



YOUTH MENTAL HEALTH MASTERCLASS SERIES 2025



Maudsley
Learning

SELF-HARM, NEURODEVELOPMENT, MOOD, ANXIETY & EVIDENCE-BASED INTERVENTIONS

Organised by Mind Clinic

Accredited by Maudsley Learning (UK)

Raising the Standard of Youth Mental Health

Date: 14th to 17th August 2025

Venue: Signia by Hilton

Event organizer



Dear Esteemed Guests,

On behalf of Mind Clinic Group, it is with great pride and heartfelt excitement that I welcome you to Youth Mental Health MasterClass Series 2025. This summit is not just a training event. It is a national movement toward recognizing mental wellness as a fundamental right and necessity for our children and youth. We are honored to collaborate with Maudsley Hospital – UK, a global pioneer in mental health training, and our strategic partners at Global Events & Conferences (GEC) to deliver a transformative experience for all involved. As a nation, we stand at a turning point. The mental health needs of our young people are evolving rapidly, and we must rise to meet them with compassion, science, and innovation. This Event is our response—a platform designed to bring together professionals, educators, policymakers, and families to build a better future for the next generation. Thank you for being part of this historic moment. Your presence here means more than attendance—it is a commitment to healing, understanding, and building a healthier Jordan, together.

**Warmest regards,
Dr. Laith Abbadi
Founder & CEO – Mind Clinic Group**

Youth Mental Health MasterClass Series 2025

Organised by MindClinic

Accredited by Maudsley Learning

Maudsley Learning is the educational arm of Maudsley Hospital, the UK's largest and leading psychiatric training centre, affiliated with King's College London. It provides evidence-based mental health training grounded in the hospital's world-class clinical care and research. The Maudsley Guidelines are recognised globally as a gold standard in psychiatry.



Delivered by experts from top UK institutions in a 4-day intensive programme focused on evidence-based skills in youth mental health.



**Designed for professionals
working with youth and
families**



**Interactive small-group
training on Day 4
(Limited seats)**



**Accredited by Maudsley
Learning (UK)**



**Separate certificate
awarded for each day**

Programme Overview

Day 1

Multidisciplinary
Approaches to Risk and
Self-Harm in Young
People (6 CPD)

Day 2

Neurodiversity in Young

People –ADHD, Autism
Spectrum Disorder,
and ODD (6 CPD)

Day 3

Mood, Anxiety, and Trauma-
Related Disorders
in Young People (6 CPD)

Day 4

MasterClass Sessions
(3CPD each)

Session 1

CBT Formulation
and Treatment in
Young People

Session 2

Paediatric Neuropsychopharmacology

Session 3

Diagnostic Consider-
ations in Co-occurring
Autism and ADHD

Session 4

Adult Psychosocial On-
cology – Where Men-
tal Health and Cancer
Intersect



Mission

To empower mental health professionals and community leaders across Jordan and the region with cutting-edge, evidence-based training and collaboration for youth mental health.



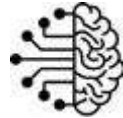
Vision

To establish Jordan as a regional leader in youth mental health, guided by compassion, science, and inclusion.

