

Under the Patronage  
of the Ministry of Public Health

# Wellness and Mental Health Week

TURN YOUR **ILL-BEING** INTO **WELL-BEING**

---

Third Edition

April 24–29, 2023

#ua\_wellnessweek





Under the Patronage  
of the Ministry of Public Health

# Wellness and Mental Health Week

TURN YOUR **ILL-BEING** INTO **WELL-BEING**

---

Third Edition

April 24–29, 2023

#ua\_wellnessweek



# Summary

<b>Turn Your Ill-being Into Well-being</b>	<b>7</b>
<b>The Wellness Wheel</b>	<b>9</b>
<b>Full Program</b>	<b>13</b>
<b>Day 1: Monday, April 24</b>	<b>17</b>
<b>Day 2: Tuesday, April 25</b>	<b>25</b>
<b>Day 3: Wednesday, April 26</b>	<b>35</b>
<b>Day 4: Thursday, April 27</b>	<b>41</b>
<b>Day 5: Friday, April 28</b>	<b>47</b>
<b>Day 6: Saturday, April 29</b>	<b>53</b>
<b>Acknowledgments</b>	<b>57</b>







## Turn Your **Ill-being** Into **Well-being**

Mental health is inseparable from overall health, and it is crucial to recognize that its definition extends beyond the absence of mental illness. The World Health Organization (WHO) defines mental health as a state of well-being that allows individuals to realize their potential, cope with daily stresses, work productively, and contribute to their community (WHO, 2021). In today's fast-paced world, it is common for individuals to experience periods of ill-being, which can be caused by various factors, such as work-related stress, personal relationships, financial concerns, and other intrusive life events.

Lebanon, in particular, is a country that has been facing multifaceted challenges in recent years, including economic and political instability, a global pandemic, and a blast in the heart of Beirut (World Bank, 2021). These challenges have left their mark on every aspect of society, including the education system, and have resulted in a slew of unprecedented challenges that have severely impacted the mental health and well-being of Lebanese students. The economic crisis has resulted in high unemployment rates, a new wave of hyperinflation, and a relentless rise in the cost of living, making it challenging for many families and creating an unbearable new normal. The majority of students are currently left with no choice but to work part-time jobs to support their families while also carrying the burden of their academic responsibilities. This prolonged situation generates stress and pressure on students, affecting their mental health and well-being. Furthermore, Lebanon's political instability has intensified the sense of uncertainty and insecurity among its citizens, including students (BBC, 2020). The lack of stability has made it difficult for students to plan for their future, and the constant changes in policies and regulations have caused confusion and anxiety.

As a result of academic work, social relationships, and personal responsibilities, university life can be challenging. Students are subsequently at a high risk of developing mental health issues such as depression, anxiety, and stress. However, seeking support from university counseling services can help promote their well-being (Abrams, 2022). Since Antonine University (UA) recognizes the importance of enhancing the well-being of its community, it continues to provide free one-on-one counseling sessions where students, staff, and academic members can share their distress and seek professional assistance. This service is crucial for those who may be suffering from mental health problems and require additional support to cope with the aforementioned life challenges. Not to mention that we continue to offer weekly awareness sessions and workshops throughout the academic year to help our students and the entire community cultivate intrinsic motivation and uplift their spirits in the face of adversity.

***Turn Your Ill-Being Into Well-Being*** is the theme that was selected for the third edition of the Wellness and Mental Health Week. Despite the challenges, we remain committed to providing our students with a platform to learn about resources and strategies for caring for and improving their mental health. Furthermore, the objective behind this week is to equip

participants with the knowledge and skills necessary to channel their stress response, manage anxiety, and deal with other mental health issues. We are also persistent in creating a safe and supportive environment for participants to learn, share their experiences, and connect with others who are facing similar enduring challenges.

Fortunately, several evidence-based strategies can be adopted to promote mental health and turn ill-being into well-being. Based on these strategies, more than 20 sessions covering different dimensions of the wellness wheel are delivered to our students, staff, and academic members, as well as the global community, throughout the **Wellness and Mental Health Week** to promote their sustainable well-being. We are delighted to welcome distinguished speakers from Canada, the United States of America, Japan, the United Kingdom, and Germany to share their knowledge and experience. We are also honored to be joined by prominent Lebanese speakers from the Lebanese Order of Psychologists, the United Nations Environment Programme (UNEP), Doctors Without Borders, the Syndicate of the Yoga Teachers in Lebanon, and Embrace Lebanon. In addition, the **Wellness and Mental Health Week** will conclude with a **Wellness Youth Day** for high school students, hosted in collaboration with the Faculty of Sport Sciences and the Office of Athletics, to demonstrate how sports can improve overall health and well-being.

In conclusion, promoting mental health and well-being necessitates a holistic approach that addresses physical, emotional, spiritual, and mental health. Adopting evidence-based strategies, seeking counseling services, and taking a proactive approach to mental health can help individuals take control of their well-being and live happier and healthier lives. It is essential for individuals to prioritize their mental health and well-being to reach their full potential, handle life's stressors differently, work productively, and contribute to their community. Lastly, remember that improving your mental health is an ongoing process that requires patience and commitment, so dare to embark on the path of inner transformation. Accordingly, the **Wellness and Mental Health Week** is offered not only to UA students, but to all students in Lebanon who are facing similar challenges. This event is a step in the right direction, as it provides a chance for every member of the Lebanese community to open the door to a powerful new life and endless opportunities to improve their mental health and well-being.

Let us work together to turn ill-being into well-being and build a community that values and prioritizes mental health.

### **Fr. Jean Al Alam, OAM**

Vice Rector for Integral Human Development, Antonine University

- 
1. Abrams, Z. (2022). Student mental health is in crisis. Campuses are rethinking their approach. <https://www.apa.org/monitor/2022/10/mental-health-campus-care>
  2. Calkins, H. (2021, January 1). Online therapy is here to stay. <https://www.apa.org/monitor/2021/01/trends-online-therapy>
  3. BBC News. (2020, August 5). Lebanon: Why the country is in crisis. <https://www.bbc.com/news/world-middle-east-53390108>
  4. World Bank. (n.d). Lebanon overview. <https://www.worldbank.org/en/country/lebanon/overview>
  5. World Health Organization. (2021). Mental health. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>



# The Wellness Wheel

## What Are the Different Dimensions of the Wellness Wheel and How Do They Relate to Overall Well-being?

The wellness wheel is a holistic model that provides a framework for assessing and improving an individual's overall well-being. Among the various interpretations and models of the wellness wheel, Antonine University (UA) selected 8 dimensions to focus on: physical, academic, emotional, spiritual, environmental, financial, occupational, and social. These dimensions are interconnected and dynamic; an imbalance in one can negatively impact others, ultimately affecting your quality of life and longevity (Myers & Sweeney, 2008).

However, since your wellness is influenced by your personal needs, experiences, values, and circumstances, you must identify your priorities and focus on dimensions that will bring more harmony into your life. When faced with life's unexpected challenges and obstacles, you must value and nurture what you have while striving to achieve what you lack. Improve your internal sensors to detect problems faster, eliminate defense mechanisms that hold you back, and expand your ability to actively intervene and connect with internal and external resources.

While a perfect and continuous equilibrium between different aspects of life may not be achievable, the wellness wheel is a call to self-awareness and self-improvement rather than perfectionism. It is a self-assessment tool that allows you to evaluate your overall well-being, identify imbalances, and develop strategies to reach a well-balanced life. Ultimately, it comes down to discovering and fully embracing your life's mission. You are therefore encouraged to consider which wellness dimensions allow you to channel more energy into your life and explore new habits that will improve your well-being and the lives of those around you.





