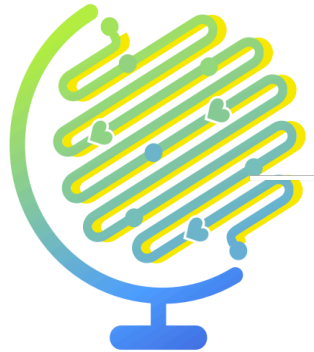


# A Multidisciplinary Approach

## A Movement for Global Mental & Physical Health



**Maryam N. Tafreshi**

Ph.D. candidate

International Psychology (IP)

The Chicago School of Professional Psychology (TCSPP)

TCSPP Global Psychology Scholar

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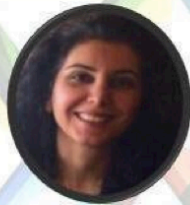
**MEPA**  
MIDDLE EAST  
PSYCHOLOGICAL ASSOCIATION

AWARENESS · RESOURCEFULNESS · COLLABORATION

## 2<sup>nd</sup> Middle East Psychological Association Conference and Expo

14 April 2018 | 02:00 – 04:00 PM

Panelists of the Multidisciplinary Panel - A Movement for Global Mental and Physical Health



Mrs. Maryam Tafreshi



Dr. Albert Mensah



Dr. Brandon Brock



Dr. Khalid Kazim



Dr. Hans-Peter Friedrichsen



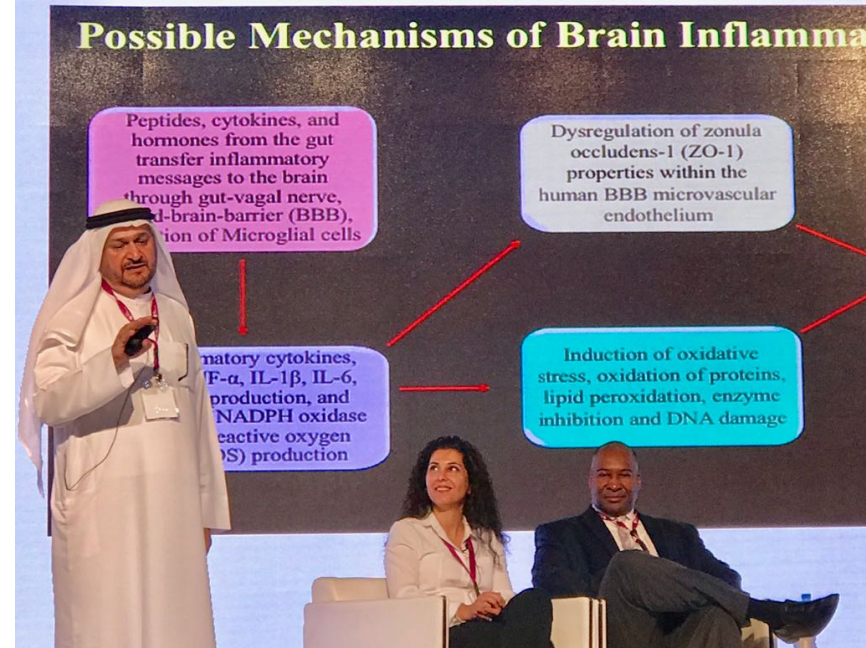
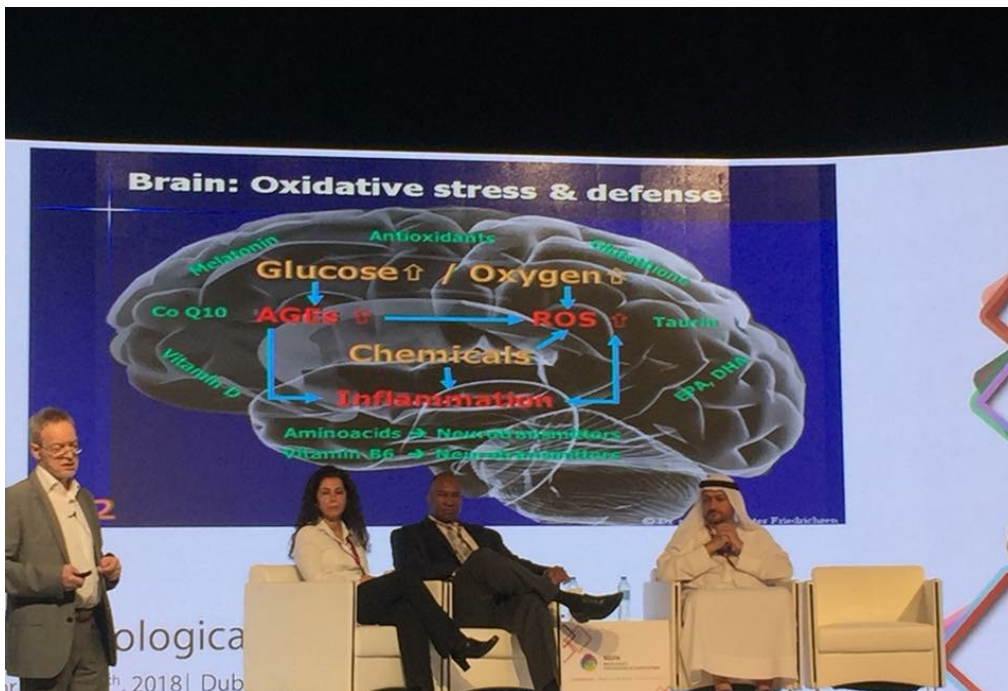
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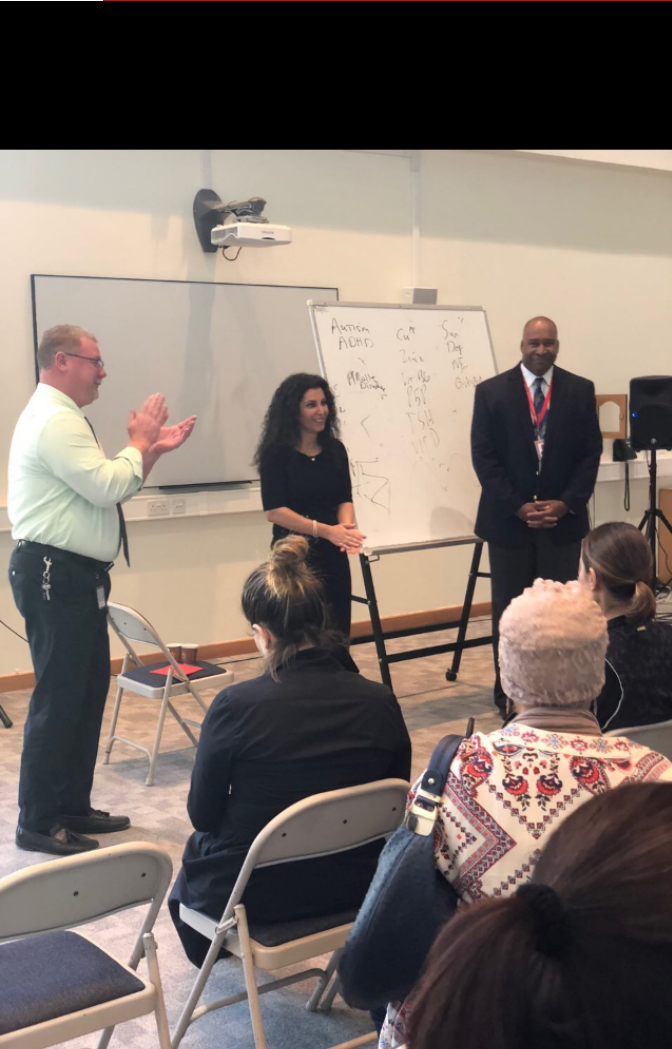
Dubai World Trade Centre  
April 12th – 14th, 2018

Email: [President@mepa.me](mailto:President@mepa.me)

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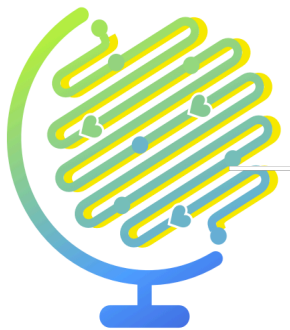