Core Objectives



**Localize international tools
for the Jordanian context**



**Provide training in CBT, DBT,
pharmacology & neurodevelopment**



**Advance multidisciplinary
approaches to youth risk**



**Highlight cross-sector
advocacy and innovation**



**Create platforms for professional
growth & collaboration**



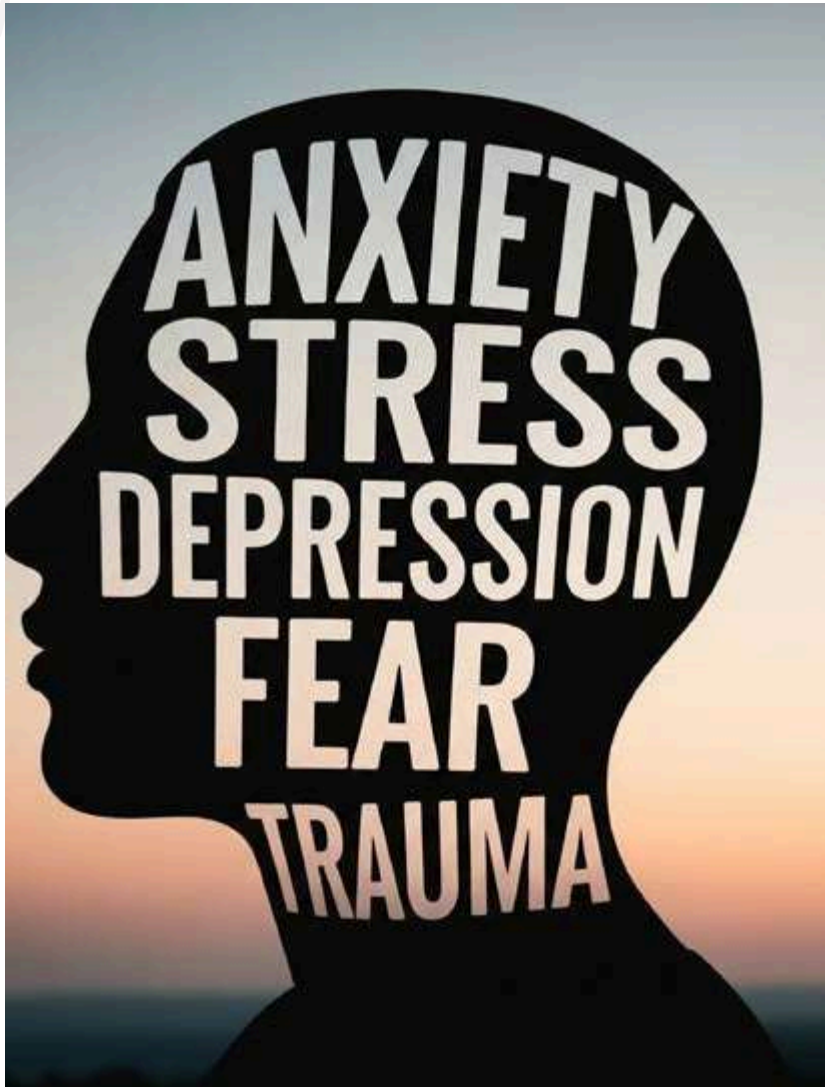
Multidisciplinary approaches to risk in young

Learning objectives

- Use a multidisciplinary approach to assess risk in young people presenting with suicidality and self-harm
- Understand how Dialectical Behaviour Therapy (DBT) principles can be applied to formulation and management of risk
- Recommend multidisciplinary risk management strategies for patients presenting in your service
- Consider risk formulation and management in the Jordanian context

Timing	Session	Topics	Key speaker
08:00-09:00	Registration		
09:00-10:00	Opening ceremony		Dr. Laith (MC)
10:00-10:30	MORNING BREAK		
10:30-13:00	Session 1: Emotional dysregulation and risk	Emotional dysregulation case study as a springboard into talking about suicidality and self-harm Introduction to the DBT model and it's applicability in understanding and managing emotional dysreg and risk Introduction to risk assessment Systemic approaches to risk management	Prof. Dennis + Prof. Partha + Dr Laith
13:00-14:00	LUNCH		
14:00-16:00	Session 2: Advanced approaches in assessing and managing risk	Depression and suicide risk case study Therapeutic assessments Safety planning, and management approaches in clinical services Role of the psychiatrist and medications in risk management	Prof. Dennis
16:00-16:30	AFTERNOON BREAK		
16:30-17:00	Special guest talk: Personality disorder in the Jordanian context		Dr. Basma Kilani + Dr. Mohammad Hindyih
17:00-17:50	Expert panel Q&A		Everyone
17:50-18:00	Wrap-up and farewell		Dr. Laith