To help you recognize and embrace each wellness dimension, the list below provides a comprehensive description of each:

**Physical wellness** is a crucial dimension of overall well-being, encompassing your physical health and well-being (Hales, 2021). It entails various aspects, such as eating healthily, exercising regularly, and managing bodily functions. A nutritious diet provides the body with the fuel it requires to function optimally, while regular exercise improves cardiovascular health, muscular strength, and flexibility. Proper management of bodily functions like sleep, hydration, and hygiene, also plays a significant role in physical wellness.

**Academic wellness**, on the other hand, focuses on your intellectual growth and development (Pascarella & Terenzini, 2005). It involves education, learning experiences, and the pursuit of knowledge and skills. Participating in lifelong learning, acquiring new knowledge and skills, and intellectually challenging oneself all contribute to academic wellness. This dimension is not limited to formal education but also includes self-directed learning, engaging in intellectual discussions, and pursuing personal interests and hobbies that stimulate the mind.

**Emotional wellness** is another critical dimension of overall well-being, which encompasses your emotional health and well-being (Smith et al., 2021). It involves the ability to effectively manage emotions, cope with stress, and maintain positive relationships. Emotional intelligence, self-awareness, and emotional regulation are all important skills that contribute to emotional wellness. Positive relationships with oneself and others, effective stress management techniques, and healthy emotional expression are key components of emotional wellness.

**Spiritual wellness** is also an essential component of overall well-being because it involves your sense of purpose and meaning in life, including your beliefs, values, and connection to God (Koenig, 2012). It entails searching for meaning and purpose in life, as well as finding inner peace and harmony (Myers & Sweeney, 2005). Spirituality can be a source of strength and resilience during difficult times, and it can help to improve mental health outcomes (Moreira-Almeida et al., 2014). It has been associated with better physical and mental health outcomes, including a lower risk of depression, anxiety, and substance abuse (Johnson, 2018). Additionally, individuals who engage in spiritual practices such as meditation or prayer may experience a greater sense of well-being and satisfaction with life (Moreira-Almeida et al., 2014).

**Environmental wellness** is the aspect of wellness that involves an individual's relationship with the environment and surroundings, including access to clean air and water, safe housing, and healthy food options (American College Health Association, 2020). It is crucial for maintaining overall well-being because it affects both physical and mental health (Hartig et al., 2014). You can promote environmental wellness by reducing waste, conserving energy, using environmentally friendly products, and supporting sustainable practices (Suzuki, 2013). In addition, advocating for policies that promote environmental sustainability and working to create more equitable access to safe and healthy environments can contribute to environmental wellness at both individual and societal levels (Hancock et al., 2020).



**Financial wellness** is yet another important dimension of overall well-being which refers to your financial stability and security (Robinson & Ford, 2021). It entails the ability to effectively manage finances, save for the future, and maintain a comfortable standard of living. Financial literacy, budgeting, debt management, and retirement planning are all important aspects of financial wellness.

**Occupational wellness** focuses on your work and career (Lerner et al., 2020). It consists of elements such as job satisfaction, professional development, and financial stability. Finding meaning and fulfillment in your work, setting and achieving career goals, and maintaining a healthy work-life balance all contribute to occupational wellness.

**Social wellness** encompasses your relationships and social connections (Wilkinson, 2019). It involves developing and maintaining healthy relationships with family, friends, colleagues, and the community. Having a support system, engaging in social activities, and contributing to the well-being of others through volunteering or community involvement all promote social wellness.

In conclusion, by acknowledging the interconnectedness of these dimensions and striving for self-awareness, self-improvement, and self-reflection, you can utilize the wellness wheel as a tool to evaluate and optimize your overall well-being and identify areas that require attention and improvement in order to achieve a well-rounded and balanced life. Take the first step in this self-transformation process and join the various inspirational workshops. Such life-changing experiences are well worth investing in!

- 
1. American College Health Association. (2020). National College Health Assessment II: Canadian Reference Group Executive Summary Spring 2020.
  2. Hales, D. (2021). *An Invitation to Health: Live It Now!* Cengage Learning.
  3. Hancock, T., Duhl, L., & Whitman, S. (2020). Equity and social determinants of health: A new global framework for environmental health. *Environmental Health*, 19(1), 64.
  4. Hartig, T., Mitchell, R., de Vries, S., & Frumkin, H. (2014). Nature and Health. *Annual Review of Public Health*, 35(1), 207–228.
  5. Johnson, K. (2018). Prayer: A Helpful Aid in Recovery from Depression. *Journal of Religion and Health*, 57, 2290–2300.
  6. Koenig, H. G. (2012). Religion, Spirituality, and Health: The Research and Clinical Implications. *ISRN Psychiatry*, 2012.
  7. Lerner, R. M., Lerner, J. V., & Benson, J. B. (2020). *Advances in Child Development and Behavior*. Academic Press.
  8. Moreira-Almeida, A., Neto, F. L., & Koenig, H. G. (2014). Religiousness and mental health: a review. *Brazilian Journal of Psychiatry*, 36(2), 176–182.
  9. Myers, J. E., & Sweeney, T. J. (2005). The indivisible self: An evidence-based model of wellness. *Journal of Individual Psychology*, 61(3), 269–279.
  10. Pascarella, E. T., & Terenzini, P. T. (2005). *How College Affects Students: A Third Decade of Research*. Jossey-Bass.
  11. Robinson, J. L., & Ford, R. L. (2021). The Relationship Between Financial Well-being and Physical Health: A Systematic Review. *Journal of Financial Counseling and Planning*, 32(1), 19–32.
  12. Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2021). The brief resilience scale: assessing the ability to bounce back. *International Journal of Behavioral Medicine*, 8(2), 194–200.
  13. Suzuki, D. (2013). *The Legacy: An Elder's Vision for Our Sustainable Future*. Greystone Books.
  14. Wilkinson, L. (2019). *Social Determinants of Health: A Comparative Approach*. Oxford University Press.



*"Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being."*

*(Greg Anderson)*

# Full Program



## Monday, April 24

10:00 AM



18

**Prof. Yuji Naito, MD**

Characteristics of Physiological Function  
and Biological Data of Kyotango  
Longevity Area in Japan

11:30 AM



19

**Prof. Michael Keusgen, PhD**

Medicinal Plants  
for Mental Health

## Tuesday, April 25

9:00 AM



26

**Official Ceremony**

11:30 AM



36

**Christiane Noujaim Chiha**

Strength in Support: Empowering  
Others Through Psychosocial Care

2:30–3:30 PM



20

**Geraldine Dufour**

Who Is Responsible for Students'  
Mental Health and Well-being?



30

**Prof. Michael Seguin, PhD**

Being an Ally for Social Justice: Some Strategies  
to Contribute to the Well-being of Others



**Doha Alkadamani**

Can Sustainable Lifestyles Enhance  
Mental Health?



37

**Sarah Asmar**

5:00–6:00 PM



21

**Marie-Rose Tannous, PhD**

What If We Listen to Our Anger?



31

**Bianca Briciu, PhD**

Trauma and Mind-body Practices  
for Well-being



38

**Myriam El Khoury-Malhame, PhD**

How Can You Turn Your Post-traumatic Stress  
Into Post-traumatic Growth?