*The Start of a Collaborative Multidisciplinary  
Work*

*At a National & International Level*

*Bringing together multi-culturally competent  
psychologists & clinicians, who are experts in  
nutrient therapy*



# Global Economic Burden of Health

- Total cost of **cardiovascular disease, chronic respiratory disease, cancer, diabetes, and mental health** will be about **\$47 trillion by 2030**.
- Global cost of mental illness *ONLY* will be over **\$6 trillion USD in 2030**.
- Globally mental illness is the leading cause of disability with **depression being 1/3 of this disability**.



# A Call for Action

“International Psychology will continue to respond to calls for solutions for pressing global concerns that include .... threats to the natural environment, physical and mental health needs ...”.





# Creating Large Scale Global Change

IP Guiding Principles

IP Lens

IP 4 Foci

Global Issues of Concern to IP



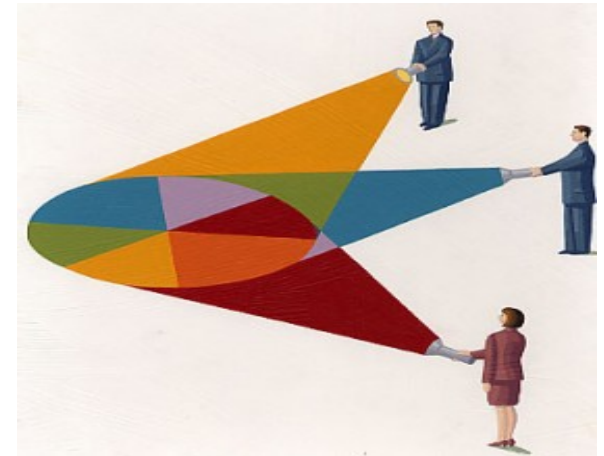
# IP Guiding Principles and Considerations



- APA ethical principles of psychologist and code of conduct
- Universal Declaration of Ethical Principles
- UN Global Compact
- ISO26000
- Considerations of national laws, psychological ethical principles, cultural values, context, history, needs, resources.

# Addressing Global Issues Through an IP Lens

- Multidisciplinary, Multidetermined, Multilevel
- Top down, Middle out, Bottom up
- Applying psychology principles for developing policies and creating large scale positive change.





# How is This Panel Related to IP?

## **IP 4 Foci**

- Enhance **Global Consciousness**
- **Scholarship**
- **Advocacy**
- **Curriculum & Networking**



# Global Issues of Concern to International Psychology

- Physical and Mental Health
- The Natural Environment
- Disempowered Groups
- Intergroup Conflict
- Societal Transformation and National Development



# How are These 2 Global Concerns Related to Psychology?

**“International psychology is closely tied to  
The study and treatment of physical and mental illness”**

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***Health and Clinical Psychology:***

**Multidisciplinary**

**Illness:**

**Multidetermined**

**Illness embedded in:**

**Economic, Environmental, Political, and Social context**

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**To Overcome and Prevent Illness and Disability and Promote Health**

***“Health and Clinical Psychology MUST***

**incorporate findings from education, medicine, public health, and sociology” and other health related disciplines.**



# Multiple Factors of Illness

- Genes
- Life style choices
- Current norms of consumption
- The Environment: Pollution, increase in chemical use, war, socioeconomic problems
- Changes in Agriculture: Hybrid, GMO, lowered level use of minerals given back to the soil such as selenium
- Effects of Globalization



# Results of this Multifactor Interplay and How it is Addressed

- **Epidemic** of Global mental and physical illness:  
**Autoimmunity, chronic illness, neurodegenerative disease, and mental illness.**
- Form of death and illness in industrialized countries has changed from concerns of **infectious disease** to **cancer, heart disease, strokes, diabetes, chronic respiratory disease** (Stevens & Wedding, 2004; WHO, 2011) and other forms of Non-communicable disease (NCD).
- Treatment as bandaging illness, over medicating or medicating patient for life, using counseling when it doesn't work, drug side effects, misdiagnosis, and labeling patients with pathological names.



