



مستشفى الإرسالية الأمريكية
American Mission Hospital

MINDFUL SUMMIT 2025

A One-day Symposium on the
Science and Clinical Practice in Mental Health

9:00 AM - 4:00 PM

Saturday, April 26, 2025

King Hamad American Mission Hospital
A'Ali, Kingdom of Bahrain

www.amh.org.bh/mindfulsummit

5

CME Points
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NHRA



MINDFUL SUMMIT 2025

A one-day symposium on the Science and Clinical Practice in Mental Health

by the

American Mission Hospital, Bahrain

The upcoming symposium promises to be an enlightening event focused on the intricate connections between genetics, neuromodulation, and mental health.

Untreated mental illness in the GCC results in at least 37.5 million productive working days lost annually – equivalent to \$3.5 billion – states the recent PwC Middle East report 2022 and argues on 'Why GCC Governments should invest more in Mental Health'. Approximately 15% of the GCC's population is suffering from mental health illness in any given year, according to the same report.

This one-day symposium investigates and discusses the mental health situations affecting individuals and organizational work forces.

The program features a series of thought-provoking presentations, starting with **Dr. Huda Mossa Omran** from the Arabian Gulf University, who will explore *Genetics and Mental Health: Unlocking the Connection* shedding light on how genetic factors influence mental health conditions.

Following this, **Dr. Frans Cronje**, an Aviation and Aerospace Medicine Specialist, will discuss *Neuromodulation in Mental Health Optimization*, highlighting innovative therapeutic techniques.

Deligates will have a chance to network during lunch on the 5th floor south before diving into an insightful session led by **Dr. Charlotte Kamel** on *A Comprehensive Review of Suicide*, where she will present an in-depth analysis of suicide trends and prevention strategies.

Dr. John Stapert, a renowned clinical psychologist from Phoenix, Arizona, USA will make a presentation focusing on *Mental Health and the Female Reproductive System*, examining how biological and hormonal changes can inform mental health treatment decisions.

This symposium seeks to foster dialogue among mental health professionals, encourage collaborative learning, and address pivotal issues within the field, making it a valuable opportunity for all participants.

A key attraction of the day will be the release of the *Mental Health Capsule* by **Dr. Feba Paul** which will be a handy guide to people, with the hospital clinical psychologist's take on well-being.





Dr. George Cheriyan
Corporate CEO - AMH

“The rapidly changing digital age has brought in new areas and levels of stress to individuals and organizational work forces.

There is an increasing need to understand the various coping mechanisms that people are using; or should use. I'm glad that this symposium will be able to address some of the many issues we face in today's world.”



Ms. Julia Tovey
Group CEO - AMH

“I am happy that our hospital, which has a busy and vibrant mental health department, is hosting Mindful Summit 2025.

By the end of the one-day symposium, I am sure that there would be relevant learnings and invaluable outcomes to help participants and speakers to understand mental health and promote wellbeing.”



Dr. Deepak Abraham
Chief of Medical Staff - AMH
Medical Director - KHAMH, A'Ali

“The challenges in the field of mental health are varied and numerous.

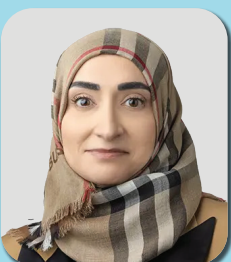
Discussing and addressing these challenges are the need of the hour and we are pleased to be hosting this timely symposium. And I wish all participants and speakers meaningful interactions and fruitful outcomes.”



Peter Kennedy
COO - AMH

“This symposium promises excellent insights into the challenges we all face in coping with life.

The coming together of professors, psychiatrists, psychologists, occupational health doctors, mental health workers, organizational behaviour experts and students of psychology should yield great results.”