7:00–8:00 PM



22

**Antoinette Zalzal Haddad, PhD**

Turn on Your Good Genes and Be Well,  
Turn off Your Ill Genes and Stay Well



32

**Leyla Akoury Dirani, PhD**

Building SMART Goals for Your Life



39

**Sr. Micheline Mansour, PhD**

Enkindle the Stars

Thursday, April 27

11:30 AM – 12:30 PM



42

**Randa Farah**

The 7 Pillars of Self-care

2:30 – 3:30 PM



43

**Mary Wade Martin, MD**

Hormones and the Female Brain, From Adolescence to Menopause: Friend or Foe?

5:00 – 6:00 PM



44

**Prof. Wadih Naja, MD**

Anxiety and Stoicism: Worrier or Warrior?

7:00 – 8:00 PM



45

**Yara Chamoun, MD**

ADHD: From Procrastination to Productivity

Friday, April 28



48

**Carla Feghali Moukarzel**

Yoga: Wisdom for Today



49

**Cat Taylor**

Practical Mindfulness for a Happier Life



50

**Lina Riachy, PhD**

Turning Illness Into Wellness Through Music Therapy



51

**Joelle Jaber**

Embrace Your Mental Health

Saturday, April 29



54

**Wellness Youth Day**

9:00 AM – 1:30 PM

**SELECT YOUR SESSIONS AND REGISTER NOW**



*"Your body hears everything your mind says."  
(Naomi Judd)*



April 24, 2023

DAY

1





April 24, 2023 • 10:00 AM



Prof. Yuji Naito, MD

## Characteristics of Physiological Function and Biological Data of Kyotango Longevity Area in Japan

The Kyotango district in Kyoto Prefecture's northernmost region is notable for its high percentage of elderly residents and centenarians. The groundbreaking Kyotango Longevity Cohort Study, which began in 2017, intended to analyze factors associated with healthy longevity.

This session allows us to delve into the fascinating world of aging and longevity research by exploring the study's findings, which revealed a correlation between increased frailty and chronological age, as well as a decrease in butyrate-producing bacteria as an important factor in chronological age increase. In addition, this lecture provides insights into potential candidate factors for measuring biological age in future studies.

### Biography

Prof. Naito is the Chief of the Department of Endoscopy and Ultrasound Medicine and an Associate Professor at the Department of Molecular Gastroenterology and Hepatology of the Kyoto Prefectural University of Medicine in Japan, where he earned his medical degree in 1983 before pursuing his PhD studies and graduating in 1993. In 1992, he received the Young Investigator Award at the Sixth Biennial Meeting of the Society for Free Radical Research International (SFRR) in Torino. He succeeded in serving as Secretary General and Treasurer of SFRR Kyoto in 2000. He was later nominated Secretary General of SFRR Asia and Japan, before becoming Vice President of SFRR Japan in 2011. At the Kyoto Prefectural University of Medicine, he is currently investigating the role of reactive oxygen and nitrogen species in gastrointestinal inflammatory diseases and carcinogenesis. His most recent studies focus on identifying the molecular targets of oxidative stress in gastrointestinal inflammation. In addition, his research group has demonstrated the functions of gaseous molecules, such as nitric oxide, carbon monoxide, and hydrogen sulfide in the pathogenesis of inflammatory bowel diseases.



Prof. Michael Keusgen, PhD

April 24, 2023 • 11:30 AM



## Medicinal Plants for Mental Health

Since ancient times, medicinal plants like St. John's wort have been used to treat many mental disorders, including mild and moderate depression. Essential oils are also popular in aromatherapy; some of them, such as rose, lavender, and lemon, can be used as mild tranquilizers.

This workshop aims to explore the various medicinal plants, their benefits on our well-being, extraction procedures, and quality assessment methods.

### Biography

Prof. Keusgen studied pharmacy at the University of Bonn in Germany and interned at public pharmacies and firms such as Bayer AG. In 1993, he earned his PhD for his studies on polyphenolic compounds in brown algae. Before establishing his own research group, which focused on biosensors and natural products, he received a one-year research fellowship at the National Research Council (NRC) of Canada in Halifax. He got his habilitation in 1999 and soon after earned a professorship in bioanalysis at Philipps-Universität Marburg, where he was appointed as the Dean of the Faculty of Pharmacy and served on the University's Board of Trustees for several years.

He is renowned around Europe and Asia as a specialist in medicinal plants, particularly essential oils, and serves as a reviewer in German court cases. As an expert on the European Pharmacopoeia, he acts as the chairperson of a working group under this Pharmacopoeia. He is also a member of the German Pharmacopoeia as well as chairing a German government commission dealing with the legal status of herbal drugs and dietary supplements. Since 2003, Prof. Keusgen has been conducting annual botanical field trips to countries in Southwest and Middle Asia to investigate medicinal plants in those regions, resulting in the recent publication of a book on the medicinal plants of Afghanistan.



Geraldine Dufour

April 24, 2023 • 2:30 PM



## Who Is Responsible for Students' Mental Health and Well-being?

Is it the institution's duty to look out for its students' mental health, or is it each student's responsibility to build resilience?

In this workshop, participants are encouraged to consider the current discourse surrounding student mental health in the context of the university experience in order to be equipped with simple strategies, tools, and information to support students' mental health and well-being so that they can learn and reach their full potential.

### Biography

---

Having held clinical responsibility for a busy multi-disciplinary student counseling and mental health service at the University of Cambridge, United Kingdom, in addition to serving as chair of national executive committees for student mental health and counseling, Ms. Dufour has considerable therapeutic experience. She has contributed to evidence-based research on the subject of student mental health and well-being as a leading expert in the field and as a founding member of 2 national research groups in student mental health.

With more than 20 years of experience as a therapist and head of university counseling services in British universities, Ms. Dufour has established her own therapeutic consultation practice so she can consult, train, and supervise universities and colleges on matters pertaining to students' mental health and well-being and support their counseling and mental health services.

A further list of selected publications and talks is available on the research page of her website:  
[www.geraldinedufour.com/researchwritingconference](http://www.geraldinedufour.com/researchwritingconference)



April 24, 2023 • 5:00 PM



Marie-Rose Tannous, PhD

## What If We Listen to Our Anger?

Many falsehoods encourage us to shun and despise anger and view it as a negative emotion. This observation is supported by popular expressions such as “don’t get angry,” “anger is bad,” and even “anger blinds you.” However, if we use this anger, which is often accused of various evils, as a compass to direct us toward a deeper understanding of ourselves, it might actually improve our well-being. It might even help us more if we realize its potential to stimulate our inner healing.

This workshop offers some explanations and provides strategies to transition from anger and rage to healing and resolution.

### Biography

---

Dr. Tannous holds a Bachelor’s Degree in Religious Sciences from the Higher Institute of Religious Studies (ISSR) at Saint Joseph University of Beirut (USJ), Lebanon. She immigrated to Canada in 2006, where she resumed her studies at Saint Paul University in Ottawa, Canada. She then received a Master’s Degree in Theology with a concentration in Spirituality in 2009, a Doctorate in Theology with a concentration in Christian Ethics in 2014, and a Graduate Diploma in Couple Counseling and Spirituality in 2018. Currently, she is a Lecturer at Saint Paul University. As a registered Psychotherapist by the College of Registered Psychotherapists of Ontario (CRPO), Dr. Tannous accompanies individuals, couples, and families in private practice. She also works closely with victims of sexual abuse. Through her commitment to the Saint Charbel Maronite Catholic Parish in Ottawa, she helps couples prepare for marriage in addition to being a choir member. She is also a member of several committees that work under the care of H.E. Mgr. Tabet, Bishop of the Maronite Eparchy in Montreal.



