

# JOINT EVENT



26<sup>th</sup> Edition of International Conference on  
**Clinical Psychology and Neuroscience**

&

24<sup>th</sup> International Conference on  
**Neuroscience and Neurochemistry**

July 23-24, 2018 Birmingham, UK

# Keynote Forum Day 1

*Clinical Psychology 2018 & Neurochemistry 2018*

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## Carroy Cuf Ferguson

University of Massachusetts-Boston, USA

### Archetypal energies as a humanistic framework for optimal human relations individually and collectively

The focus of this presentation is to call attention to what author call archetypal energies in his award-winning book, *Evolving the Human Race Game*, and to discuss how they can be used as a humanistic framework for optimal human relations individually and collectively. The book received the 2016 Living Now Evergreen Best Book Bronze Medal Award for Spiritual Leadership. In the book, archetypal energies, transcending all cultures, are defined as higher vibrational energies that operate deep within our psyches, at both individual and collective levels. We tend to experience them as creative urges to move us toward our optimal selves and optimal realities. Easily recognized terms are used to evoke a common sense of these archetypal energies (e.g., Trust, Love, Acceptance, Harmony, Inclusion, Patience, Wisdom, Courage and Truth). There are three types of archetypal energies (overall 25 of them) that establish a healthy disposition for human relations. Archetypal energy has its own transcendent value, purpose, quality, and voice unique to the individual. To illustrate the links among archetypal energies and optimal human relations, author will discuss seven types of human race games we play, three of which have kept us stuck in unhealthy human relations and how we might transform them toward more optimal human relations. To assist in understanding a transition toward optimal human relations, humanistic themes and research findings will be drawn from: psycho-historical information and original essays in my book, *Transitions in Consciousness from an African American Perspective* (e.g., Chapter 2, Toward A Psychology of Black Mental Health) and my other writings related to choice (e.g., The Power of Yes and No: The Relation To Consciousness, Probable Realities, and E-motions) and healing wounds in the psyche (e.g., Healing Our Race-Linked Wounds). Relevant tools and strategies for accessing archetypal energies will also be identified.

#### Recent Publications

1. Ferguson Carroy (2016) Archetypal energies as the creative urges behind the evolution of humanistic psychology and positive psychology. *Journal of Psychology and Cognition* 2(1):1-4
2. Ferguson Carroy (2014) *Evolving the human race game: a spiritual and soul-centered perspective*. Tulsa, OK: Yorkshire Publishing. ISBN: 9781947826409.
3. Ferguson Carroy (2015) Healing Our Race-Linked Wounds. *Anchor Magazine* (Issue 3, Spring), South Boston, MA: Still Harbor.
4. Ferguson Carroy (2014). The Power of "Yes" and "No": The Relationship To Consciousness, Probable Realities, and "E-motions." *AHP Perspective*. Los Angeles, CA: Association for Humanistic Psychology.
5. Ferguson Carroy (2004) *Transitions in Consciousness from an African American perspective: original essays in psycho-historical context*. Lanham, Maryland: University Press of America, ISBN 0-7618-2700-5.

#### Biography

Carroy Cuf Ferguson has his PhD in Psychology from Boston College. He is a tenured Full Professor, Former Dean, and currently Human Service Program Director and Human Service Internship Coordinator at University of Massachusetts-Boston. In 2006, he made history by becoming the first African American President of the Association for Humanistic Psychology, and is currently in that role again. He is an author of books and articles; a Clinical Practitioner; Associate Editor, *Journal of Humanistic Psychology*; and co-founder of two visionary organizations (Associates in Human Understanding; Interculture, Inc.). His forthcoming book is titled, *Living in Synchronicity: A Prequel to Evolving the Human Race Game*.

