



PSYCHIATRY AND PSYCHOTHERAPY: CURRENT METHODS, DIAGNOSIS and TREATMENT STRATEGIES

30 MAY
1 JUNE
2025

Marriott
Hotel
Malta

SCIENTIFIC PROGRAM

30th May 2025, Friday

13:00-13:30 Opening Speeches

Speaker: Driton Besnik

13:30-14:30 Session 1: Forensic Psychiatry and Psychotherapy Applications

Moderator: Driton Besnik, Speaker: Novak Jankovic, Sergei Erekle

What is forensic psychiatry and its role in clinical practice?

The role of psychotherapy in forensic psychiatry

Importance of psychiatric reports in legal processes and standards for writing them.

14:30-15:30 Session 2: Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT)

Moderator: Elena Obrenic, Speaker: Veljko Pavlovic

Basic principles of CBT and its clinical applications

ACT: Therapeutic techniques for acceptance and change

Effects of CBT and ACT in depression, anxiety, and trauma

15:30-16:00 Coffee Break

16:00-17:00 Session 3: Psychiatric Medication Use During Pregnancy and Postpartum Period

Moderator: Veljko Pavlovic, Speaker: Sergej Nebojsa

Safe psychiatric medication use during pregnancy and the postpartum period

SCIENTIFIC PROGRAM

31th May 2025, Saturday

09:00-10:00 Session 4: Bipolar Disorder and Schizophrenia: Current Diagnosis and Treatment Methods

Moderator: Driton Besnik, Speaker: Ayhan Güler

Neurobiological foundations of bipolar disorder and approaches to treatment
The role of pharmacotherapy and psychotherapy in schizophrenia treatment
Treatment adherence and supporting patients

10:00-11:00 Session 5: Attention Deficit Hyperactivity Disorder (ADHD)

Moderator: Ayhan Güler, Speaker: Milijan Petar

Diagnostic criteria, symptoms, and genetic factors of ADHD
Treatment methods: Pharmacological and psychotherapeutic approaches
Managing ADHD in childhood and adolescence

11:00-11:30 Coffee Break

11:30-12:30 Session 6: Acute and Post-Traumatic Stress Disorder (PTSD)

Moderator: Sergej Nebojsa, Speaker: Veljko Pavlovic

Psychological and neurobiological foundations of PTSD
Current approaches to treatment and therapeutic strategies
EMDR therapy and other effective treatment methods

12:30-13:30 Lunch Break

13:30-14:30 Session 7: Sexual Dysfunction and Sleep Disorders

Moderator: Tristian Xavier, Speaker: Elena Obrenic

Psychological and physiological origins of sexual dysfunction
Diagnosis and treatment of sleep disorders: Relationship with anxiety, depression, and trauma
Treatment approaches: Cognitive Behavioral Therapy (CBT) and pharmacotherapy

14:30-15:30 Session 8: Panic Disorder and Anxiety Disorders

Moderator: Elena Obrenic, Speaker: Merih Altıntaş

Pathophysiology and treatment approaches to panic disorder
Anxiety disorders: DSM-5 criteria and clinical approaches
Cognitive Behavioral Therapy (CBT) and pharmacotherapy methods

15:30-16:30 Session 9: Personality Disorders and Key Points in Psychotropic Drug Use in Clinical Practice

Moderator: Rianne Azzopardi, Speaker: Novak Jankovic

Diagnosis and treatment of personality disorders
Proper use of psychotropic drugs in clinical practice
Practical recommendations through clinical case examples

16:30-17:00 Coffee Break

17:00-18:00 Session 10: Alcohol and Substance Addiction: Diagnosis and Treatment Strategies

Moderator: Merih Altıntaş, Speaker: Sergej Nebojsa

Neurobiological foundations of alcohol and substance addiction
Treatment methods: Therapeutic interventions and psychotherapy approaches
Improving relapse prevention and survival rates

18:00-18:30 Q&A Sessions

SCIENTIFIC PROGRAM

1th June 2025, Sunday

09:00-10:00 Session 11: Obsessive-Compulsive Disorder (OCD): From Neurobiology to Clinical Practice, Medication to Psychotherapy

Moderator: Driton Besnik, Speaker: Denzel Borg

Neurobiology of OCD and current treatment approaches

The combination of medication and psychotherapy

Clinical case examples and treatment strategies

10:00-10:30 Coffee Break

10:30-11:30 Session 12: Functional Neurological Symptom Disorder and Dementia Management

Moderator: Matthias Sacco, Speaker: Mirko Grech

Diagnosis and treatment approaches to functional neurological symptom disorder

Dementia and neuropsychiatric management: New treatment strategies

Psychotherapy approaches for dementia patients

11:30-12:30 Q&A Sessions

Speaker: Driton Besnik

12:30-13:00 Closing and Final Evaluation

Speaker: Driton Besnik