

Learning Objectives & Desired Result of the CME lecture / presentation:

- Overall Objectives of the whole conference:

- 1) Review status the mental health need for refugees of families and children
- 2) Highlight the need and challenge of the sustainable psychological services for Syrians
- 3) Enhance skills and knowledge of workers in the mental health field
- 4) Address the role of mental health worker in dealing with challenge of young Syrian generation
- 5) Provide a framework in addressing the ethical and legal aspects of Syrian mental health

- The below you find detail of each CME lecture / presentation:

A- Mental Health of Syrian Refugees: Looking Backwards and Forwards:

- 1) Know the regional and global initiatives and actions to meet the mental health needs of Syrian refugees.
- 2) Aware of the activities of governmental, professional and NGOs in responding to the escalating situation in Syria.

Desired Result: Increase the knowledge about mental health needs of Syrian refugees.

B- Sustainable Psychiatric Healthcare for Syrians is a Primary Healthcare:

- 1) Identify the challenges on psychiatric and psychological care to Syrians caused by the Syrian crisis.
- 2) Know how to Take advantage of the experiences of some other conflict areas in the world.
- 3) Know how to benefit from programs developed and developed in response to psychosocial suffering due to conflicts.
- 4) Know the appropriate plans to respond better to meet the psychological needs of the Syrians.
- 5) Encourage cooperation and coordination between the institutions concerned with psychosocial, Syria and non-Syrian.
- 6) Convinced that primary health care is the basis of sustainable mental care.

Desired Result:

- 1) know how to improve the psychiatric and psychological care to Syrians, and how to improve and encourage the cooperation and coordination between the institutions concerned with psychosocial care for Syrians.
- 2) Know how to modify mental health care to be sustainable.

C- Transforming mental health service provision for Syrian populations from a crisis response to a sustainable development:

- 1) Know the needs assessment of mental health and psychosocial services for afflicted Syrian populations.
- 2) Know the specific structured plan of 7 steps for sustainable Mental Health Psycho Social services and capacity building.

Desired Result:

- 1) Know the needs assessment of mental health and psychosocial services for afflicted Syrian populations.
- 2) Know how to modify mental health care to be sustainable.

D- Women and Tobacco in Syria, A Major hidden problem, as an example:

- 1) Know the health risks of tobacco on women
- 2) Know the problem of tobacco consumption among Syrian women based on the present evidence and how to deal with

Desired Result:

- 1) Know the health risks of tobacco on women.
- 2) Know the size of problem of tobacco consumption among Syrian women and how to deal with.

E- The need for trauma therapy of man-made trauma victims compared to victims of natural disaster, a health professional survey:

- 1) Know the high need for trauma mental health services of the Syrian refugees as reported by mental health professionals working in the neighboring countries.

- 2) Know the Recommendation for training and service development for Syrian refugees.

Desired Result: Know how to improve the mental health services for Syrian refugees.

Exploring Syrian community service providers' accounts of Syrian refugees' mental health needs in the UK:

- 1) Identify the accounts and concerns of Syrian community services regarding Syrian refugees' psychological wellbeing and mental health needs.
- 2) Know how Syrian community services can contribute to Syrian individuals' recovery from mental ill health and psychological distress.
- 3) Know how Syrian community services are looking after their own well-being within the UK
- 4) Know the accounts of the minority community services assessing Syrian refugees' in the UK, as currently.

Desired Result:

- 1) Know the accounts and concerns of Syrian community services regarding Syrian refugees' psychological wellbeing and mental health needs.
- 2) Know how to improve the mental health services for Syrian refugees.

F- OCD among Syrians and role of EMDR in treatment:

- 1) Know in brief about Obsessive Compulsive Disorder, and about the main features and treatment options.
- 2) Know the role of EMDR in treating Obsessive Compulsive Disorder based on cases among Syrian population.

Desired Result: Know about Obsessive Compulsive Disorder, and the role of EMDR in treating Obsessive Compulsive Disorder based on culturally sensitive experience.

G- Ethical and legal aspects of the mental health in the Syrian situations and its standards:

- 1) Know the importance of ethics in mental health practice.
- 2) Know an overview of the SAMH Code of Ethics for Mental Health Practitioners.

- 3) Know the most important ethical and legal issues facing mental health practitioners (cultural, educational, professional and economic factors).
- 4) Improve skills of dealing with specific challenges like: confidentiality, documentation, dual obligations and war issues.

Desired Result: Know the importance of ethics in mental health practice and gain the basic ethical skills on a culturally sensitive base and be more competent in dealing with ethical and legal challenges.

H- Post-Traumatic Stress Disorder and the Trauma focused –Cognitive Behavioral Therapy:

- 1) Know in brief about Post Traumatic Stress Disorder.
- 2) Know how to Work with Post Traumatic Stress Disorders?
- 3) Know about Trauma focused –CBT as one of the evidenced based treatment of PTSD and have the basic skills of it.

Desired Result: Know about Post Traumatic Stress Disorder and the role of Trauma focused –CBT as one of the evidenced based treatment of PTSD and has the basic skills of it.

I- Principles of scientific research in clinical practice:

- 1) Know about what scientific clinical research is? and its importance in mental health sectors
- 2) Know how to set up a research proposal and what, why, where, when and how to do it, and how to formulate a hypothesis to seek answers to specific questions.
- 3) Know about the essential characteristics of any research which are: person, place, time and will, and how to analyze the data and identify its clinical implications?
- 4) Know about the qualities of good research and reaching conclusions that is confined to those justified by its data.

Desired Result: Know how to conduct a good quality scientific clinical research in mental health sectors.

J- Journey with EMDR:

- 1) Know about a brief introduction on EMDR, and identify the evidence-based Indications and research findings.

- 2) Discuss some examples of cases of severe PTSD among Syrian population and EMDR treatment results.

Desired Result: Know about EMDR, and gain more competence on how to deal with some severe PTSD cases among Syrian population.

K- Workshop on: Solution Focused Brief Therapy:

- 1) Know about the nature of the treatment focused on the solution, its background and history.
- 2) Master how to reformulate the psychological problem to become more solvable.
- 3) Learn how to draw with the patient the strengths of him, and how to use these aspects to achieve its goals.
- 4) Master some of the skills of the solution-based solution, how to use exceptions to reach solutions, and ask the miracle and other questions to conclude more solutions, how to build a better future, and how to determine the simple practical steps to reach us.
- 5) Make the trainee feels at the end of the course in an optimistic spirit for him and his patient, no matter how difficult or complicated the problem is.
- 6) Provide the trainee confidence in dealing with psychological problems in his private and professional life.
- 7) Change the trainee`s look at any difficulty or challenge he encounters in his life.

Desired Result:

- 1) Know about the solution focused brief therapy and how to use it in clinical practice.
- 2) Improve the therapeutic skills of mental health workers.