment of Mental Health Problems

Romania, 23<sup>rd</sup> – 24<sup>th</sup> May 2014

<b>Friday 23<sup>rd</sup> May</b>	<b>Title</b>	<b>Teaching Format</b>	<b>Lead Presenter(s)</b>	<b>Key Learning Outcomes</b>
3 pm – 3.30	The history of community psychiatry in Romania – from philanthropy to reform of psychiatric services	Presentation 30 minutes	Ardelean Mihai, Popa Cosmin, Buicu Gabriela	Presentation of changing in psychiatric services during the time, from philanthropic care to new nowadays services.
3.30 - 4	The research collaboration between our university and international research network	Presentation 30 minutes	Nirestean Aurel	Presentation of local research interest and openness to international collaboration
4pm	“Creating Opportunities for Knowledge Exchange & Collaboration Between Mental Health Professionals in Romania and Scotland”	Short presentation (20 minutes) & interactive discussion  Feedback mechanisms – e.g. attendees invited to write on post-it notes about themes/issues/expectations they would like to be addressed.	Adriana Mihai Ross White Hamish J McLeod	Setting out parameters for the following day. Examination of potential points of research synergy, opportunities for knowledge sharing and “counter-flow”  Recovery – historical problems and current directions in measuring outcome (address Service User involvement etc)
5pm	Finish			

<b>Saturday 24<sup>th</sup> May</b>	<b>Title</b>	<b>Teaching Format</b>	<b>Lead Presenter(s)</b>	<b>Key Learning Outcomes</b>
9:00	Global mental health: Sharing ideas, building capacity, learning from each other.	Presentation & small group exercises	Ross White	<p>Explain the Comprehensive Mental Health action plan (WHO 2013)</p> <p>Expand understanding targets, strategies for scaling up MH services, task shifting.</p> <p>Identify and discuss areas for further improvement and innovation</p> <p>Problems with MH literacy</p>
10:00	Diffusing and implementing new practices and treatment innovations	Presentation & small group exercises	Hamish J McLeod	<p>Common barriers and facilitators of implementing new technologies in mental health settings will be described</p> <p>The ways that mental health policy and clinical standards can influence service characteristics will be examined</p> <p>Participants will be helped to identify implementation science issues that relevant to developing mental health services in a Romanian context</p>
11:00	COFFEE			
11:30	Clinical Innovations: Principles of 3 <sup>rd</sup> Wave Therapies	Presentation & questions	Ross White GM Hamish J McLeod	<p>An overview of how psychological therapies have evolved and how new approaches differ from earlier models will be presented</p> <p>New forms of psychological therapy (e.g. ACT, CFT, MBCT, Metacognitive approaches) and their areas of application will be described</p>
12:30	LUNCH			

<b>Saturday 24<sup>th</sup> May</b>	<b>Title</b>	<b>Teaching Format</b>	<b>Lead Presenter(s)</b>	<b>Key Learning Outcomes</b>
1:30	Clinical Practice: ACT for persisting symptoms	Presentation and small group exercises addressing therapeutic goal setting, workability, long and short term outcomes	Ross White	Understand formulation and maintenance mechanisms relevant to conditions such as chronic pain, reliving experiences, intrusive thoughts, recurrent auditory hallucinations.
2:30	Clinical Practice: Psychological treatments for  anhedonia	Presentation and demonstration of psychological assessment, formulation, and treatment strategies.	Hamish J McLeod	Recent evidence on the nature of anhedonia will be presented New and emerging psychological treatment strategies for decreasing anhedonia and improving behavioural functioning will be described Participants will practice how to reduce anhedonia and associated behavioural impairments in their own patients
3:00	COFFEE			
3:30	Plenary session. Where to next?	<p>Presentation: funding schemes and systems? (Horizon's 20:20)</p> <p>Discussion of potential joint research project ideas – psychosis? Service delivery models?</p> <p>Review synthesised analysis of post it note exercise</p> <p>Timescales, short, medium, long-term goals?</p> <p>Comparison of how psychological distress presents in Romania v Scotland.</p> <p>Supporting research dissemination – publishing strategies??</p>		<p>Participants will be invited to identify joint research and knowledge exchange opportunities between Scotland and Romania Strategies for enhancing the impact of Romanian psychosocial research work will be developed.</p> <p>Potential sources of funding for joint project work will be examined (e.g. Horizon 20:20)</p>
5:00	Close			