April 24, 2023 • 7:00 PM

**Antoinette Zalzal Haddad, PhD**

## Turn on Your Good Genes and Be Well, Turn off Your Ill Genes and Stay Well

After learning about the human genome, which was a breakthrough in science, we could understand not just the sequence, but also the factors that behave as impressions on the gene as well as how it is expressed and how it affects our health and well-being.

The study of those factors that alter gene expression and its implication on health is known as epigenetics. Because of several lifestyle factors that can modify epigenetic patterns, such as emotions, thoughts, stress levels, sleeping patterns, diet, physical activity, and environmental pollutants, we can conclude that humans have a high potential for change and repair.

Therefore, it is not surprising that cancer, autoimmune diseases, and other chronic nutrition-related diseases are increasing. This workshop emphasizes the fundamental necessity of proper nutrition and stress management, as these are the 2 factors that have the greatest influence on the gene.

### Biography

---

Dr. Haddad is a Nutritionist, Naturopathic Doctor, and certified HeartMath Trainer. With a primary focus on cancer and autoimmune diseases, where nutrition and emotions play a major role in cause and management, she has been running her own clinic for over 35 years and treating patients with nutrition-related diseases in Lebanon, Saudi Arabia, France, and Dubai. She has recently established a catering business specializing in organic detox cuisine and tailored nutritional plans for specific ailments.

As a result of years of experience working with GenoMed and GENOSENSE Diagnostics GmbH, Dr. Haddad had the opportunity to perform genetic mapping and design a personalized lifestyle that inhibits threatening genes while activating protective ones.

*"Take care of your body. It's the only place you have to live."  
(Jim Rohn)*





*"Taking care of myself doesn't mean me first, it means me too."  
(L.R. Knost)*



April 25, 2023

DAY  
2



April 25, 2023 • 9:00 AM



# Official Ceremony

- 9:00–9:10 AM**      **Welcome Speech of the Rector**  
Fr. Michel Jalakh, OAM
- 9:10–9:20 AM**      **Speech of the Minister of Public Health, H.E. Firass Abiad, MD**  
Joseph El Helou, MD, Representative of the Minister and Director of the Medical Care Directorate at the Ministry of Public Health
- 9:20–9:30 AM**      **Testimonies of Students**
- 9:30–10:30 AM**      **Positive Mindsets: Pathways to Mental Health and Well-being in Education**  
Imad Hoballah, PhD
- 10:30–10:45 AM**      Wellness Coffee Break
- 10:45–11:45 AM**      **Turning Your Ill-being Into Well-being: Utopia or Reality?**  
Marie Khoury, PhD
- 11:45 AM–12:45 PM**      **Supplements for Mental Health and Wellness:  
A Dual Perspective on Their Benefits and Drawbacks**  
Maroun El Khoury, MD
- 1:00–2:00 PM**      Wellness Lunch



April 25, 2023 • 9:30 AM



*Official Ceremony Interventions*



**Imad Hoballah, PhD**

## **Positive Mindsets: Pathways to Mental Health and Well-being in Education**

Mindsets in education, such as growth mentality and innovators, can pave the way to well-being and improved mental health. This lecture explains the underlying principles of how Autonomy, Belonging, and Competence (ABC) lead to motivation and finding meaning in one's education, work, endeavors, and life in general, by exposing students, educators, and administrators to the right tools to adjust their mindsets in order to optimize productivity and creativity in their daily lives, especially in education.

### **Biography**

Dr. Hoballah is the Founder, Chairman, and CEO of Business Investments and Development Strategies (BIDS) and Former Lebanese Minister of Industry. He holds a PhD in Electrical Engineering from Syracuse University as well as an MBA from Columbia University in New York, the United States of America (USA). He is a pioneering leader with over 30 years of executive leadership experience in innovation, ICT, digitization, knowledge economy, education, cybersecurity, and entrepreneurship, in addition to blended and inclusive education and operations. Furthermore, he is a visionary with unique perspectives and insights into national and international multi-stakeholder engagement, including government, corporations, regulatory bodies, universities, consumers, and NGOs. Dr. Hoballah possesses a rich and unique blend of ethical strategic executive leadership, policy formation, and program and operations management in the USA and the Middle East region.



Marie Khoury, PhD

April 25, 2023 • 10:45 AM



*Official Ceremony Interventions*

## Turning Your Ill-being Into Well-being: Utopia or Reality?

Recent field research has revealed the ravaging effects of the mental health crisis worldwide. After the COVID-19 pandemic, studies have observed a significant increase in cases of depression, anxiety, and panic attacks among university students, with cases peaking at 70% to 80%. Additionally, suicide attempts have increased by 25% in 2019 alone. Furthermore, a much higher percentage of youth are now being hospitalized due to psychological disorders. Statistics also show a peak in disruptions correlated with traumatic events, such as wars or natural disasters. In light of this terrifying reality, is it still possible to believe that we are capable of healing, reprogramming our brain, and reviving the flame of positive emotions such as joy, gratitude, optimism, empathy, compassion, reconciliation, and peace? Can we liberate ourselves from fear and irrational anxieties in order to stand up again, rebuild, and work towards a better future? The answer is YES. Neuroscience and neuropsychology have proven that we possess the power to restructure our brains, promote the joy of living, regain self-confidence, manage adversity, and contribute to the well-being of others. In this session, we will discover how to unlock our potential and turn our ill-being into well-being.

### Biography

---

Dr. Khoury is a Clinical Psychologist with a PhD from Sorbonne University in Paris, France. She is an instructor at several Lebanese universities, an EMDR European accredited psychotherapist, and an AFTCC member with over 30 years of practice and continuous training in Paris. As an advocate of research on family, youth, women, and neuropsychology, she has numerous publications and conferences to her credit. In 1994, Dr. Khoury established a free psychotherapy service at Notre Dame University (NDU) to treat academic and administrative members. And in 2022, she joined the UA community with a mission to spread awareness on various mental health and well-being themes through a series of on-campus workshops and training sessions broadcast also on YouTube.

April 25, 2023 • 11:45 AM

*Official Ceremony Interventions***Maroun El Khoury, MD**

## Supplements for Mental Health and Wellness: A Dual Perspective on Their Benefits and Drawbacks

What are supplements, and why are they often prescribed? Is it necessary to take them under the supervision of a physician? What is the role of supplements in medicinal sports and athletic performance? Who determines the dosages of the medication (Supplement)?

The purpose of this presentation is to shed the light on the numerous benefits of supplements and how they are manufactured, but also the many major and minor side effects of supplement abuse, that range from immunogenic or allergenic reactions including atopic dermatitis and gastrointestinal discomfort, to migraine headaches, to cerebrovascular problems including hypertension and vasculitis, to instigation of autoimmune diseases.

### Biography

---

Dr. El Khoury the medical director of DiagnosTechs Inc. is a dedicated leader in clinical research and development. A graduate of Georgetown University School of Medicine in the United States, he has distinguished himself as a longtime pioneer in pharmaceutical, nutraceutical, and clinical testing research and development throughout his professional career. He was also the first to develop heavy metal salivary testing using ICP-MS (Mass-Spectrometry) as well as a salivary test for clinical detection of SARS-2 Coronavirus. Dr. El Khoury is also a worldwide lecturer on the cutting-edge human health science, giving clinical presentations in Japan, China, France, Germany, and the United Kingdom. Under the mentorship of and in collaboration with distinguished Georgetown University Professors Emeriti, he has specifically advanced clinical research initiatives supporting nutritional gastroenterology and chronic illnesses. As an integral component of his passion for medicine and the health of patients above all else, Dr. El Khoury has implemented preventive medicine initiatives in several foreign countries, and continues to contribute to the future of research and development affecting the lives of patients worldwide.



