



SOCIETY of NEUROSCIENCES  
& REHABILITATION



WORLD PSYCHIATRIC  
ASSOCIATION



3<sup>rd</sup> Department of  
Psychiatry, School  
of Medicine AUTH



THE INTERNATIONAL COLLEGE OF  
NEUROPSYCHOPHARMACOLOGY

Under the auspices



School of Medicine  
Aristotle University of Thessaloniki

10<sup>th</sup> 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 **10<sup>th</sup> Congress on Neurobiology, Psychopharmacology and Treatment Guidance** which will be held on **February 27th - March 1st 2025**, in Thessaloniki, Greece.

This 10<sup>th</sup> 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, 3<sup>rd</sup> Department of Psychiatry, Aristotle University of Thessaloniki Greece  
Chair, WPA Section on Pharmacopsychiatry and Section on Evidence-Based Psychiatry



## Scientific Program

Thursday, February 27<sup>th</sup> 2025



### CINP WORKSHOP

#### **PART 1: Introduction to psychopharmacology?**

- 14.30-15.30 Gene-environment interaction through epigenetics  
**Xenia Gonda**
- 15.30-17.00 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 28<sup>th</sup> 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 28<sup>th</sup> 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 28<sup>th</sup> 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 28<sup>th</sup> 2025

**18.30-19.00 SATELLITE LECTURE**

Chair: **Petros Fotiadis**

Cariprazine in clinical practice

**Tsiptsias Ioannis**

Sponsored by  **RECORDATI**

**19.00-19.45 LECTURE**

Chair: **Eva-Maria Tsapakis**

Developing novel pharmacological interventions against neurodegenerative diseases: from the bench to the clinic

**Ioannis Charalampopoulos**

**19.45-20.45 LECTURE**

Chair: **Ioannis Nimatoudis, Nikolaos Gkouvas**

\_\_\_\_\_ of mind and body: revisiting endogenous and reactive depression

**Xenia Gonda**



Saturday, March 1<sup>st</sup> 2025



THE INTERNATIONAL COLLEGE OF  
NEUROPSYCHOPHARMACOLOGY

## CINP 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 27<sup>th</sup> - March 1<sup>st</sup> 2025

Porto Palace Hotel, Thessaloniki, Greece

(65, 26th Octovriou Avenue, T. +30 2310 504504, F. +30 2310 540384, [info@portopalace.gr](mailto:info@portopalace.gr),

[www.portopalace.gr](http://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
<b>Level A</b> (any doctor including specialists and residents, right to attend also the CINP workshop) *	140€ plus VAT 24%
<b>Level B</b> (all other mental health professionals and students, only attending the congress) **	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



[www.globalevents.gr](http://www.globalevents.gr)

Thessaloniki: 50 A Stadiou Str., 55534, Pylaia, Thessaloniki

T +30 2310 247743, E [info@globalevents.gr](mailto:info@globalevents.gr)

Athens: 2 Valestra str. & 168 A. Syngrou Av., 17671, Athens

T +30 210 3250260, E [athens@globalevents.gr](mailto:athens@globalevents.gr)



## Index of Speakers & Chairs

### A

#### **Arnautoglou Nikitas**

Psychiatrist, Clinical Reader, Aristotle  
University School of Medicine, Thessaloniki,  
Greece

### B

#### **Bonti Eleni**

Associate Professor, 1st Department of  
Psychiatry, G. Papageorgiou General Hospital,  
School of Medicine, Faculty of Health  
Sciences, Aristotle University of Thessaloniki,  
Greece

### C

#### **Charalampopoulos Ioannis**

Professor, Medical School, University of Crete  
& Imbb-forth

#### **Chovardas Konstantinos**

Psychiatry Resident, 3rd Department of  
Psychiatry, AHEPA University Hospital of  
Thessaloniki, Greece

### D

#### **Dimza Ioanna-Rafaëla**

Medical Doctor, Research Associate,  
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University Hospital of Thessaloniki, Greece

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#### **Einat Haim**

Professor and Dean, School of Behavioral  
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Tel-Aviv, Israel, Visiting Professor, Aristotle

University of Thessaloniki, Thessaloniki,  
Greece,  
Affiliate Professor, University of Minnesota,  
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#### **Erythropoulou-Kaltsidou Georgia**

Resident in Psychiatry, 3rd Psychiatric  
Department, Psychiatric Hospital of  
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### F

#### **Falkai Peter**

Chair, Department of Psychiatry and  
Psychotherapy, LMU University of Munich,  
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#### **Fotiadis Petros**

Director of MCMHC/424GMH, Chairman of  
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#### **Fountoulakis Konstantinos**

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#### **Fylaki Sofia**

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#### **Georgiadi Agoroula**

Psychiatrist, Greece

#### **Gkouvas Nikolaos**

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Psychiatric Association, Athens, Greece



**Gonda Xenia**

Associate Professor of Psychiatry,  
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**Karakosta Efi**

Psychologist, Greece

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**Koulouri Foteini**

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**Levy Daniel Minkin**

Director, Psychiatric Inpatient Unit B, Eitanim,  
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**Ntouros Evangelos**

Psychiatrist, Greece

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**Saitis Athanasios**

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### **Schatzberg Alan**

Kenneth T. Norris, Jr., Professor of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, USA

### **Simigdali Ioanna**

Psychologist, MSc Clinical Mental Health, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Greece

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### **Tatsiopoulos Paraskevi**

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### **Tsapakis Eva-Maria**

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### **Tsiptsias Ioannis**

Consultant Psychiatrist, CBT Psychotherapist, 3rd Psychiatric Department, Psychiatric Hospital of Thessaloniki, Greece

## Y

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### **Young Allan**

Emeritus Director, Centre for Affective Disorders, Department of Psychological Medicine, Institute of Psychiatry, Psychology and Neuroscience, King's College London, UK

## Z

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### **Zohar Joseph**

Director of Psychiatry, Sheba Medical Center, Tel Hashomer, Israel



## Acknowledgements

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





ΕΤΑΙΡΕΙΑ ΝΕΥΡΟΕΠΙΣΤΗΜΩΝ & ΑΠΟΚΑΤΑΣΤΑΣΗΣ [Ε.Ν.Α]

[Ε.Ν.Α]

ΕΤΑΙΡΕΙΑ ΝΕΥΡΟΕΠΙΣΤΗΜΩΝ & ΑΠΟΚΑΤΑΣΤΑΣΗΣ



**ΝΥΜΦΗ [Α4]**  
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**ΟΙΚΟΤΡΟΦΕΙΟ [Α3]**  
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**ΟΙΚΟΤΡΟΦΕΙΟ [Α7]**  
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**ΟΙΚΟΤΡΟΦΕΙΟ [Α8]**  
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**ΠΕΤΡΑ [Α6]**  
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