



## 13TH GENEVA CONFERENCE ON PERSON CENTERED MEDICINE *SELF-CARE AND WELL-BEING*

27 – 29 APRIL 2020

Main Conference Hall, WCC-Council of International Organizations of Medical Science  
and WHO Headquarters, Geneva



### CONFERENCE ANNOUNCEMENT

**Organizing Committee:** Jon Snaedal (President, International College of Person Centered Medicine, ICPCM), C. Robert Cloninger and Austen El-Osta (Conference Co-program Directors), Juan E. Mezzich (Secretary General, ICPCM), Michel Botbol (Secretary for Publications, World Psychiatric Association), Tesfamicael Ghebrehiwet (Former Officer, International Council of Nurses), Hellen Millar (ICPCM Board Director), Ihsan Salloum (World Psychiatric Association Classification Section), Werdie Van Staden (Professor of Psychiatry & Philosophy, University of Pretoria, South Africa), Jim Appleyard (ICPCM Board Advisor), and Manjulaa Narasimhan (WHO)

**Expected Participants:** Clinicians and scholars in medicine and related health disciplines as well as other health stakeholders. The registration fee is 400 Euros for persons residing in World Bank Group A (High Income Countries) and 300 Euros for persons in other countries. Half-rate discounted fees for non-professional patients and family representatives. Full time health professional students: 50 Euros. **ICPCM Continuing Professional Development (CME) Certificates will be issued.**

**Abstracts** deadline is February 29, 2020. Submissions should include title, authors with location and email address, and a text of up to 250 words and two references connected to statements in the text. Abstracts should be preferably structured with objectives, methods, findings, discussion, and conclusions, and reflect either a systematic literature review, a data analysis, a consultation process, or a compelling commentary.

**Conference Secretariat:** For further information as well as Registration and Abstract Forms, please visit [www.personcenteredmedicine.org](http://www.personcenteredmedicine.org) and write to the ICPCM Secretariat at Int'l Center for Mental Health, Icahn School of Medicine at Mount Sinai, Fifth Ave & 100 St, Box 1093, New York NY 10029, USA. E: [ICPCMsecretariat@aol.com](mailto:ICPCMsecretariat@aol.com)

[ICPCMsecretariat@aol.com](mailto:ICPCMsecretariat@aol.com)   [www.personcenteredmedicine.org](http://www.personcenteredmedicine.org)   [www.ijpcm.org](http://www.ijpcm.org)

# 13<sup>th</sup> GENEVA CONFERENCE PROGRAM OUTLINE

**MONDAY APRIL 27, 2020: CORE CONFERENCE FIRST DAY**  
Main Conference Hall, WCC-Council of International Organizations of Medical Science  
1 route des Morillons, 1218 Grand-Saconnex, Geneva (near WHO)

## *Proposed Goals*

- *Every session is expected to communicate new information combining reviews, new findings and practical solutions grounded on basic principles*
- *Address education, research & practice issues for topics*

8:00 AM	<b>Check in</b>
8:30 - 9:00	<b>Opening Session</b> Words of Welcome: ICPCM, WMA, WHO, CIOMS, ICN Opening Key Note Lecture
9:00-10:30	<b>Plenary Symposium 1: General Health Strategies, Self-Care &amp; Person-Centeredness</b> <ul style="list-style-type: none"><li>• Universal Declarations and further development of general health strategies</li><li>• Self-care: central concepts and strategies</li><li>• How are existing health systems promoting self-care &amp; person-centred care?</li><li>• Guided Discussion</li></ul>
10:30 – 11:00	<b>Coffee Break and Interactive Poster Session 1</b>
11:00 – 12:30	<b>Plenary Symposium 2: How effective is self-care and what influences its effectiveness?</b> <ul style="list-style-type: none"><li>• How to measure self-care in health promotion, disease prevention &amp; reduction?</li><li>• What are the main drivers and barriers to self-care contributing to improved health and wellbeing outcomes in the contemporary health service provider settings?</li><li>• How useful are personalized digital technologies in promoting self-care and well-being?</li><li>• Guided Discussion</li></ul>
12:30 - 14:00	<b>Group photograph and Lunch Break</b>
14:00 -15:30	<b>Plenary Symposium 3: The role of the environment in self-care &amp; well-being</b> <ul style="list-style-type: none"><li>• Role of social media as an influencer of mental distress &amp; dissemination of information</li><li>• What is the responsibility of employers in providing a healthy environment, facilitating self-care &amp; promoting well-being?</li><li>• Role of community &amp; culture in improving well-being with self-care</li><li>• Guided Discussion</li></ul>
15:30 -16:30	<b>Experiential Session on Arts and Person Centered Medicine</b>
16:30 - 17:00	<b>Coffee Break and Interactive Poster Session 2</b>
17:00 -18:00	<b>ICPCM General Assembly</b> (including 2020 Geneva Declaration discussion)
18:00 -19:00	<b>Cultural Group Walk around Geneva</b>
19:00 – 22:00	<b>Conference Dinner</b>

**TUESDAY APRIL 28, 2020: CORE CONFERENCE SECOND DAY**  
Main Conference Hall, WCC-Council of International Organizations of Medical Science  
1 route des Morillons, 1218 Grand-Saconnex, Geneva (near WHO)

9:00 - 10:30	<b>Plenary Symposium 4: What are the determinants of well-being that we need to promote self-care of individuals, for social networks &amp; for societies as a whole?</b> <ul style="list-style-type: none"><li>• Models and indicators of individual self-care and well-being</li><li>• Models and indicators of collective well-being, including self-care capacity and social determinants of health</li><li>• Is individual well-being separable from collective well-being?</li><li>• Guided Discussion</li></ul>
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