Prof. Michael Seguin, PhD

April 25, 2023 • 2:30 PM



## Being an Ally for Social Justice: Some Strategies to Contribute to the Well-being of Others

No one is an island. As human, our lives are inextricably linked. Regardless of how simple this truth may seem, our journeys are far from being the same. Life is often more difficult for women, racialized people, the working poor, sexual minorities, religious minorities, or individuals with visible or invisible disabilities. When stereotypes dominate over one's skills and talents, accessing quality education, employment, media coverage, or public office, this can become a major challenge. This can become true in the US, Canada, and, most likely, Lebanon as well. But how do we break such a systemic, vicious cycle?

Building on the diversity, equity, and inclusion (DEI) paradigm, this workshop will examine what allyship entails, some of its pitfalls (including the temptation to save others), and how we can use some of our privileges to improve the lives of others. A few strategies will be shared in order to contribute to the social inclusion of people from different backgrounds and, by extension, the collective well-being.

### Biography

---

Prof. Seguin is an Assistant Professor and Coordinator of Graduate Studies at Saint Paul University's Providence School of Transformative Leadership and Spirituality in Ottawa, Canada. A trained sociologist of ethnic relations, he is interested in developing policies and practices to foster diversity, equity, and inclusion (DEI) in universities and community-based organizations, including newcomer services. His teaching and research have led him to explore organizational power dynamics, methods for raising awareness of differences, and inclusive leadership. Prof. Seguin is personally involved in the transformation of various organizations to make them more equitable and inclusive, most notably at Saint Paul University, as he previously worked at the University of Montreal and HEC Montréal.

His recent publications, mostly in French, have focused on the role of DEI in Canadian universities, Islamophobia in the workplace, the struggle of contingent faculty, domestic violence in Morocco, qualitative research ethics in sociology, and the cognitive dimension of Israeli settlement colonialism. Many of these are available on his [Academia](#) website.



April 25, 2023 • 5:00 PM



Bianca Briciu, PhD

## Trauma and Mind-body Practices for Well-being

What is trauma? How does it affect our health on a daily basis and the long-term well-being of our embodied system?

This workshop aims to introduce mind-body practices that strengthen the connection between the emotional, mental, and physical aspects of ourselves. These techniques include one emergency intervention practice following a traumatic event and two long-term practices for well-being and resilience: somatic experiencing, developed by Peter Levine, and centering, developed by Staci Haines.

### Biography

---

Dr. Briciu is currently an Assistant Professor at Saint Paul University's Providence School of Transformative Leadership and Spirituality in Ottawa, Canada. Her work focuses on the development of integral leadership through emotional and social intelligence, mindfulness, compassion, and systems thinking. She relies on a collaborative, student-centered teaching strategy that emphasizes emancipation, empowerment, and the integration of theory with practice.

Dr. Briciu is a certified Emotional Intelligence Coach, the Founder of Emotional Balance, and the author of *The Revolutionary Art of Love: From Romantic Love to Global Compassion*, in addition to having published numerous articles on gender, cinema, mindfulness, and leadership. She has also received training in Theory U design and facilitation, as well as integrative somatic trauma therapy.





## Leyla Akoury Dirani, PhD

*President of the Lebanese Order of Psychologists*

April 25, 2023 • 7:00 PM



## Building SMART Goals for Your Life

Being a young adult is not easy! Youths begin their lives filled with worry, hope, dreams, and disillusion. The challenges in a country like Lebanon are enormous, and the daily struggles are quite heavy.

After a brief overview of the characteristics of this developmental stage, the workshop will focus on the youths' psychological barriers and leverages when interacting with their environment and planning for their future. It aims to teach participants how to set SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound) goals and manage their emotions using assertive communication techniques.

### Biography

---

Dr. Dirani is the President of the Lebanese Order of Psychologists and an Associate Professor at the Department of Psychiatry at the American University of Beirut (AUB). As a child and adolescent psychologist, she focuses her clinical practice, teaching, and research on studying and treating vulnerable children and their parents.

She began her clinical career in 1986 and established 2 leading services in the country between 1987 and 2000: inclusive education for children with special education needs and a specialized program for children with autism. She has also contributed to the development of national child protection policies. Dr. Dirani has actively worked on creating the Licensing of Lebanese Psychologists (law issued in 2017) and establishing the Lebanese Order of Psychologists (law issued in January 2022). Her academic career started in 1987 at Saint Joseph University of Beirut (USJ), where she held numerous leadership positions. She later joined AUB's Department of Psychiatry in 2008 as a clinician, instructor, mentor, and researcher. There, she led the Division of Child and Adolescent Psychiatry and Psychology, founded the Mental Health Academy, and coordinated the training of clinical psychologists specializing in children and adolescents.



*"Mental health is not a destination, but a process.  
It's about how you drive, not where you're going."  
(Noam Shpancer)*





*"A healthy outside starts from the inside."  
(Robert Urich)*

April 26, 2023

DAY  
3



April 26, 2023 • 11:30 AM



## Christiane Noujaim Chiha

*Doctors Without Borders*

### Strength in Support: Empowering Others Through Psychosocial Care

Workers are the primary stakeholders in any community. Therefore, issues concerning their health and livelihoods not only affect individuals themselves, but also the communities they live in. However, people with mental illnesses are often excluded from employment, despite the fact that their participation in economic activities is critical to their recovery.

This workshop explores Doctors Without Borders' commitment to providing the highest quality medical care and psychosocial support to populations in distress, particularly in the MENA region, where cultural background must be taken into account. The webinar aims to highlight the importance of psych-education and psychosocial care interventions in the workplace in order to protect workers' well-being.

#### Biography

---

Ms. Chiha is a licensed clinical psychologist and psychotherapist who has also completed a cognitive and behavioral therapy (CBT) diploma program. In her private practice, she employs a psychodynamic approach, conducts psychological assessments (projective and psychometric tests), offers parental guidance, and provides psychotherapy to individuals suffering from existential and identity crises, anxiety-related disorders, depression, and personality disorders.

Her current position as a Regional Staff Care Counselor at Doctors Without Borders requires her to visit various missions in the MENA region in order to assess psychosocial hazards, lend psychological support during critical incidents, ensure staff well-being and growth, and increase resilience. She also leads group sessions on stress management and self-care.

Ms. Chiha aims to foster a safe and confidential environment in order to help staff identify and resolve mental health problems. She conducts one-on-one counseling sessions, offers practical problem-solving tips, and develops adaptive coping mechanisms. She also designs training sessions, workshops, and webinars as preventive measures for community support, personal development skills, and mental health issues.

April 26, 2023 • 2:30 PM



## Doha Alkadamani and Sarah Asmar

*United Nations Environment Programme*

### Can Sustainable Lifestyles Enhance Mental Health?

What is the connection between climate change and mental health, and how can sustainable lifestyles affect our overall well-being?

This workshop sheds light on the environmental impact of current business models and the actions that can be taken to shift to circular economies by showcasing various UNEP-led initiatives and local case studies as examples of daily actions that have an impact on mitigating climate change.