Timing	Session	Topics	Key speaker
09:00-10:00	Registration		
10:00-12:30	Session 1: ADHD	Case-study based teaching Overview of diagnosis, assessment and management Focus on psychoeducation and strategies for both parents and children Role of psychology When not to treat Comorbidities and differentials, focus on ODD	Dr. Emma + Prof. Partha + Dr. Laith
12:30-14:00	LUNCH & NETWORKING		
14:00-16:00	Session 2: Autism Spectrum Disorder	ASD case studies from high functioning to intellectual delay Overview of assessment of ASD Overview of management Role of psychology	Dr. Emma
16:00-16:30	AFTERNOON BREAK		
16:30-17:00	Special guest talk: Neurodiversity and applicability of assessment tools in the Jordanian context		Prof. Walid Sarhan + Alaa Bishtawi
17:00-17:50	Expert panel Q&A		Everyone
17:50-18:00	Wrap-up and farewell		Dr. Laith



Mood, anxiety, and trauma-related disorders in young people

Learning objectives

- Write biopsychosocial and transdiagnostic formulations for young people presenting with mood and anxiety symptoms
- Use a CBT model to inform formulation and psychological treatment of young people with mood or anxiety symptoms
- Recommend treatment approaches for young people presenting with post-trauma symptoms

Timing	Session	Topics	Key speaker
09:00-10:00	Registration		
10:00-12:30	Session 1: Overview of mood and anxiety disorders	Build around clinical cases including GAD, depression, OCD Focus on CBT and systemic understanding of disorders Working and formulating transdiagnostically Understanding psychosocial factors in disorders Role medication and when not to treat	Prof. Partha + Dr. Emma + Dr. Laith
12:30-14:00	LUNCH & NETWORKING		
14:00-14:45	Session 2: Trauma and PTSD	PTSD in young people	Prof. Andrea
14:45-15:45	Session 2: Trauma and PTSD	Trauma Recovery Techniques	Prof. Dennis
15:45-16:00	Session 2: Trauma and PTSD	Q&A	Prof. Dennis/ Prof. Partha/ Dr. Emma
16:00-16:30	AFTERNOON BREAK		
16:30-17:00	Special guest talk: Mood, anxiety and trauma in a Jordanian context		Dr. Fedaa Abu Al Khair + Dr. Tareq Dalbah
17:00-17:50	Expert panel Q&A		Everyone
17:50-18:00	Wrap-up and farewell		Dr. Laith

DAY 4

MasterClass Sessions

9:00-10:00
Registration

10:00-13:30
Sessions
(with a 30-minute break)

DAY 4

Session 1: **CBT formulation and treatment in young people** (Prof. Dennis)

Learning objectives

- Understand how cognitions, emotions, physiology, and behaviour are linked.
- Create a CBT formulation using the CARS model and standard CBT formulation tools.
- Identify negative automatic thoughts, rules, and core beliefs.
- Practice challenging unhelpful cognitions using behavioural experiments.



DAY 4

Session 2: **Paediatric neuropsychopharmacology** (Prof. Partha & Dr. Laith)

Learning objectives • Decide when to prescribe and

when to avoid psychotropic

medications in children and adolescents, considering developmental stage, diagnostic certainty, and risk-benefit profiles.

- Describe commonly used medications in paediatric mental health, their indications, side effects, and monitoring-highlighting how they differ from adult prescribing.
- Reflect on clinical dilemmas such as lack of family engagement or poor treatment response and explore management strategies through case discussion and role play.



DAY 4

Session 3:

Diagnostic Considerations in Co-occurring Autism & ADHD

(Dr. Emma Woodhouse & Dr. Yazan Halaseh)

Learning objectives

- Recognise overlapping and distinguishing features of Autism Spectrum Disorder (ASD) and Attention-Deficit/Hyperactivity Disorder (ADHD) to improve diagnostic accuracy.
- Apply evidence-based assessment strategies to identify co-occurrence across developmental stages.
- Understand the clinical implications of dual diagnosis for treatment planning, psychoeducation, and multidisciplinary collaboration.