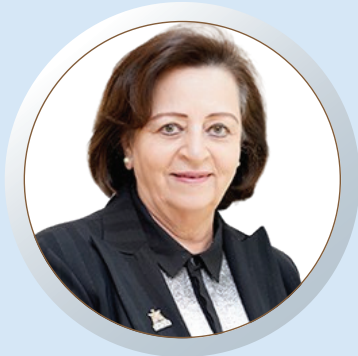


Dr. Jameela Alsalman
Consultant, Internal Medicine
& Infectious Diseases

“On mental health, I am sure, there is a growing need for more research, training, legislation, and other policy-making mechanisms, to help individuals and organizations, address the issues facing them.

It is clear that this symposium aims to address some of the key issues affecting the field of mental health. And I wish the symposium all success.”

Main Speakers



Dr. Charlotte Awad Kamel
Consultant Psychiatrist
KHAMH, Bahrain



Dr. John Stapert, Ph.D.
Clinical Psychologist
Phoenix, Arizona



Dr. Frans J. Cronje
Specialist Aviation and
Aerospace Medicine
KHAMH, Bahrain



Dr. Huda Mossa Omran
Molecular Genetics Specialist
Al Aljenan Medical Center



Dr. Feba Percy Paul
Clinical Psychologist
Head, Child Development Unit
AMH, Bahrain



Dr. Vivek Mani Mathew
Psychiatrist (Adult)
AMH, Bahrain

Speaker Profile



Dr. Charlotte Awad Kamel
Consultant Psychiatrist
KHAMH, Bahrain

I began my training in 1980 at University Hospitals of Liverpool and Guys & St Thomas' in London, earning a diploma in psychiatry in 1982, membership in the Royal College of Psychiatrists in 1984, and fellowship in 1996. I also received a Diploma in Health Care Management from the Royal College of Surgeons in Ireland in 2000.

In 1989, I moved to Bahrain as a Consultant Psychiatrist with the Ministry of Health, where I helped develop mental health services based on the British system. From 1990 to 2008, I worked at the Arabian Gulf University and since 2009 have been an Associate Professor and Head of the Department of Psychiatry at the Royal College of Surgeons in Ireland – Medical University of Bahrain.

I coordinated the Diploma in Psychological Medicine program from 1994 to 2000, training primary care doctors in Bahrain to improve early psychiatric detection. I also chaired several psychiatry conferences in Bahrain, in collaboration with the Royal College of Psychiatrists, the World Psychiatric Association, and the Arabian Gulf Psychiatric Association.



Dr. Huda Mossa Omran
Molecular Genetics Specialist
Al Aljenan Medical Center

Dr. Huda Mossa Omran, a Molecular Genetics Specialist in Bahrain, specializes in genetic counseling, chromosomal disorders, and reproductive genetics. She holds an MB ChB from the University of Basra and a PhD in Molecular Medicine from Arabian Gulf University.

A published researcher, she focuses on reproductive and longevity genetics. She has held leadership roles at Arabian Gulf University and Pulse Health Training Center and is currently at Al Aljenan Medical Center. She is also a member of the Genetic Society of America and the Global Andrology Forum.



Dr. Feba Percy Paul
Clinical Psychologist
Head, Child Development Unit
AMH, Bahrain

Dr. Feba Percy Paul, lovingly called the Doctor of the Mind, is a beacon of hope in mental health, leading the Child Development Unit at American Mission Hospital. With 18 years of expertise, she's a trailblazer in Advanced Trauma Therapy and a Gold Medalist in Clinical Psychology. As a passionate advocate, she empowers children and families while pioneering research in psychological trauma. Discovering pathways to healing, Dr. Feba transforms lives with compassion and innovation.



Dr. John Stapert, Ph.D.
Clinical Psychologist
Phoenix, Arizona

Dr. John Charles Stapert is a Clinical Psychologist with 30 years of practice in Phoenix, Arizona.

He holds a B.A. from Hope College and an M.Div. from Fuller Theological Seminary, along with an M.A. and Ph.D. from the University of Illinois.

