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3rd Department of
Psychiatry, School
of Medicine AUTH



THE INTERNATIONAL COLLEGE OF
NEUROPSYCHOPHARMACOLOGY

Under the auspices



School of Medicine
Aristotle University of Thessaloniki

10th Congress on
**Neurobiology,
Psychopharmacology
& Treatment Guidance**

ICNP 2025

27 February - 1 March 2025

Porto Palace Hotel, THESSALONIKI, Greece



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Final Program

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Dear colleagues,

It's a great pleasure to welcome you to the **10th Congress on Neurobiology, Psychopharmacology and Treatment Guidance** which will be held on **February 27th - March 1st 2025**, in Thessaloniki, Greece.

This 10th Congress again aims at being valuable for the clinicians who fight daily in the front line for the treatment of real-world patients. In this frame, our goal is to provide a global and comprehensive update of the newest developments in Psychiatry and the allied sciences in a manner, which will be both focused and enriched. The rule is always to avoid content-free eloquence and authority and to face hard questions on the base of research findings.

The congress will gather again many worldwide experts to share with us their knowledge and experience once again with the support and guidance of the World Psychiatric Association and under the Auspices of the School of Medicine, Aristotle University of Thessaloniki.

During these difficult circumstances for the world, advanced education and training is the only way to the future. Novel and advanced technologies and approaches are emerging. Teaching clinical usefulness and application of new knowledge and informed treatment with psychopharmacological agents in a truly multidisciplinary approach will be the central axis of the meeting and although the congress will embrace high tech research concerning psychopathology, new treatment methods, genetics and molecular biology, it also aims on putting the emphasis on the human factor, both the therapist and the patient.

Apart from the humanistic tradition of Psychiatry and life sciences, the continuous and unconditional investment on the high-level training of professionals and education of patients and their families, emerged as a significant challenge during the last few decades. Medical scientists and public health policy makers are increasingly concerned that the scientific discoveries are failing to be translated efficiently into tangible human benefit. Today, in an all the more complex and technologically advanced environment, the human factor emerges again as the most valuable one, the factor that determines the final outcome.

This 10th ICNP specifically focuses on the ultimate aim: that is to empower and eventually free patients and their families from the burden of mental disease and fighting for full remission and functional rehabilitation. It also includes the distinguished aim to spread high-level training to younger generations by including symposia organized by medical students and psychiatric residents from around the world. As hosts and organizers, we shall spare no effort in making your participation scientifically rewarding and meaningful.

Konstantinos N. Fountoulakis

Professor of Psychiatry, Aristotle University of Thessaloniki, Greece
Chair of the Scientific Faculty

Director, 3rd Department of Psychiatry, Aristotle University of Thessaloniki Greece
Chair, WPA Section on Pharmacopsychiatry and Section on Evidence-Based Psychiatry



Scientific Program

Thursday, February 27th 2025



ICNP WORKSHOP

PART 1: Introduction to psychopharmacology?

- 14.00-15.30 Gene-environment interaction through epigenetics
Xenia Gonda
- 16.00-17.00 Research and analysis methods in psychopharmacology
Heinz Grunze & Kostas Fountoulakis
- 17.00-17.30 Break
- 17.30-19.00 The NbN classification system
Daniel Minkin Levy, Joseph Zohar, Alan Schatzberg
- 19.00-20.30 Emerging and established treatments of major depression
Alan Schatzberg
- 20.30-21.00 Preparation for workgroups and assignments
Kostas Fountoulakis, Xenia Gonda, Daniel Minkin Levy



Friday, February 28th 2025

08.30-10.00 SYMPOSIUM

ANIMAL MODELS IN PSYCHIATRIC RESEARCH

Chair: **Nikitas Arnaoutoglou**

Animal models in psychotic and affective disorders - general considerations
Athanasios Saitis

Animal models in anxiety and stress disorders
Konstantinos Chovardas

Animal models in eating disorders
Simeon - Rafail Karalis

Animal models in dementia and delirium
Georgios Papadopoulos

10.00-11.00 SYMPOSIUM

NEGATIVE SYMPTOMS IN SCHIZOPHRENIA AN UPDATE APPROACH

Chair: **Petros Fotiadis**

Recognition of negative symptoms in the early phase of psychosis
Evangelos Ntourois

Screening negative symptoms – Assessment of commonly used scales
Georgia Michailidou

Impact of negative symptoms on functioning – management in clinical practice
Petros Fotiadis

11.00-12.00 SYMPOSIUM

SPECIAL ISSUES IN PERSONALITY DISORDERS

Chairs: **Anastasia Konsta, Ioannis Tsiptsias**

Psychobiological model and personality disorders
Ioannis Tsiptsias

Personality disorders and violence
Georgia Erythropoulou-Kaltsidou

Personality disorders and differential diagnostic problems in clinical practice
Agoroula Georgiadi



Friday, February 28th 2025

12.00-13.00 LECTURE

Chair: **Anastasia Konsta**

Chronotypes: how time and timing shape our lives

Haim Einat

13.00-14.00 LECTURE

Chair: **Anastasia Konsta**

The era of autonomy: The rights to mental health. The rights of the dementia patient