# Western Psychology and Medicine's Approach VS IP's Approach

- Contextual factors of our modern world
- Pathological Terminology  
VS Pathological Conditions

International Psychologists

see “*disordered functioning as an adoptive accommodation to pathological conditions*”

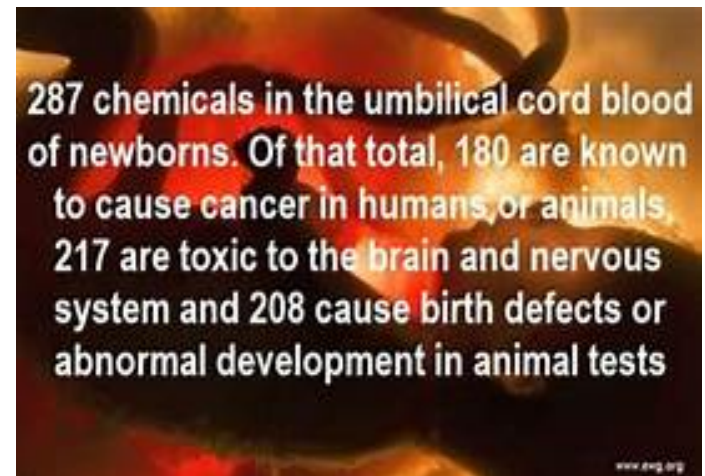
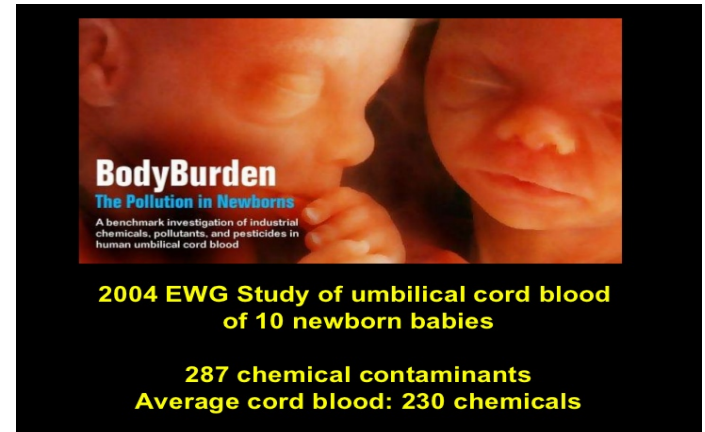
(Stevens & Wedding, 2004, p.11).

- Mental illness is not a sign of the brain being depleted of medication but a sign of the brains' biochemistry imbalance such as being depleted or overloaded in some nutrients!

(Dr. Walsh-Walsh Research Institute)

