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SAKINA INTEGRATED MENTAL HEALTH CONFERENCE

From Insight to Impact - Driving the Future of Mental Health
Formerly known as
Abu Dhabi Integrated Mental Health Conference

06-07

FEBRUARY 2026

CONRAD
ETIHAD TOWERS
ABU DHABI, UAE

AGENDA



08:30 - 09:00 AM		REGISTRATION					
HALL A+B+C: MORNING SESSION							
TIME		TOPIC		SPEAKERS			
09:00 - 09:05 AM		Conference Opening		Dr. Nahida Ahmed, Dr. Samer Makhoul Chairs of the Conference			
09:05 - 09:15 AM		Partnering Towards Advancing Mental Health Care in the UAE		Pedro Matos Rosa Executive Committee Member, PHARMAG Managing Director, Johnson & Johnson Innovative Medicines Gulf			
09:15 - 10:00 AM		Panel 1: Beyond Treatment – Building Resilient Communities from Lived Experience to Leadership Moderated by Dr. Fatema Al Mansouri		Adel Al Falasi Salama Al Bloushi Farah Al Qaissieh Abdul-Aziz Al Anoochi Thamir Al Naqbi			
10:00 - 10:15 AM		BREAK					
HALL A+B+C: OPENING CEREMONY							
TIME		TOPIC		SPEAKERS			
10:15 - 10:20 AM		SEHA Promotional Video					
10:20 - 10:25 AM		Welcome Message		Dr. Zain Ali Al Yafei - CEO, SAKINA			
10:25 - 10:30 AM		SAKINA Promotional Video					
10:30 - 10:40 AM		Opening Message		Sheikha Hamda Bint Khalifa Al Nahyan Ambassador for Strategic Initiatives, SAKINA			
10:40 - 11:30 AM		Panel 2: Shaping the Future of Mental Health – From Policy to Practice. Moderated by Scott Armstrong		Sheikha Hamda Bint Khalifa Al Nahyan Ambassador for Strategic Initiatives, SAKINA H.E. Maqsood Kruse - Envoy of the Minister of Foreign Affairs for Countering Extremism & Terrorism H.E., Salama Al Ameemi Director General, Family Care Authority Dr. Zain Ali Al Yafei CEO, SAKINA			
11:30 - 11:45 AM		Keynote		H.E. Maqsood Kruse Envoy of the Minister of Foreign Affairs for Countering Extremism & Terrorism			
11:45 - 11:55 PM		SAKINA: Transforming Mental Health from Vision to Reality		Dr. Nahida Nayaz Ahmed - CMO, SAKINA			
11:55 - 12:00 pm		The Power of Preventative Care		Khaled Ateeq Aldhaheri - CEO, Daman			
12:00 - 12:05 pm		Mental Health and Wellbeing Initiatives Under Abu Dhabi Youth Council		Saif Mohammed Al Mansouri - Chairman, Abu Dhabi Youth Council			
12:05 - 01:45 PM		LUNCH & PRAYER					
HALL A+B TRACK 1:TRENDING TOPICS IN PSYCHIATRY			HALL C TRACK 2: PERSPECTIVES IN MENTAL HEALTH				
EMCEE: Asma AlHadhrami			EMCEE: Fatima AlQubati				
TIME		TOPIC	SPEAKERS	TIME		TOPIC	SPEAKERS
01:45 PM - 02:30 PM		Panel 3: Advances in Neuromodulation: the Expansion of Clinical Applications of TMS Moderated by: Dr. Madeeha Shammash Rahim Rasool & Dr. Fahad Ahmed Khan	Dr. Kevin T. Murphy, Prof. Milos Ljubisavljevic, Eng. Maitha Musabeh Ali Khalifa Alghfeli	01:45 PM - 02:30 PM		Panel 4: The Human Side of AI and Technology: Ethics, and Empathy in Mental Health Moderated by: Dr. Faisal Nawaz	Dr. Mohammed Kuhail Dr. Leigh Powell, Daria Radant, Dr. Dymitr Ruta
02:30 PM - 03:15 PM		Panel 5: Dementia at the crossroads: Emerging Challenges, Systemic Solutions and the Public Health Imperative Sponsored by: Lilly Moderated by: Dr. Nasir Al Zbeidi	H.E. Dr. Omniyat AlHajeri, Dr. Nahida Ahmed, Dr. Shweta Narang	02:30 PM - 03:15 PM		Panel 6: Beyond Screentime: Technology Misuse and its growing impact on Mental Health & Society Moderated by Dr. Yufei Gu	Prof. Justin Thomas, Prof. Antje Von Suchodoletz, Salwa Saeed Ali Al Saedi, Prof. Immanuel Azad
03:15 - 03:30 PM		COFFEE BREAK					
03:30 PM - 04:05 PM		Psychedelic Therapy in Psychiatry - Current Status, Possible Mechanisms and Future Directions	Dr. David Erritzoe	03:30 PM - 04:05 PM		Culturally responsive EMDR: Incorporating Islamic beliefs	Haneen Shalash Hanna Barakat
04:05 PM - 04:40 PM		Lifestyle Medicine in Psychiatry	Dr. Mariam AlAli	04:05 PM - 04:40 PM		Integrating Spirituality in Clinical Mental Health Practice	Dr. Khalid Elzamzamy
04:40 PM - 05:15 PM		Somatic Treatment in Pyschiatry: Bridging ECT, rTMS and VNS	Dr. Walid Nasr	04:40 PM - 05:15 PM		Cultural Aspects of Major Depressive Disorder	Dr. Dina Aly
05:15 - 05:30 PM		Q & A					
05:30 - 05:45 PM		Prize Distribution for Top 3 Posters & Art Exhibits				Chairs of the Conference	
05:45 - 06:00 PM		Closing Remarks				Chairs of the Conference	

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