



## **International Congress SaudávelMente (14/15 April, 2015)** **Faculty of Psychology and Educational Sciences, University of Coimbra, Portugal**

### **Program**

#### **Workshops - 14/04/2015**

- 09.00h** - Dialectical behavior therapy for self-Injurious adolescents - Cynthia L. Ramirez (spanish spoken)
- 11.30h** - Running a course for the prevention of depression in adolescents - Eiríkur Örn Arnarson (english spoken)
- 15.00h** - 3PDA – Parental Program for the prevention of depression in adolescence - Maria do Rosário Pinheiro & Paula Matos (portuguese spoken)
- 17.30h** - Neurochemistry of behavior: Reward and happiness - Manuela Grazina (portuguese spoken)

#### **Conference - 15/04/2015**

- 09.30h** Opening ceremony
- 10.00h** Depression: Prevention, treatment outcomes and mechanisms of treatment - Edward Craighead (Univ. of Emory, USA); Moderator: Maria do Céu Salvador (Univ. de Coimbra, PT) (english spoken)
- 10.45h** Break and posters presentation
- 11.00h** SaudávelMente: A project of research and intervention in adolescents at risk for depression - Ana Paula Matos (Univ. de Coimbra, PT); Moderator: José Joaquim M. Costa (Univ. de Coimbra, PT) (portuguese spoken)
- 11.45h** Round table: When prevention happens in schools: The intervention in testimony - Moderadora: Maria do Rosário Pinheiro (Univ. de Coimbra, PT) (portuguese spoken)
- 14.30h** Preventing depression in adolescents at risk for developing depression: The Icelandic experience - Eiríkur Örn Arnarson (Univ. of Iceland, Iceland); Moderadora: Ana Paula Matos (Univ. de Coimbra, PT) (english spoken)
- 15.30h** Painel 1 - Depression in adolescence: Brain, behavior, emotions and relationships - Moderator: José Pinto Gouveia (Univ. de Coimbra, PT) (portuguese spoken)
- . Depression in adolescence in the XXI century - José Garrido (HPC-CHUC)
  - . Neurochemistry of (Un)happiness: (Dis)agreements between genders and frontier to Depression - Manuela Grazina (FM-UC)
  - . Suicidal ambivalence in adolescence: Reflections from the clinical practice - Carlos Brás Saraiva (FM-UC; CHUC)
  - . Depression in adolescents: What parents tell us?- Maria do Rosário Pinheiro (Univ. de Coimbra, PT)
- 17.30h** Painel 2 – SaudávelMente: from evidence to future challenges - Project Prevention of Depression in Portuguese Adolescents: Study of the efficacy of an intervention with adolescents and parents - Moderator: Daniel Rijo (Univ. de Coimbra, PT) (portuguese spoken).

**Registration** until the 5th April. Payment can be made by bank transfer. Pre-registration is only valid if proof of payment is sent. Info available at [www.fpce.uc.pt/saudavelmente/](http://www.fpce.uc.pt/saudavelmente/)

**Workshops** - 04/14/2015 (maximum 30 people each, prior registration mandatory)

**Posters** (please see instructions presented at [www.fpce.uc.pt/saudavelmente/posters.php](http://www.fpce.uc.pt/saudavelmente/posters.php))

The poster presentation requires registration in the Congress, payment and sending the abstract until the 31st of March, 2015. Posters can be presented in English and for the submission of the posters abstracts you need to include the following information in the application: title of the poster, keywords, name, surname and affiliation, country, address, phone number and email of authors; the topics for the abstracts will include introduction, aims, methods, results, discussion and conclusions (limit of 3500 characters). Dimensions: 80cm by 1.20cm