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| **The 10th International Summer School on Stress:**  **SEMART (Stress Education, Management and Resilience Training)\***  **June 2-6, 2025, Vienna, Austria** | | | | | | | | | | |
| **TIME** | **JUNE 2**  **MONDAY** | **HOURS** | **JUNE 3**  **TUESDAY** | **HOURS** | **JUNE 4**  **WEDNESDAY** | **HOURS** | **JUNE 5**  **THURSDAY** | **HOURS** | **JUNE 2**  **FRIDAY** | **HOURS** |
| 8:00 AM |  |  | **Registration** |  |  |  |  |  |  |  |
| 9:00 AM | **Vienna at the crossroads of medical knowledge and sciences**  (Zoltan Arch, Naomi Besedes &  Katalin Szabó)  (Venue TBA) | **Introduction & Welcome greetings The basics of biologic stress** | **Stress & mind-body axis** | **Other stress-related conditions** | **Modern techniques of stress management & resilience building**  AI & Digital Health  (TBA) |
| From the discovery of Hans Selye to modern concepts of distress & eustress (Sandor Szabo, USA) | Stress and psychiatric disorders  (Gerald A Maguire, USA) | Understanding & reduction of work-related distress (Janos Filakovszky, Austria) |
| 10:00 AM |
| The neuroendocrine basis of stress reaction (Yvette Tache, USA) | Stress-related diseases: Focus on the gut (TBA) | The experience of a psychiatrist (Martina Rojnić Kuzman, Croatia) | Short presentations & open forum |
| 11:00 AM | Vagus stimulation & hypnosis for IBS & IBD (Bruno Bonaz, France) |
| The good & bad metabolic elements of distress (Oksana Zayachkivska, Ukraine/USA) | Building Resilience from the gut up: Microbiome and integrity alterations in stress-susceptible animals (Dora Zelena, Hungary) | Stress, mental health & wellbeing (panel presentations - discussion) (TBA) |
| 12:00 PM | **BREAK - LUNCH - VISIT EXHIBITS** | | | | | | | | | | |
| 1:00 PM |  |  | **Workshop**  Art & stress  (Janos Filakovszky, Austria) |  | Poster session 1 |  | Poster session 2 |  | Conference wrap-up & take-home messages |  |
| 2:00 PM | **Faculty meeting with organizers** | **Workshop**  Stress reduction techniques  (Gerald A Maguire, USA) | **Workshop**  Stress reduction & Work stress management  (Martina Rojnić Kuzman, Croatia) |
| Visit to the Mozart  Museum |
| 4:00 PM | Social program | Social program |
| **TOTAL CME** |  |  |  | 3 |  | 4 |  | 3 |  | 1 |

**\* Earn CME points and a certificate!**