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## Courtland C Lee

The Chicago School of Professional Psychology, USA



## Vivian V Lee

Johns Hopkins University, USA

### A study of acculturative stress, coping and quality of life among third country nationals (TCNs)

While a great deal of attention has been focused on those individuals who often flee their country of origin due to conflict or natural disaster seeking refugee or asylum-seeker status, there is another important group of immigrants who voluntarily immigrate for social or economic reasons. These individuals are classified as Third Country Nationals (TCNs). The purpose of this study was to investigate the relationships among acculturative stress, coping and quality of life among TCNs in a Southern European country. The study employed a mixed-methods research design. The overall research sample consisted of 117 adult TCNs who had been residing in the host country for more than one year. For the qualitative aspect of the study 13 adult TCNs were invited to take part in one-on-one interviews. They were asked a series of questions about their pre-migration experiences. For the quantitative aspect of the study TCNs were invited to respond to an anonymous questionnaire. The questionnaire measured acculturative stress with the Revised Social, Attitudinal, Familial and Environmental Acculturative Stress Scale, coping with the Brief COPE scale, and quality of life with the World Health Organization Quality of Life-BREF scale. A total of 104 adult TCNs completed the questionnaire. Two themes emerged from the qualitative interviews related to the pre-immigration life of TCNs: Push/pull factors and loss. With respect to the quantitative analysis, negative correlations were found between the SAFE-R scores and the scores on the four domains of WHOQOL-BREF. This suggests that the lower the level of a TCNs acculturative stress, the higher the individual's perception of his/her quality of life in the host country. In addition, negative correlations were found between problem-focused Brief Cope subscale scores and the scores on the four domains of WHOQOL-BREF, suggesting that the more ineffective one's coping mechanisms, the lower the quality of life.

### Recent Publications

1. Bălățescu S (2007) Central and Eastern Europeans migrants' subjective quality of life. A comparative study. *Journal of Identity and Migration Studies* 1(2):67-81.
2. Maneze D, Salamonson Y, Attwood N and Davidson P M (2013) Acculturative stress in Filipino migrants with functional English: implications for health promotion. *International Journal of Culture and Mental Health* 7(4):357-369.
3. Norris A E, Aroian K J and Nickerson D M (2011) Premigration persecution, postmigration stressors and resources, and postmigration mental health: A study of severely traumatized U.S. Arab immigrant women. *Journal of the American Psychiatric Nurses Association* 17:283-293.
4. Revollo H W, Qureshi A, Collazos F, Valero, S and Casas M (2011) Acculturative stress as a risk factor of depression and anxiety in the Latin American immigrant population. *International Review of Psychiatry* 23(1):84-92.

### Biography

Courtland Lee is a Professor in the Counselor Education Program at the Washington DC campus of The Chicago School of Professional Psychology. He is the author, editor, or co-editor of seven books on multicultural counseling and three books on counseling and social justice. In addition, he has published numerous book chapters and articles on counseling across cultures. Dr. Lee received his Ph.D. in Counseling at Michigan State University. He is a Fellow of both the American Counseling Association and the British Association for Counselling and Psychotherapy. Dr. Lee's main area of research is multicultural counseling.

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Vivian Lee is an Associate Professor in the Counselor Education Program at Johns Hopkins University. She has published numerous book chapters and articles on school and transcultural counseling. She has conducted research on immigrant populations in Malta. Dr. Lee received her EdD in Counselor Education from the University of Virginia. She is the recipient of the Ohana Award from the Counselors for Social Justice, a division of the American Counseling Association. Her main research interest is in the area of peace and conflict resolution.

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# Keynote Forum Day 2

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## Linda Sage

Successful Mindset Ltd., England

### Overcome compassion fatigue and burnout

Compassion fatigue puts healthcare workers and patients at risk. Everyday care workers struggle to function in care giving environments that present heart wrenching emotional challenges. Compassion fatigue (CF) the profound emotional and physical erosion takes place when helpers cannot refuel and regenerate. Helping professionals open their hearts and minds to clients/patients. This empathy makes helpers vulnerable to be profoundly affected and possibly damaged. Burnout physical and emotional exhaustion is experienced when there is low job satisfaction, feeling powerless and overwhelmed. Signs of CF and burnout: overtaxed by work, showing similar symptoms to traumatized clients; difficulty in concentrating, intrusive imagery, feeling discouraged, hopelessness, exhaustion, irritability, high attrition (helpers leaving) and negative, dispirited, cynical workers remaining in the field, boundary violations which affect the workplace and create a toxic environment. Factors in CF and burnout of the individual: Life circumstances, coping style, personality type. Life stressors i.e. taking care of both young children and aging parents, in addition to managing a heavy and complex workload. Helpers are not immune to pain in their own lives; they can be vulnerable to life changes such as divorce and addictions. Helpers often do work, others don't want to hear about; spend time caring for people who are not valued or understood in society, homeless, abused, incarcerated or chronically ill. The working environment is often stressful and fraught. The work is very stressful, clients/patients who are experiencing chronic crises, difficulty in controlling their emotions, or who may not get better. What can be done? Working in a healthy organization; access to supportive; flexible management; reduction of trauma exposure; ongoing staff education; timely and good quality supervision and; reducing hours of working directly with traumatized individuals. Personal strategies are strong social support, home and work; increased self-awareness regular self-care. Making life changes, prioritize personal health/wellness develop stress resiliency skills.