#### Biography

Ms. Al Kadamani is a Volunteer Project Associate at the United Nations Environment Programme (UNEP) – Regional Office for West Asia (ROWA). She holds a Master's Degree in Polymers, Colorants, and Fine Chemicals from the University of Leeds in the United Kingdom and a Bachelor's Degree in Chemistry from the American University of Beirut (AUB). In January 2022, she joined UNEP as part of the Resource Efficiency and Sustainable Consumption and Production subprogramme, with the mission of supporting the implementation of various projects and initiatives related to the circular economy and sustainable consumption and production. She is also the focal point of the SwitchMed II pilot project in Lebanon.

Ms. Asmar is a Sustainable Lifestyle Expert and Marketing Specialist with a passion for challenges and a firm belief in the importance of more green and sustainable practices. She holds a specialized Master's Degree in Marketing from INSEEC in Paris and a Bachelor's Degree in Business Administration from the American University of Beirut (AUB). In September 2021, she joined UNEP under the Resource Efficiency and Sustainable Consumption and Production subprogramme, with a mission to support the team in developing and designing behavioral change and awareness campaigns on the topics of food waste, single-use plastics, and sustainability fashion and textiles.



Myriam El Khoury-Malhame, PhD

April 26, 2023 • 5:00 PM



## How Can You Turn Your Post-traumatic Stress Into Post-traumatic Growth?

Stress and trauma are inherent to the human condition. They certainly make it harder for people to deal with negative events and may even have a destructive impact on their mental and physical health, leading to poorer well-being and an increased risk of psychological distress.

The workshop explores the definition of post-traumatic stress and illustrates its occurrences after major trauma by tackling different case studies on various segments of the Lebanese population (e.g., adolescents, students, medical residents, and young adults) and highlighting people's ability to strive and grow under unprecedented chronic stress in order to finally acquire practical methods to heal trauma and promote growth.

### Biography

---

Dr. El Khoury-Malhame is an Assistant Professor of psychology at the Lebanese American University (LAU). As a clinical psychologist and cognitive neuroscientist, she combines biology and psychology approaches in her academic training. She completed her doctoral studies under the supervision of Prof. David Servan-Schreiber and Dr. Stephanie Khalfa at the Claude Bernard Lyon 1 University (UCBL) in France. Her study examined the cortico-limbic, physiological, and clinical markers of trauma as well as how EMDR psychotherapy improves PTSD symptoms by restoring brain structure and function. Her research interests include the bio-psychological basis of stress, trauma, and anxiety disorders; emotions; cognitive and attention bias; sleep alterations; addiction; resilience; gratitude; and attachment; in addition to integrating spirituality into the cognitive-affective behavioral triad. She also specializes in CBT and EMDR for adult outpatients suffering from anxiety and depression. She promotes the daily use and mastery of novel effective stress management techniques such as mindfulness, EFT, and heart coherence in normal and pathological populations in individual and/or group settings. She advocates psychological support integration into medical settings and works frequently with health care providers to better implement active listening and stress/pain management tools for patients with cancer, diabetes, obesity, Alzheimer's, etc.

April 26, 2023 • 7:00 PM



25 persons



## Sr. Micheline Mansour, PhD

### Enkindle the Stars

Is the sky truly the limit, or can we push even further and reach the stars? Perhaps we could become the light these stars ignite! But how? How can we continue to shine and be optimistic when we are surrounded by darkness? How can we keep our spirits up and spread positivity?

This workshop invites us to be strong and resilient. It calls us to be the light that illuminates the stars in this dark world.

#### Biography

---

Sr. Mansour has been a representative of the Maronite Order of Saint Theresia Sisters in the High Committee of *Jesus Ma Joie* since 2017. She holds a PhD in Education from both the *Institut Catholique de Paris (ICP)* and the Holy Spirit University of Kaslik (USEK), in addition to a Training of Trainers certificate from the *Pontificium Institutum Regina Mundi a Roma* in Italy. She went to the French Biblical School of Jerusalem between 1999 and 2001 after completing her Bachelor's Degree in Religious Studies from the Higher Institute of Religious Studies (ISSR) at Saint Joseph University of Beirut (USJ).



*"There is hope, even when your brain tells you there isn't."  
(John Green)*



April 27, 2023

DAY  
4



April 27, 2023 • 11:30 AM



## Randa Farah

## The 7 Pillars of Self-care

Self-care offers many benefits to our day-to-day lives, especially during difficult times. This is why controlling our lifestyle, stress level, diet, and environment is extremely essential to our well-being.

This workshop covers topics such as stress management, how to sleep better, the importance of proper nutrition, meditation techniques, and other powerful self-care techniques, as well as tips for building a healthy lifestyle that we can practice and incorporate into our self-care routine.

### Biography

---

Ms. Farah is a Human Resources (HR) Specialist and Organizational Psychologist with years of HR management experience at various multinational corporations and industries. She has been teaching master's-level HR and organizational psychology courses at Saint Joseph University of Beirut (USJ) for over 10 years, as well as dynamics courses at the Lebanese Academy of Fine Arts (ALBA).

Passionate about learning and sharing knowledge, she founded the I Have Learned Academy to provide people with easy and affordable access to daily life skills that are not usually taught at school or university. She also founded Lebtivity.com, an award-winning startup that acts as a social calendar for all events in Lebanon. In addition to her university degrees, Ms. Farah holds numerous certifications in various fields. She is a Neuro-Linguistic Programming (NLP) Master Practitioner Trainer certified in the United Kingdom, a Happiness at Work Expert certified in Denmark, and a stress management and personal growth specialist. Furthermore, she is an international speaker, delivering at conferences all over the world, including in Italy, Poland, Jordan, the United Arab Emirates, Lebanon, Denmark, and Morocco. She employs an interactive approach that encourages creativity and outside-the-box thinking.

April 27, 2023 • 2:30 PM



Mary Wade Martin, MD

## Hormones and the Female Brain, From Adolescence to Menopause: Friend or Foe?

Commonly prescribed hormonal medications, such as birth control pills, hormone replacement therapy, and other related drugs, can have serious consequences on the physical and mental health of women of reproductive age.

The session provides an overview of the various types of hormones and their function. It also discusses the potential risks and side effects associated with these medications, as well as how women can mitigate these risks, in an effort to educate women on the benefits and potential drawbacks of hormonal medications, allowing them to make informed decisions about their reproductive health.

### Biography

---

Dr. Martin is a Board-Certified Obstetrician/Gynecologist who received her medical training at the University of Illinois College of Medicine in Chicago, the United States of America (USA). She completed her residency training at a community program affiliated to the University of Virginia, and later finished her post-graduate training in reproductive endocrinology. She is currently a Fellow of the American College of Obstetricians and Gynecologists (ACOG) as well as the Reproductive Health Research Institute in Santiago, Chile. Dr. Martin is in her 28<sup>th</sup> year of clinical practice, where she uses her extensive knowledge base to diagnose and treat endocrine defects that cause gynecologic and fertility problems.



Prof. Wadih Naja, MD

April 27, 2023 • 5:00 PM



## Anxiety and Stoicism: Worrier or Warrior?

Who hasn't experienced fear, worry, or anxiety at least once in his life? These 3 words are frequently used without grasping their inherent nuance. Fear is an emotional response to a real or perceived imminent threat, whereas worry refers to the cognitive aspects of apprehensive expectation. Anxiety, on the other hand, is a state of intense apprehension and uncertainty resulting from the anticipation of a threatening event or situation.

We often wonder why bad genes increase morbidity and mortality, yet they persist from one generation to the next. Is there a possible link between bad genes and anxiety or fear?