DAY 4

Session 4:

Adult psychosocial oncology: where mental and cancer intersect

(Dr. Greg & Dr. Mohammed Zahran)

Learning objectives

- Speaking with patients and families about common concerns that arise during the cancer journey
- Identifying some challenging interactions between cancer treatment and mental health
- Understanding how healthcare teams can meet the mental health and wellbeing needs of people/families with cancer



Event Leadership & Team

Scientific Chair:

Prof. Partha Banerjea

Academic Advisor:

Dr. Greg Shields

Lead Trainers:

Prof. Dennis Ougrin

Prof. Andrea Danese

Dr. Emma Woodhouse

Honorary Chair:

Prof. Walid Sarhan

Event Director:

Dr. Laith Abbadi

Logistics Lead:

Ms. Tamara Awali

Executive Coordinator:

Mr. Hussein Rahhal

Speakers

Prof. Partha Banerjea

Role: Scientific Chair **Bio:** Consultant Child and Adolescent Psychiatrist who has specialised in seeing high-impact, high-risk adolescents for over 25 years at the Maudsley Hospital. Dr. Partha is renowned for his expertise in multidisciplinary risk assessment and management in youth mental health. He has also been instrumental in designing cutting-edge clinical education programs for psychiatrists and therapists across the UK and abroad.



Prof. Dennis Ougrin

Role: Lead Trainer

Bio:

Expert in Child and Adolescent Psychiatry. He is best known for his work on self-harm and suicidality in young people and has developed several innovative intervention frameworks, including the Therapeutic Assessment model. Prof. Ougrin is passionate about bridging clinical research and real-world application in high-risk youth populations.



Dr. Greg Shields

Role: Program and Academic Advisor

Bio:

Consultant Psychiatrist at the Maudsley Hospital specializing in General Adult and Liaison Psychiatry. He brings a wealth of experience in complex mental health presentations and is particularly known for his work in the intersection between physical and mental health. Dr. Shields has a keen interest in academic leadership and serves as an advisor on multiple international health training initiatives.



Dr. Emma Woodhouse

Role: Lead Trainer **Bio:** International trainer and supervisor in the Autism Diagnostic Observation Schedule (ADOS). She has years of hands-on experience working with neurodiverse populations, particularly children and adolescents with Autism Spectrum Disorder and ADHD. Emma is passionate about inclusive and evidence-based training, often advising on national-level assessments and early intervention strategies.



Prof. Andrea Danese

Role:Lead Trainer

Bio:

Professor of Child & Adolescent Psychiatry at King's College London and Consultant Child & Adolescent Psychiatrist at the Maudsley Hospital. Dr. Danese is internationally recognized for his research on how childhood trauma and stress influence the development of mental and physical health problems. His clinical work focuses on trauma-related disorders, and he is widely published in the fields of childhood adversity, PTSD, and biological psychiatry. Dr. Danese is a leading voice in translating scientific findings into policy and practice.



Innovation Zones



VR Therapy Lounge

Virtual desensitization for trauma & anxiety



Live Therapy Demo

Simulation of an actual therapeutic session



Podcast Studio

Live podcast recordings with guests



Adopt-a-Therapist

Sponsor a mental health professional from underserved areas

Registration Categories & Fees

One Day

Early Bird

JOD 240

Regular

JOD 270

Three Days

Early Bird

JOD 470

Regular

JOD 540

4th Day MasterClasses

Regular

JOD 240

Online Registration

Regular

JOD 300

Includes CPD certification, coffee breaks, lunch, delegate materials.

