



# **PSYCHIATRY AND PSYCHOTHERAPY:** CURRENT METHODS, DIAGNOSIS and TREATMENT STRATEGIES

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**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

**15:30-16:00 Treatment-Resistant Depression**

**Moderator: Merih Altıntaş, Speaker: Sercan Karabulut**

**16:00-16:30 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**