# EWG an NGO that is Pro Environment and Pro Health

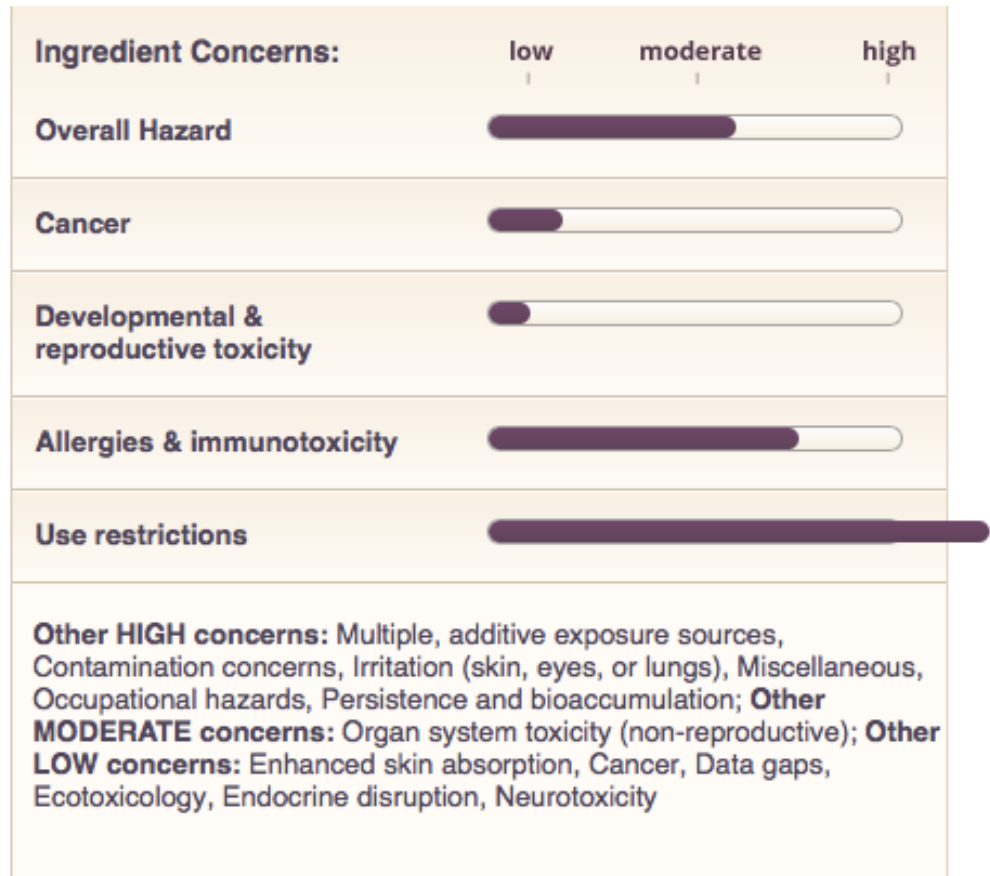
- Mr. Ken Cook: Co-founder and president of Environmental Working Group (EWG)
- EWG Skin Deep
- The Environmental Working Group's **mission is to empower people to live healthier lives in a healthier environment.** With breakthrough research and education, they drive consumer choice and civic action.
- **For 2 decades EWG is working hard “to empower you to get to know your environment and protect your health.”**



# The Reality of Our Norm...







Know your environment.  
Protect your health.



# Consumer Awareness and Protection

## Ingredient Concerns

Ingredient	Concerns	Score
<u>FRAGRANCE</u>	Allergies/immunotoxicity, Miscellaneous, Irritation (skin, eyes, or lungs), Organ system toxicity (non-reproductive), Ecotoxicology	 <b>Data: Fair</b>
<u>HC RED 3</u>	Allergies/immunotoxicity, Use restrictions, Cancer, Data gaps, Contamination concerns ( <u>NITROSAMINES</u> -in the presence of nitrosating agents)	 <b>Data: Limited</b>
<u>METHYLISOTHIAZOLINONE</u>	Allergies/immunotoxicity, Use restrictions, Irritation (skin, eyes, or lungs), Neurotoxicity, Ecotoxicology	 <b>Data: Fair</b>
<u>DISPERSE VIOLET 1</u>	Use restrictions, Allergies/immunotoxicity, Cancer, Data gaps, Contamination concerns ( <u>NITROSAMINES</u> -in the presence of nitrosating agents)	 <b>Data: Limited</b>



# Effects of Global Epidemic of Illness



- Lowering the quality of life of individuals
- Negatively affecting families and communities locally and globally
- Affecting businesses: Frequent absence from work, lowered mental and physical energy to do quality work
- Global financial burden for sustaining wellbeing and reversing health conditions



# President of World Bank

Mr. Jim Kim | 2018

*“Countries will not be able to compete in tomorrow’s economy unless they invest much more, and more effectively, in their people-especially **in health** and education, **which build human capital**”*

*The importance of psychological and emotional support during clinical treatment*