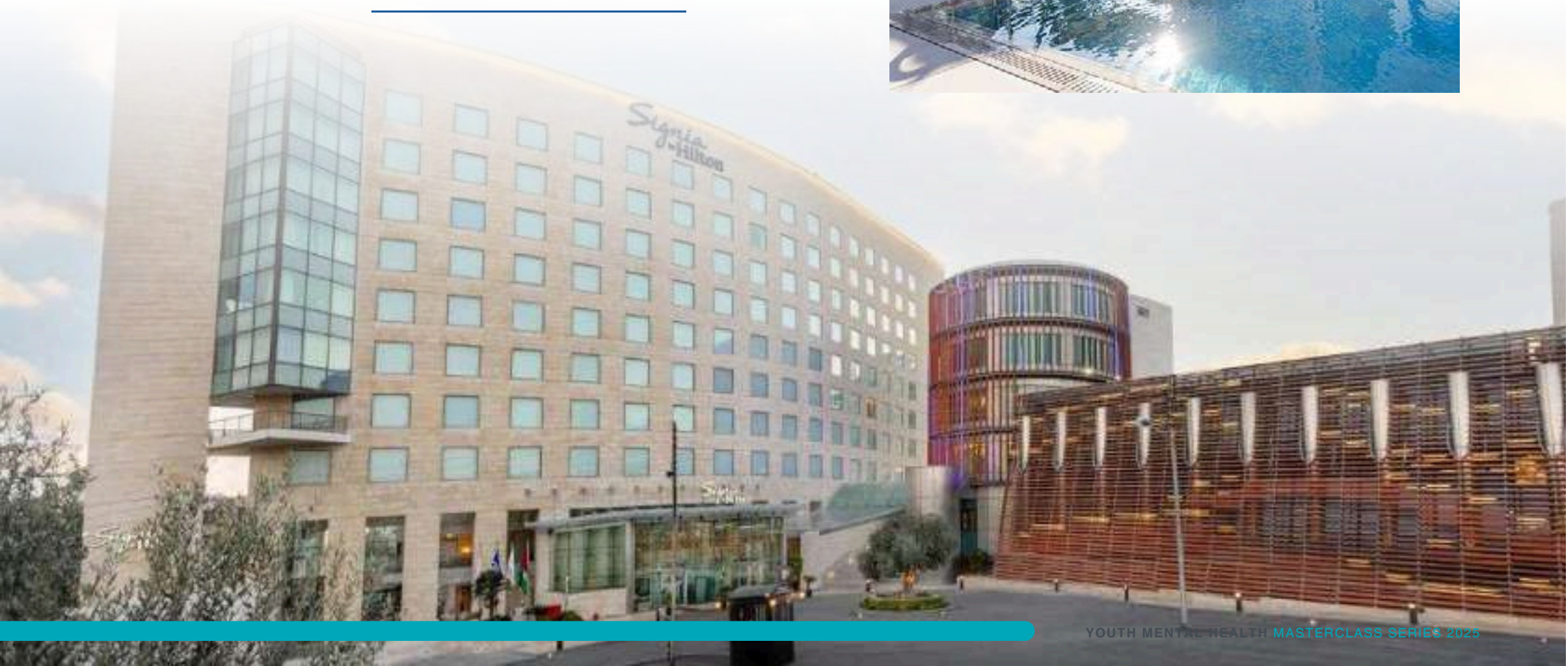
For registration

<https://mindclinicgroup.com/events/>

Hotel Accommodation

For room reservations at Signia by Hilton Amman or any other hotel in Jordan, please contact the event organizer, Global Events and Conferences at +962 79 164 6660 or email info@gecjo.com.

Or book directly via: [Youth mental health event](#)



Optional Tours

Transform your visit into a timeless memory with our signature Prestige Tours.

Book your experience
NOW:

[Jordan journeys prestige tours](#)

Amman City tour, Roman theatre, Citadel, shopping



Jerash, Ajloun.



Madaba, Mount Nebo, Dead Sea, Baptism Site.