His career spans academia, church administration, and journalism, earning him the William B. Lippard Award in 2016. An influential figure in Arizona's psychology community, he has held leadership roles in the Arizona Psychological Association, receiving its Distinguished Mentor Award and the Aaron and Mathilda Canter Award.

In 2015, he was appointed to the Board of Directors of American Mission Hospital in Bahrain and will become Board Member Emeritus in 2025.



Dr. Frans J. Cronje
Specialist Aviation and
Aerospace Medicine
KHAMH, Bahrain

Dr. Cronje is a pioneer of modern hyperbaric oxygen therapy in Southern Africa, dedicated to its advancement since 1994. He founded the first clinical hyperbaric facilities in both the South African Military and private sectors and developed the region's first multidisciplinary training program in Hyperbaric Medicine. As Founder and Past President of Divers Alert Network Southern Africa, he has championed diver safety. He has held key roles at Stellenbosch University, the International Congress of Hyperbaric Medicine, SAUHMA, and WHASA, shaping research, training, and clinical practice in the field.



Dr. Vivek Mani Mathew
Psychiatrist (Adult)
AMH, Bahrain

Dr. Vivek Mathew is a psychiatrist with over thirteen years of clinical experience dealing with adult, adolescent, and child mental health issues.

He has been a specialist at the American Mission Hospital for the last 11 years. Dr. Mathew has also been a Clinical Tutor at RCSI since 2017. He completed his residency in Psychiatry from the Rajiv Gandhi University of Health Sciences, Bangalore, and worked for the Christian Medical College, Vellore, and at the St. John's Medical College, Bangalore before moving to Bahrain in 2014.

His areas of interest include personality pathology, schizophrenia and mood disorders.

Mental Health Symposium

A Mental Health Symposium on the Science
and Clinical Practice in Mental Health

Sat, 26 April 2025

AGENDA

| | | |
|---------------|---|--|
| 08:30 - 09:30 | Registration | |
| 09:00 - 12:30 | Session 1 | |
| Time | Topics | Speaker |
| 09:00 - 09:30 | Opening Session | Dr. George Cheriyan Dr. Deepak Abraham Dr. Jameela al-Salman Chief Guest(s) |
| 09:30 - 10:30 | "Genetics and Mental Health: Unlocking the Connection" | Dr. Huda Moosa Omran |
| 10:30 - 10:45 | Release of E-book "Navigate the storms of mental well-being with AMH: Your guide to supporting those in crisis!" | Dr. Feba Percy Paul |
| 10:45 - 11:00 | Coffee Break | |
| 11:00 - 12:15 | "Neuromodulation in Mental Health Optimization" | Dr. Frans Cronje |
| 12:15 - 12:30 | Q & A | |
| 12:30 - 13:00 | Lunch | |
| 13:00 - 16:00 | Session 2 | |
| 13:00 - 14:00 | "A comprehensive Review of Suicide" | Prof. Dr. Charlotte Kamel |
| 14:00 - 14:15 | Q & A | |
| 14:15 - 15:30 | "Mental Health and the Female Reproductive System" How Menarche, Hormonal Cycles, Childbirth And Nursing, And Perimenopause Guide Mental Health Treatment Decisions | Dr. John Stapert |
| 15:30 - 15:45 | Discussion – Mental Health Advocacy | AMH |
| 15:45 - 16:00 | Closing Session | Reflections from: Dr. George Cheriyan Dr. Deepak Abraham Dr. Jameela al-Salman |

Sponsorship Packages

A range of sponsorship packages are available to suit various budgets and marketing objectives. These packages include prominent branding opportunities, speaking engagements, access to attendee lists, and exclusive exhibition spaces, among other benefits.