This workshop explores how individuals differ when it comes to anxiety and fear; some are worriers, while others are warriors.

### Biography

---

Prof. Naja obtained his medical degree from Saint Joseph University of Beirut (USJ) and graduated in psychiatry from the University of Paris-Sud in France, with subspecialties in forensic psychiatry, psychopharmacology, and general pharmacology from both its Faculty of Medicine and the *Pitié-Salpêtrière* University Hospital.

In 2008, he was nominated as Chairman of the Psychiatry Department at the Lebanese University (LU) Faculty of Medical Sciences, a position he held for 9 years before being appointed Professor in 2016. In addition to his responsibilities in the Psychiatry Department of the Mount Lebanon Hospital University Medical Center (MLH UMC), Prof. Naja is the Director of Beirut Mental Health Clinics and a Part-time Consultant with King Hussein Cancer Center in Amman, Jordan.

He has over 40 international publications to his credit and has received the ECNP award.

April 27, 2023 • 7:00 PM

**Yara Chamoun, MD**

## ADHD: From Procrastination to Productivity

ADHD is a popular topic nowadays. Many adolescents and young adults struggle with concentration, procrastination, and a lack of productivity. However, this does not always imply that they suffer from attention-deficit/hyperactivity disorder (ADHD or ADD), because there are other mental health conditions that can be confounded with ADHD. Therefore, a comprehensive assessment by a trusted mental health professional can help the person understand the reasons for the lack of concentration.

Whether it is ADHD or not, medications are not always the answer. This workshop tackles some behavioral techniques that can help enhance concentration and productivity.

### Biography

---

Dr. Chamoun earned her medical degree from the Faculty of Medicine at Saint Joseph University of Beirut (USJ), then pursued her psychiatry training at the Hôtel-Dieu de France (HDF) in Beirut and the Sainte-Anne Hospital Center in Paris. She has a special interest in psychosomatic disorders and obtained a diploma in chronic pain from Paris Descartes University, France.

In addition to her private practice, she is an Attending Psychiatrist at the Mount Lebanon Hospital University Medical Center (MLH UMC) and the Co-director of the mental health center Embrace Lebanon. She also works as a consultant psychiatrist with several NGOs, including Doctors Without Borders and the International Committee of the Red Cross (ICRC).

Dr. Chamoun is an advocate for mental health, particularly on stigma issues. She is passionate about public mental health and believes that promoting awareness, along with good governance and leadership, is crucial to improving the quality of mental health care and fostering a state of mental health well-being.



*"Self-care is not selfish. You cannot serve from an empty vessel."  
(Frederick Douglass)*

April 28, 2023

DAY  
5





## Carla Feghali Moukarzel

*President of the Syndicate of the Yoga Teachers in Lebanon*

April 28, 2023 • 11:30 AM



## Yoga: Wisdom for Today

Yoga is more than just physical exercise. It is a holistic practice that integrates the body, mind, and soul, benefiting our well-being on all physical, mental, and emotional levels. This includes relieving stress, increasing flexibility, and improving mental clarity.

The workshop is both practical and theoretical, addressing basic yoga postures, breathing techniques, and stretching practices that can be incorporated into our daily lives, as well as discussions on yoga philosophy, its different aspects, and how they can help us feel more in touch with our inner self.

### Biography

---

Ms. Moukarzel is the President of the Syndicate of the Yoga Teachers (SYT) in Lebanon and has been a yoga instructor for over 25 years, constantly aiming for better well-being and a harmonious equilibrium between body, mind, and soul. After receiving her diploma from the *Fédération Nationale des Enseignants de Yoga (FNEY)* in Paris, she established her own practice in Beirut, teaching Hatha Yoga. While attending numerous workshops in Lebanon, London, Paris, and the United States of America, she became proficient in multiple yoga techniques. She also obtained diplomas in Flow Prana and Iyengar. Since 2013, she has been teaching Yoga-Theater at Saint Joseph University of Beirut (USJ), integrating yoga disciplines into the Stanislavsky acting method. In order to further her quest for well-being, Ms. Moukarzel has become a certified hypnotherapist from the Banyan Hypnosis Center for Training & Services and has been practicing since 2013. Over the last 10 years, she has also organized and led many workshops, seminars, and instructor training courses. In 2014, she founded the *École de Formation des Enseignants de Yoga au Liban (EFYL)*, twinned with the *École Française de Yoga de l'Ouest (EFYO)* in Angers, France, providing 900 hours of theoretical and seminar courses. To learn more about Ms. Moukarzel, please visit [yogadream.net](http://yogadream.net).





Cat Taylor

April 28, 2023 • 2:30 PM



## Practical Mindfulness for a Happier Life

This workshop aims to define mindfulness and explore a variety of enjoyable, accessible, and interactive take-home techniques for grounding, de-stressing, and feeling more in touch with the present moment.

### Biography

---

Ms. Taylor is a qualified Psychological and Occupational Therapist with over 10 years of experience working in mental health settings ranging from acute inpatient and community crises to the charity sector. She is an accredited Cognitive Analytic Therapy (CAT) Practitioner, Sensorimotor Psychotherapist, and Eye Movement Desensitization Reprocessing (EMDR) Therapist with additional training in other therapeutic models.

Ms. Taylor currently works as a freelance therapist and coach, specializing in assisting people who have experienced trauma and loss in their lives and continue to struggle with the effects of these experiences on themselves, their relationships, and their daily functioning.



Lina Riachy, PhD

April 28, 2023 • 5:00 PM



25 persons

## Turning Illness Into Wellness Through Music Therapy

Whether to decrease stress and anxiety levels, change our mood, reduce pain perception, increase expression, or find motivation, music therapy is used to improve our overall quality of life. This type of expressive art therapy incorporates both active interventions such as singing, dancing, songwriting, exploring a musical instrument, or creating digital music, and receptive interventions like listening to music, creating playlists, using guided imagery with music, or having music conversations and reminiscing. Music therapy, therefore, makes use of music's nonverbal, creative, structural, and emotional characteristics to promote and maintain our physical, psychological, and social well-being.

The purpose of this workshop is to learn about different types of music to listen to and explore how music affects our mood and overall well-being through active and motivating exercises.

### Biography

---

Dr. Riachy is a part-time instructor at the Antonine University (UA) Faculty of Music and Musicology (FMM) since 2017 and at the Lebanese University (LU) since 2019, where she earned her PhD in Clinical Psychology. She holds a diploma in singing and music from the Lebanese National Higher Conservatory of Music, in addition to attending various music therapy training sessions and workshops.

As a licensed clinical psychologist, music therapy trainer, and music therapist, Dr. Riachy works primarily with children and adolescents in private clinics, social organizations, and schools. She has previously worked with inmates at Lebanon's Roumieh prison, where she provided psychosocial support and music therapy to 40 inmates.

Dr. Riachy is a talented singer who has performed as a lead singer and choir member in numerous international recitals and concerts. With over 20 years of experience teaching music in schools, from preschool to intermediate and secondary levels, she has successfully implemented a method that helps students enhance their mental and intellectual growth through instruments, singing and breathing techniques, and listening to specific musical compositions. She also specializes in music theory and history, as well as vocal and solfeggio exercises.



**Joelle Jaber**

*Embrace Lebanon*

April 28, 2023 • 7:00 PM



## Embrace Your Mental Health

What is the definition of “mental health,” and what are the most common misconceptions about it? How can we identify early warning signs and symptoms of mental illness?