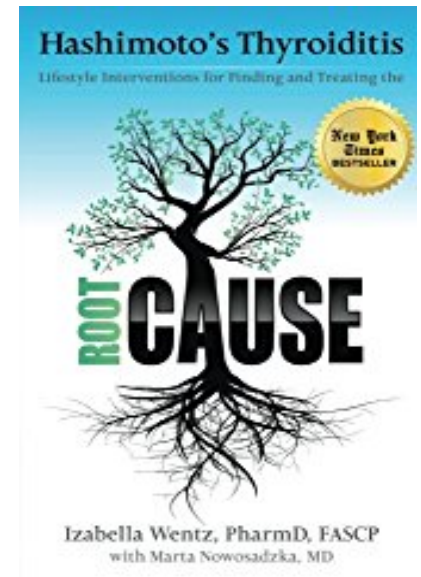
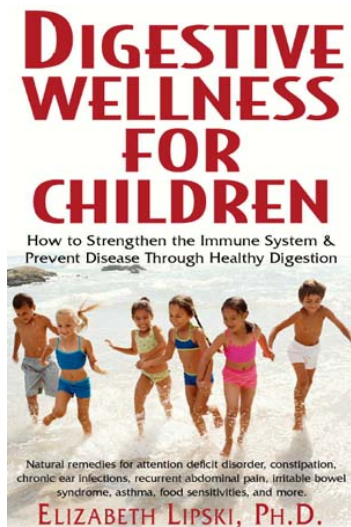
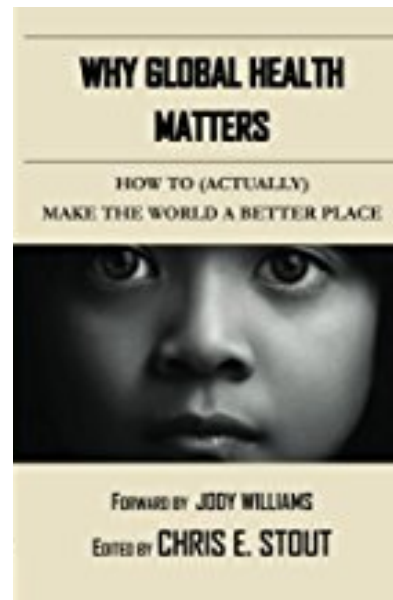
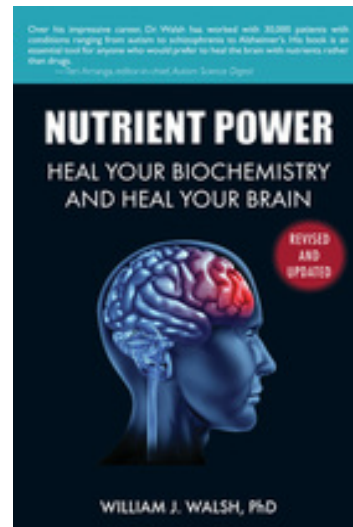
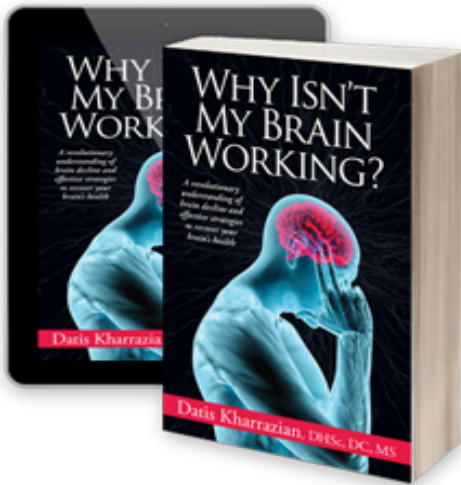
- The epidemic of chronic illness in families
- Duke global health: 1.5 million research published/year
- Adopting a new mindset for prevention and treatment