### Recent Publications

1. Caring for the Caregiver(2017) ISBN/13: 978-1974635658 ISBN- 10:1974635651
2. Linda Sage, 2015, From a Whale to a Woman ISBN/EAN13: 1502564459 / 9781502564450
3. Bob Garvey, Paul Stokes, David Megginson 2018, Coaching and Mentoring Theory and Practice, Case Study 16.7 -Pgs 290-292
4. Linda Sage, 2017, Journal of Nursing & Healthcare (2017)
5. Overcoming Compassion Fatigue, Journal of Nursing
6. Linda Sage, 2017, Reset Your Mindset for Success, E-Book, [bit.ly/LSebook](http://bit.ly/LSebook).

### Biography

Linda Sage has her expertise and passion in improving personal psychological health and wellbeing. Her significant list of global clients, range from hospitals, educational institutions, prisons and corporate entities; throughout UK, US, Europe & Middle East. In all caring environments the professionals are less likely to care for themselves; changing that mindset is at the core of author's message. It is possible to be, done and have everything you want, by helping others and looking after yourself. An international speaker, author, trainer and mentor, with decades of experience and knowledge, energize any event and attendees. Her simplified message of self-worth, instantly effects all levels of personnel, to achieve, do and be more with a positive frame of mind; demolishing the irrational fears, phobias, beliefs and habits that compassion fatigue can compound. Building a more resilient person provides the individual, employer and patient/client a much more competent and confident professional.

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## *Mourad Tayebi*

*Western Sydney University, Australia*

### **Proteinopathies: A tale of human, dogs and kangaroos**

Proteinopathies such as Alzheimer's disease (AD) and Parkinson's disease (PD) are a group of disorders thought to be caused by abnormal folding or misfolding of beta amyloid (Ab) and alpha-synuclein respectively. Their pathogenesis is not well understood due to unresolved molecular mechanisms. This is further complicated by the lack of proper natural disease models that might be effective in aiding in the investigation of the molecular mechanisms underlying these disorders. Dogs spontaneously deposit human-type Ab as they age and thus are a natural higher mammalian model of aging. The canine A $\beta$  precursor protein (APP) is virtually identical to human APP. Previous studies demonstrated that aging dogs spontaneously accumulate human-type A $\beta$  and parallel declines in cognition. Further, the outcomes of immunotherapy studies in aged dogs has predicted human clinical trial outcomes; clearance of A $\beta$  plaques with little cognitive benefits. In more recent work, we show that canine-derived A $\beta$  was toxic to human neuronal cell lines and led to aggregation of human A $\beta$ . Eastern Grey Kangaroos (EGK) display a typical movement disorder presentation associated with grass phalaris poisoning. We show that this disorder, known as Phalaris Staggers displays a Parkinsonian type syndrome with associated Parkinson's-like signs and neuropathology, including synucleinopathy and neuromyelopathy. Studies of proteinopathies have typically used transgenic mouse models, and subsequently translated to human clinical trials. However, the success rate of these translational studies have been limited and unfortunately resulted in negative outcomes and some with adverse events. It is critical to identify and validate natural higher mammalian models of proteinopathies to investigate the molecular mechanisms underlying these disorders and test therapeutic outcomes prior to translation to human clinical trials.

### **Biography**

Mourad Tayebi is an Associate Professor in Biomedical Sciences in the School of Medicine at Western Sydney University, Australia. He is an international expert in the field of protein misfolding diseases, with specific focus on investigating the molecular mechanisms underlying pathogenic protein misfolding and characterizing the misfolding associated with these disorders. His team is very active in the development of early blood diagnostic test screen for Alzheimer and effective therapies for neurodegenerative diseases.

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