This workshop aims to empower youth participants to be engaged in their own well-being and communities by highlighting the importance of taking care of our own well-being and the possibility of reaching out to different mental health professionals when needed, in addition to introducing some guidelines for supporting our peers. It will also discuss the underlying causes of mental disorders as well as individual risk and protective factors.

### Biography

---

Ms. Jaber is a Clinical Psychologist who earned her master’s degree from the American University of Beirut (AUB) in Lebanon after completing her training at the American University of Beirut Medical Center (AUBMC). She is qualified to assess, plan, and provide psychotherapy to a broad range of patients presenting with various psychological problems and disorders. She employs an integrative approach that tailored to the patient’s needs and consists of different theoretical orientations, primarily Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT), as well as various mindfulness-based approaches and psychodynamics.

Believing that mental health is a human right that everyone should benefit from regardless of their background or financial situation, Ms. Jaber decided to join the Embrace Mental Health Clinic as a Clinical Psychologist in June 2021 and became part of the Lifeline Team as a Clinical Supervisor later in June 2022.



*"If there is no struggle, there is no progress."  
(Frederick Douglass)*

April 29, 2023

DAY  
6





## Wellness Youth Day

April 29, 2023 ● 9:00 AM



The primary objective of the **Wellness Youth Day** is to harness the potential of sports in enhancing the holistic well-being of young adults, including their mental, physical, and social dimensions. The program is designed in collaboration with the Faculty of Sport Sciences (FSS) and the Office of Athletics and comprises a wide range of activities. These exhilarating pursuits will not only offer a fun-filled experience, but also provide the youth with an excellent opportunity to acknowledge the importance of safeguarding their mental health while relishing the serene surroundings of our campus.

According to the Centers for Disease Control and Prevention (CDC), regular physical activity improves mental health and reduces stress and anxiety levels, leading to better sleep quality (CDC, 2021). Moreover, research suggests that physical activity is associated with improved cognitive function, memory, and academic performance among youth (Hills et al., 2015; Singh et al., 2020). Not to mention that maintaining physical health is crucial in reducing the risk of chronic disease. Furthermore, engaging in physical activity also improves the youth's socialization and teamwork skills, which are vital for their personal and professional growth. It is therefore imperative to prioritize physical health among youth in order to lead a fulfilling and wholesome life. With that in mind, we strongly believe that the **Wellness Youth Day** will not only entertain more than 200 high school students, but also provide them with unique learning opportunities. Our goal is to encourage young people to incorporate physical activity into their daily routines, thereby promoting a healthier lifestyle.

Lastly, we hope that the **Wellness Youth Day** will also introduce the youth to the world of sports and showcase the various opportunities available at Antonine University to pursue a degree in this area.

- 
- Centers for Disease Control and Prevention (CDC). (2021). Physical Activity and Mental Health.
  - Hills, A. P., Dengel, D. R., & Lubans, D. R. (2015). Supporting public health priorities: recommendations for physical education and physical activity promotion in schools. *Progress in cardiovascular diseases*, 57(4), 368–374.
  - Ng, M., Fleming, T., Robinson, M., Thomson, B., Graetz, N., Margono, C., ... & Gakidou, E. (2014). Global, regional, and national prevalence of overweight and obesity in children and adults during 1980–2013: a systematic analysis for the Global Burden of Disease Study 2013. *The Lancet*, 384(9945), 766–781.
  - Singh, A., Uijtendwilligen, L., Twisk, J. W. R., Van Mechelen, W., & Chinapaw, M. J. M. (2020). Physical activity and performance at school: a systematic review of longitudinal studies. *Sports Medicine*, 50(11), 2071–2090.

# Program

## Orientation Session

9:00–9:45 AM

### **Introduction to the Faculty of Sport Sciences (FSS)**

**Dr. Antonio Soutou**, Dean of the FSS

### **Introduction to the Office of Athletics**

**Mr. Edgard Azzi**, Director of the Office of Athletics, Full-time Instructor at the FSS, and Expert Climber

### **Introduction to the Wellness Youth Day**

**Ms. Lea Farhat**, Part-time Instructor at the FSS, Asian Judo Championship Winner, and 16 Times Lebanese Judo Champion

### **First Testimonial**

**Ms. Mayssa Bsaibes**, Part-time Instructor at the FSS, Chairperson of the Department of Sports Management, WTTD Officer at the International Table Tennis Federation, 10 Years Lebanese Table Tennis Champion, Member of the Gender Equity Commission at the NOC, IOC Young Leader, and IOC Member of the Sustainability and Legacy Commission

### **Second Testimonial**

**Ms. Melisse Chedid**, Part-time Instructor at the FSS, Basketball Player, Basketball Coach, and Physical Trainer

## Physical Activities

10:00 AM–1:30 PM

### **Competition in Sports Activities**

Mini Football, Table Tennis, Dodgeball, Circuit Training, Relay, Basketball 3x3, Wall Climbing, and Badminton

***Special prizes are awarded to the winners.***







# Acknowledgments

As every far-reaching event is the outcome of collective efforts, we would like to express our gratitude to all the individuals who contributed to the success of the third edition of the **Wellness and Mental Health Week**, launched under the theme *Turn Your Ill-being Into Well-being*.

First and foremost, we are grateful to the Ministry of Public Health for its patronage. Our sincere appreciation also goes to the distinguished international medical and psychology speakers for their enthralling and thought-provoking discussions, including Prof. Michael Keusgen from Germany, Professor Yuji Naito from Japan, Dr. Mary Wade Martin from the USA, Ms. Geraldine Dufour and Ms. Cat Taylor from the United Kingdom, Prof. Michael Seguin, Dr. Bianca Briciu, and Dr. Marie-Rose Tannous from Canada.

Moreover, we would like to thank Dr. Leyla Dirani, President of the Lebanese Order of Psychologists, Ms. Sarah Asmar and Ms. Doha Alkadamani from the United Nations Environment Programme (UNEP), Ms. Christiane Chiha from Doctors Without Borders, Ms. Carla Feghali Moukarzel, President of the Syndicate of Yoga Teachers in Lebanon, and Ms. Joelle Jaber from Embrace Lebanon, for their valuable participation in these sessions.

Furthermore, we gratefully acknowledge the participation of the national experts and speakers who shared their knowledge and provided attendees with valuable insights and tools to lead happier and more fulfilling lives, namely Dr. Imad Hoballah, Prof. Wajih Naja, Dr. Antoinette Zalzal, Dr. Myriam Khoury, Dr. Lina Riachi, Dr. Yara Chamoun, Sr. Micheline Mansour, and Ms. Randa Farah.

In addition, we would like to send out our deepest gratitude to Dr. Maroun Khoury and Dr. Marie Khoury for their unwavering support and dedication in the preparation of the Wellness and Mental Health Week.

Furthermore, we highly value the efforts of the Antonine University (UA) community, particularly the UA Counselor Ms. Micheline Sammour, the Office of Communications, the Office of Information Technology, the Office of Orientation and Admissions, the Office of Student Affairs, the Faculty of Sport Sciences, the Office of Athletics, the Procurement Officer, the Facilities and Operations Coordinator, and the student volunteers, whose contributions were essential to this project's success.

Lastly, we must express our heartfelt appreciation to Ms. Jocelyn Saab, Executive Assistant at the Vice Rectorate for Integral Human Development, for her outstanding devotion, persistent diligence, and tireless efforts throughout this period to oversee all event operations and ensure that every single task is adequately fulfilled.

Antonine University  
©2023





LEARN MORE

ua.edu.lb

 wellness@ua.edu.lb

       
@uAntoine