We would be happy to discuss these options in more detail and tailor a sponsorship package that aligns with your company's specific goals and interests.

| | Benefits | Sponsorship Packages | | | |
|----|---|----------------------|------------|------------|--------------|
| | | Platinum | Gold | Silver | Bronze |
| 1. | Logo placement on the symposium webpages and promotional materials | Yes | Yes | Yes | No |
| 2. | Speaking opportunity during the event | Yes | Yes | No | No |
| 3. | Complimentary Exhibition Booth/Stand/Table | Yes | Yes | Yes | No |
| 4. | Recognition as a Sponsor in all event communications and press releases | Yes | Yes | Yes | Yes |
| 5. | Advertisement in an A4 size program booklet | Full Page | Full Page | Half Page | Quarter Page |
| 6. | Sponsor's brand visibility through social media posts & emails | Yes | Yes | Yes | No |
| 7. | Complimentary registrations for delegates chosen by the sponsor | 30 | 20 | 10 | 5 |
| 8. | Complimentary seats for sponsoring company's representatives | 5 | 3 | 2 | 1 |
| 9. | Access to the attendee list for networking opportunities | Yes | Yes | No | No |
| | Fees in BHD | 1,000 | 750 | 500 | 250 |

Hospitality Sponsor

All the benefits of the Platinum Sponsor for providing tea, coffee, snacks and lunch to about 120 to 150 participants. This sponsorship, could cost around BD 1000. There will be two coffee-breaks and one lunch.

Sponsorship Contract - Form

In this brochure is a separate 'Sponsorship Contract' form that our sponsors can printout. The sponsor may then write on it, stamp, sign, and send the scanned document to med.edu@amh.org.bh

Logos/Artworks/Advertisements

For display before and during the event, sponsors must send high-resolution logos, artwork, or advertisements, preferably through a link to an online drive (using platforms such as WeTransfer, Google Drive, or Microsoft OneDrive).

Sponsorship Contract

This form is our formal order to be an event sponsor, for the Mental Health Symposium, to be held on 26 April 2025 (Saturday) at the King Hamad American Mission Hospital in A'Ali, Bahrain, and will be conducted by the American Mission Hospital. The sponsorship will become legally binding upon confirmation from the Organizer.

Your signature and company stamp are required. Please return the completed contract to: med.edu@amh.org.bh

