

I would like to thank Foundation PSA for enabling me to attend the World Congress of International Association for Child and Adolescent Psychiatry and Allied Professions in July 2018 in Prague, and to present my research results: Parental Mental Disorder and Executive Functioning Difficulties in Children and Adolescents with ADHD.

The congress had a wonderful program of lectures focusing on the latest worldwide evidence base in child and adolescent psychiatry, and several engaging and hands-on experiential workshops on various psychotherapeutic methods, which I am excited to apply to my clinical practice. Some of the varied lecture topics included “helicopter parenting” vs adolescent risk taking, population neuroscience of the adolescent brain, and family therapy. The congress was also a great opportunity for me to link in with colleagues from all over the world with similar interests, and to start exchanging ideas regarding treatment programs for adolescents especially.

The congress inspired me to further develop our mindfulness group program for adolescents, and to design a new group program for ADHD, including Parent-Child work. One workshop from Czech Republic combined music therapy techniques and art therapy techniques with adolescent patients, for example. A mindfulness lecture from Spain described a “breathing stones” exercise, which families were able to practice at home also, and other presenters recommended audio materials suitable for very unwell adolescents.

The congress presenters received a book: *Understanding Uniqueness and Diversity in Child and Adolescent Mental Health* (2018). It will be a good resource for the multidisciplinary team on many topics, such as risk and protective factors in young people. The congress has inspired me to continue my research project, which I am hopeful will result in a journal article and have implications for clinical practice in terms of focusing more on parent-adolescent work and in family work in the future.

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