

## 22nd Annual Academic Sessions of the Sri Lanka College of Psychiatrists

1-4 August 2025

The Kingsbury Hotel, Colombo, Sri Lanka

*‘Bridging Gaps in Mental Health’*

### Day 1 - 01.08.2025

8.00 am - 8.30 am	Registration	
8.30 am - 11.15 am	Inauguration	
11.15 am - 11.30 am	Tea and registration	
11.30 am-12.00noon	<b>Plenary 1</b>	Neuropsychiatry of frontotemporal dementias -Prof Denis Velakoulis (Australia)
12.00noon -1.15 pm	<b>Symposium 1</b>	Suicides in Sri Lankan adolescents: Addressing the emerging crisis - Prof. Miyuru Chandradasa
	<b>Child and Adolescent Mental Health</b>	Climate change and its impact on mental health in children and adolescents - Dr. Anuradha Herath
		Expressive Arts Therapy: Exploring its potential through a developmental psychopathology lens- Dr Lakshmi Sravanti (India)
1.15 pm - 2.00 pm	Lunch	Poster Presentations
2.00 pm -2.30 pm	<b>Plenary 2</b>	The recent CANMAT guidelines for major depressive disorder: Useful perspectives for the practicing clinician - Prof. Arun Ravindran (Canada)
2.30 pm - 3.30 pm	<b>Panel Discussion</b>	
	<b>Law and Psychiatry</b>	Dr. Chittahari Abhayanayaka (panellist) Dr. Angelo de Alwis (panellist) Mr. Jagath Wickaramanayake PC (panellist) Dr. Chamara Wijesinghe (Moderator)

3.30 pm - 4.45 pm	<b>Symposium 2</b>  <b>Head Injury and Neuropsychiatry</b>	Neuropsychiatric Sequelae, Management Approaches and Medicolegal Aspects of Traumatic Brain Injury - Prof. Prem Kumar Chandrasekaran (Malaysia)  Prevention of cognitive decline following head injury - Prof. Georgina Charlesworth (UK) Online
4.45 pm	Tea	

Day 2 - 02.08.2025				
	<b>Hall A</b>		<b>Hall B</b>	
7.30am-8.30am	<b>Free papers</b>		<b>Free papers</b>	
8.30am-9.00am	<b>Plenary 3</b>	Blood biomarkers for neuropsychiatric disorders: Enhancing early and accurate dementia diagnosis Dr. Dhamidhu Eratne (Australia)	<b>Free Papers</b>	
9.00am- 9.30am	<b>Plenary 4</b>	Hacking the brain: the neurobiology of meditation and psychedelics- Prof. Varuni de Silva	<b>Free Papers</b>	
9.30am-10.00am	<b>Plenary 5</b>	Leadership in health care – Prof. Mohammed Al-Uzri (UK)	<b>Plenary 6</b>	Eating disorders: a primer for the general psychiatrist- Dr Nishardi Waidyaratne-Wijeratne (Canada)
10.00am-10.30am	Tea			

10.30am-11.45am	<b>Symposium 3</b>  <b>women's Mental Health</b>	<p>Biology of menstruation and menopause; What should psychiatrists know? Prof. Probhodaya Ranaweera</p> <p>Mind and Cycle: The impact of menstruation on mental health- Dr. Nimali Wanniarachchi</p> <p>Menopause &amp; mental wellness: Thriving through change – Dr. Luckshika Amarakoon</p>	<b>Symposium 6</b>  <b>End of Life Care</b>	<p>What is palliative care? -Dr Udayangani Ramadasa</p> <p>The role of psychiatrist in palliative care - Dr Asanga Fernando (UK)</p> <p>End of life dementia care- Dr. Madhushani Dias</p>
11.45am- 1.00pm	<b>Symposium 4</b>  <b>Psychotherapy</b>	<p>Mentalisation based therapy- Dr Asiri Rodrigo</p> <p>Managing burnout: the role of self-compassion and mindfulness for mental health professionals- Prof. Piyanjali de Zoysa</p> <p>Acceptance and Commitment Therapy- Ms. Roshan Dhammapala</p>	<b>Symposium 7</b>  <b>Alcohol and Health</b>	<p>Real-world use of motivational interviewing in addiction care - Prof. Amila Isuru</p> <p>Exploring the link: alcohol consumption and its role in cancer risk- Dr. Malsha De Silva</p> <p>Management of alcohol use disorders- Dr. Jayant Mahadevan (India)</p>
1.00pm-2.00pm	Lunch			

2.00pm-3.15pm	<b>Symposium 5</b>  <b>Mental Health of the Young Adults</b>	The untold stories: The journey of adults with autism spectrum disorder - Dr. Gihan Abeywardene  Legal Highs or Legal Killers? A closer look at novel psychoactive substances - Dr Sayuri Perera  The hidden continuum: understanding and managing adult ADHD- Prof. Chathurie Suraweera
3.15pm- 3.45pm	<b>Quiz</b>	
3.45pm- 4.15pm	<b>Awards and concluding remarks</b>	
4.15pm	Tea	

## Post Congress Workshops

1. Workshop on ECT - 03 August 2025 at NIMH
2. Workshop on Child and Adolescent Mental Health – 04 August 2025 at NIMH

Please visit the website- <https://slcpsych.lk/> for further details and registration