

Delegate Zone 5

Alfredo Horacio Cía MD

Psychiatrist

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Biographical Skecht

Psychiatrist, graduated from University of Buenos Aires (1974). Clinical psychiatrist and researcher in many areas of this specialty. Devoted formerly to psychosocial aspects of psychiatry, like psychodrama and group psychotherapy. Since 1990, focused mainly on clinical assistance and research of anxiety disorders, OCD,PTSD and in the last dacade to behavioral adictions. Founder and President of AATA -Anxiety Disorders Association of Argentina (1996). Nominated member of the OCD Section of the WPA in occasion of the X World Congress of Psychiatry at Madrid, 1996. Co-Chairman, as representative of APSA, of the Organizing Committe of the XV World Congress of Psychiatry, held in Buenos Aires, Argentina on September 2011. Member of the Operational Committe for Scientific Publications of WPA(2011-2014). President of APSA-Argentinean Psychiatrist Association(2010.2012)-and President of APAL-Latino American Psychiatric Association(2012-2014). Director of the “Anxietas Center”, established in Buenos Aires in 1998, an ambulatory assistance institution devoted to the treatment of anxiety disorders, trauma and OCD spectrum.Professor and co-chairman of Educational Activities co-organized by WPA-APAL in different latinoamerican countries (2012-2014).

On september 2014 elected at WPA Congress at Madrid as WPA Regional Delegate, Zone 5 for the period 2014-17. He will be devoted to promote psychiatric education, professional interchange and research on the region, collaborating with authorities of the national psychiatric societies of the south cone. We will work to identify mental health interventions, methods of treatment and culturally appropriate prevention programs, developpe activities for mental health promotion and preventive psychiatryand reduce sitigma. Update of clinical treatments, in a comprehensive, multi-dimensional approach, focusing on integrated treatments, and recovering quality of life. Dr. Cía is author of the following books in spanish: Ansiedad, Estrés, Pánico y Fobias” (“Anxiety

Disorders: Anxiety, Stress, Panic and Phobias”), El Ateneo, Buenos Aires (1994); “Trastorno obsesivo-compulsivo y Síndromes Relacionados”(“Obsessive-Compulsive Disorder and related Syndromes”), El Ateneo, Buenos Aires (1995); “Estrategias para Superar el Pánico y la Agorafobia”, (Strategies to overcome panic disorder and agoraphobia) El Ateneo, Buenos Aires, (2000); “Trastorno por Estrés Postraumático”, (Posttraumatic Stress Disorder, Imaginador,(2001); “Trastorno de Ansiedad Generalizada”, (Generalized Anxiety Disorder), Polemos, (2001). “La Ansiedad y sus Trastornos: Manual Diagnóstico y Terapéutico”, (*Anxiety and its Disorders: Diagnostic and Therapeutic Handbook*). Polemos (2003). “Trastorno de Ansiedad Social: Manual Diagnóstico, Terapéutico y de Autoayuda”, (*Social Anxiety Disorder: Diagnostic, Therapeutic and Self- help*). Polemos (2004);“Trastorno Obsesivo Compulsivo y Síndromes relacionados” El Ateneo (2005) (*OCD and Related Disorders*); “Como superar el pánico y la agorafobia: Manual de Autoayuda” Polemos (2006) (*How to recover from panic and agoraphobia: Self-help book*);“Como vencer la timidez y ansiedad social: Manual de Autoayuda”(Polemos (2008) (*How to defeat shyness and social anxiety: Self-help book*); “Como enfrentar el TOC: Manual de Autoayuda” Polemos (2010) (*How to face OCD: Self-help book*); "Tratamiento de la Ansiedad en la Clínica Médica y Asistencia Primaria" Polemos) (2014) (*Anxiety Disorders Treatment in Primary Care and General Medicine*).