Foteini Koulouri

14.00-15.30 SYMPOSIUM

MANAGING CRITICAL SITUATIONS: AGITATION, WITHDRAWAL AND TOXIC STATES

Chair: **Konstantinos Fountoulakis**

Pharmacologic management of acute agitated adult patient

Calypto Mitkani

Management of drug poisoned and ethanol intoxicated adults

Michaela Koumati

Severe alcohol withdrawal: recognition and advanced treatment strategies

Athanasios Saitis

Post-crime acute crisis management for offenders

Ioanna-Rafaela Dimza



Friday, February 28th 2025

15.30-17.00 SYMPOSIUM

PSYCHOSOCIAL ASPECTS AND RESILIENCE IN TRAUMA AND ILLNESS: MENTAL HEALTH PERSPECTIVES ON CHILDREN, ADOLESCENTS, YOUNG ADULTS, AND THEIR FAMILIES

Chairs: **Paraskevi Tatsiopoulos, Eleni Bonti**

Interventions to strengthen mental resilience in families and young adults: from trauma to recovery

Paraskevi Tatsiopoulos

Investigating the interaction between parental bonding, childhood trauma, and resilience in young adults

Ioanna Simigdali

Posttraumatic growth, mental and physical health of parents of children with cancer

Magdalini Matsouki

Anxiety, post-traumatic growth, and optimism in young adults who are childhood or adolescent cancer survivors

Paschalina Kosmidou

17.00-18.30 SYMPOSIUM

EATING DISORDERS TREATMENT, AN UPDATE

Chair: **Eva-Maria Tsapakis**

Treatment of comorbidity in eating disorders

Gregory Karakatsoulis

Pharmacological treatment of eating disorders

Sofia Fylaki

Evidence-based psychotherapy for eating disorders

Efi Karakosta

Neuromodulation for eating disorders

Eva-Maria Tsapakis



Friday, February 28th 2025

18.30-19.00 SATELLITE LECTURE

Chair: **Petros Fotiadis**

Cariprazine in clinical practice

Tsioptsias Ioannis

Sponsored by  **RECORDATI**

19.00-20.00 LECTURE

Chair: **Ioannis Nimatoudis**

_____ of mind and body: revisiting endogenous and reactive depression

Xenia Gonda



Saturday, March 1st 2025



THE INTERNATIONAL COLLEGE OF
NEUROPSYCHOPHARMACOLOGY

ICNP WORKSHOP

PART 2: Treatment guidelines

- 10.00-12.00 Schizophrenia
Kostas Fountoulakis, Peter Falkai
- 12.00-14.00 Unipolar depression and bipolar disorder
Heinz Grunze, Allan Young
- 14.00-14.30 Break
- 14.30-16.00 OCD
Daniel Minkin Levy, Joseph Zohar
- 16.00-17.00 Dementia
Siegfried Kasper
- 17.00-20.00 Presentations by workgroups
Xenia Gonda, Daniel Minkin Levy



General Information

Dates and venue

February 27th - March 1st 2025

Porto Palace Hotel, Thessaloniki, Greece

(65, 26th Octovriou Avenue, T. +30 2310 504504, F. +30 2310 540384, info@portopalace.gr,

www.portopalace.gr)

Official language

English will be the official language of the congress. No simultaneous translation will be provided.

Congress badge

Delegates are obliged to show their congress badge at the entrance of Congress Hall for their attendance time to be registered.

Certificate of attendance

All delegates will receive the certificate of attendance. Certificates will be provided after the completion of the scientific program by email.

Presentations

Available visual equipment for all presentations will be through power point presentation. Presentations must be submitted to the technical secretariat 1 hour prior to the presentation. The use of personal computers will not be feasible.

Exhibition

Within the congress area there will be an exhibition of pharmaceutical products.

Registration fees

Category	Cost
Level A (<i>any doctor including specialists and residents, right to attend also the CINP workshop</i>) * plus VAT 24%	140€
Level B (<i>all other mental health professionals and students, only attending the congress</i>) **	Free

*The number of participants for the CINP workshop is limited.

**Other mental health professionals who wish to attend the CINP workshop must apply for it. In this case, the workshop participant should upgrade his/her registration to level A (see above).

Regardless of the category you belong to, full payment is required in order to participate to the workshop.

Registration fees include:

- Admission to the scientific sessions
- Certificate of attendance
- Admission to the exhibition area Congress

Congress Secretariat



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Index of Speakers & Chairs

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Acknowledgements

The Organizing Committee wishes to thank the below-mentioned companies:





ΕΤΑΙΡΕΙΑ ΝΕΥΡΟΕΠΙΣΤΗΜΩΝ & ΑΠΟΚΑΤΑΣΤΑΣΗΣ [Ε.Ν.Α]

[Ε.Ν.Α]

ΕΤΑΙΡΕΙΑ ΝΕΥΡΟΕΠΙΣΤΗΜΩΝ & ΑΠΟΚΑΤΑΣΤΑΣΗΣ