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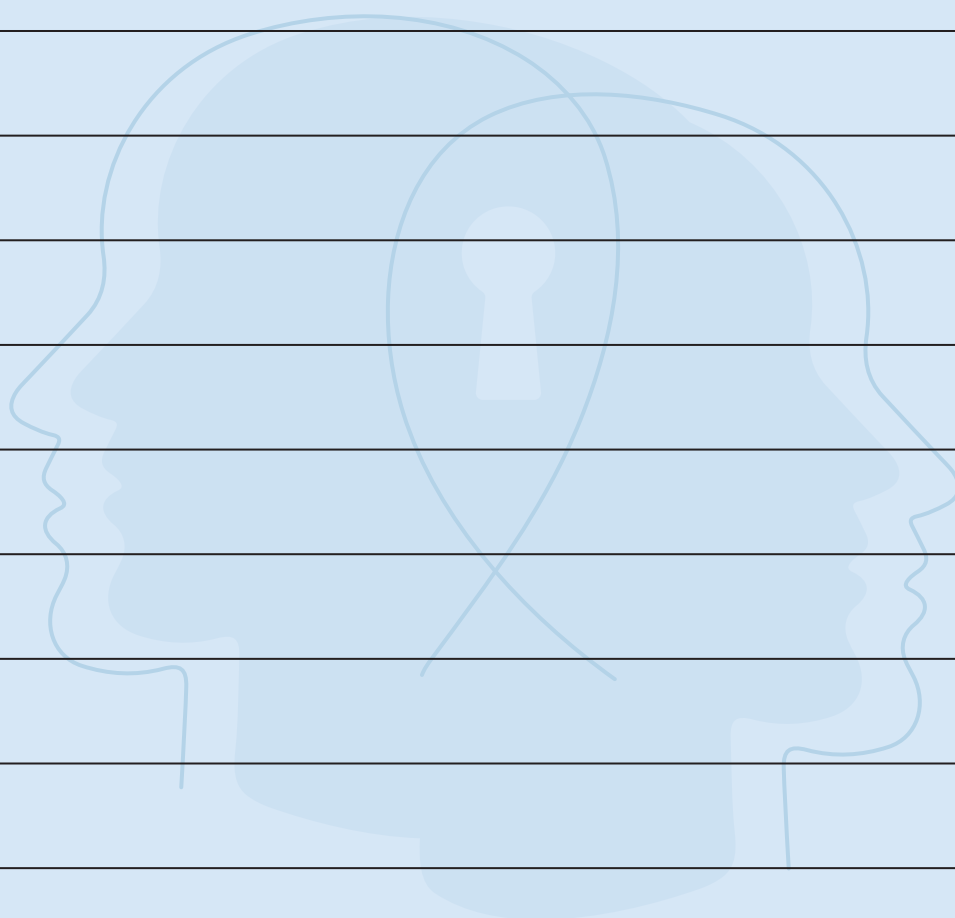
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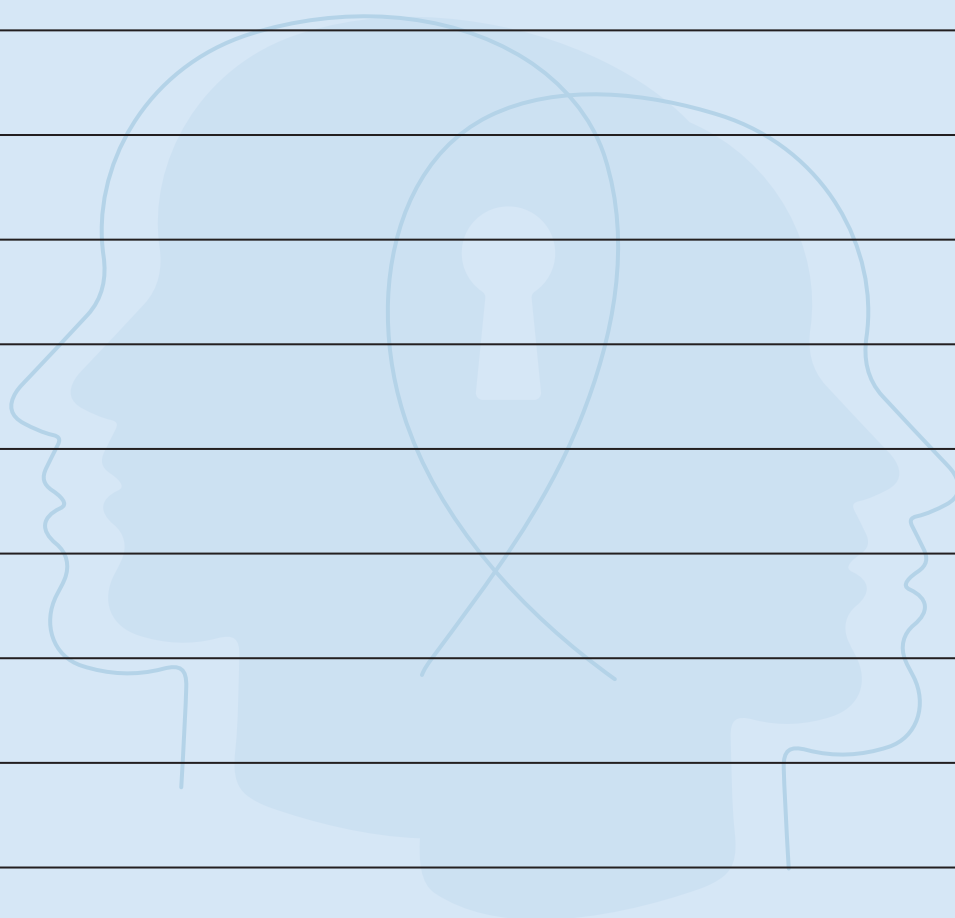
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