# A Movement for Global Mental and Physical Health



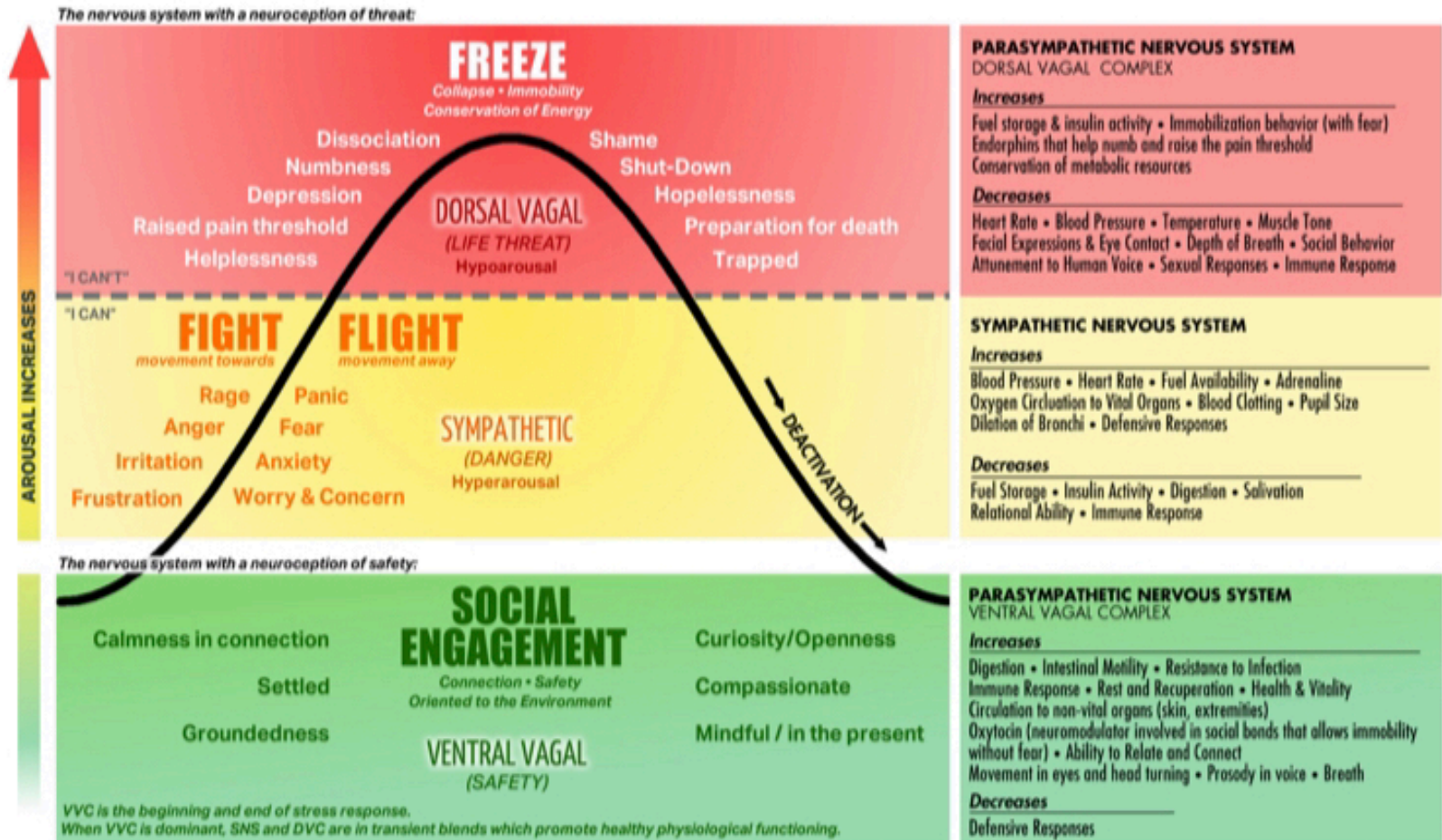
- **Vision:** A world where people can thrive in life through sustaining optimum overall health.
- **Mission:** Using a multidisciplinary, multifactor, and multilayered approach for increasing the **effectiveness of health related policies, educational programs, and practices** that can maximize the health of people while minimizing harm to them, preventing illness, and reversing health conditions through approaches that are valid, reliable, and cost effective, for all stakeholders.
- **Values:** Respect, Truth, Justice, Integrity, Passion, Compassion

# Health from Multiple Perspectives





# Vagus Nerve - Emotional & Psychological Health - Healing



# Maryam N. Tafreshi

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International Psychology

(Systems & Organizations)

The Chicago School of Professional Psychology (TCSPP)

TCSPP- Global Psychology Scholar

**Facebook group: (In progress)**

A Global Movement for Mental & Physical Health

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