



OCD-UK Annual Conference

Churchill College, Cambridge

Saturday 4th December 2010

Time	Presentations – Morning Session	Presentation Abstracts
9:50 – 9:55am	Conference Opening With Kylie Cloke , chair of OCD-UK	
9:55 – 10:00am	With Ashley Fulwood , Chief Executive of OCD-UK	
10:00 – 10:45am	What exactly do you think you are washing anyway? Presented by Professor Adam Radomsky and Professor Roz Shafran	Why do many people with OCD wash their hands until they are raw and bleeding yet get very little relief and continue to feel dirty? It's an important question. One possible answer is that people are washing their hands to try to get rid of an internal sense of dirtiness. This presentation will focus on the new research and treatment for 'mental contamination' and how it can help people who have not previously responded to standard treatment.
10:45 – 11:10am	What if my GP says “no”? Presented by Miss Stephanie Fitzgerald	This presentation follows on from the article in the October 2010 edition of the OCD-UK magazine, Compulsive Reading, where the presenter discusses the many options and choices they have as an NHS patient in order to help them access therapy, even if their GP says no.
11:10 – 11:30am	Break	
11:35 – 12:00pm	Conquering OCD: Working on it and keeping at it Presented by Dr Jan van Niekerk	Life is complex and OCD is a formidable opponent. That's why it is important to tackle this challenge in the most effective way. In the first part of the presentation, Jan will discuss strategies for approaching OCD self-help or treatment, in a way which will allow the best chance of success. In the second part he will talk about new ideas in cognitive therapy for OCD, integrating strategies from established CBT and methods derived from the inference based approach (IBA). In the third part he will discuss ways of maintaining gains.
12:00 – 12:30pm	'This might come in handy some day...' and other hoarding myths Presented by Dr Elizabeth Forrester	Managing clutter is something everyone has to deal with. Some people seem to be better at managing it than others, and everyone seems to have something they have kept that (on the face of it) seems worthless, useless or just plain tatty. Whilst there is a whole continuum of clutter, for some people it becomes a major problem known as compulsive hoarding. The focus of this presentation is to look at some of the beliefs that underlie the development and maintenance of hoarding difficulties and how to begin to take steps to change.
12:30 – 12:50pm	Dirty Filthy Love Ian Puleston-Davies presented by Miss Stephanie Fitzgerald	Ian has suffered with Obsessive Compulsive Disorder since childhood. One symptom of his illness is that he has to go through a mental checklist to help relieve his anxiety before he sets foot in the Rovers Return as tough talking businessman Owen Armstrong. Inspired by his own experiences he co-wrote the award-winning drama Dirty Filthy Love. Presented by Miss Stephanie Fitzgerald, she will interview Ian about his experiences of coping with OCD and writing Dirty Filthy Love.
12:50 – 1:10pm	Resistance is Futile: Reassurance seeking in OCD Presented by Professor Paul Salkovskis	In this presentation for those with OCD and their families and loved ones, Paul will describe developments in the understanding of reassurance in OCD. He will explain why it is so difficult for family members to 'block' by not giving reassurance; resistance is futile! He will also show how reassurance is one of the main ways in which those close to a person with OCD can end up "suffering from OCD" themselves!. He will identify the importance of separating out reassurance seeking from reassurance giving. Although "resistance is futile", collaboration is not. He will explain why he believes that the key to dealing with reassurance is for the reassurance seeker to agree with the 'reassurer' to shift from seeking and giving reassurance to seeking and giving support.
1:10 – 2:05pm	Lunch	



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2:05 – 2:45pm	Touch and Go Joe Presented by Joe Wells	Joe will give his first hand account of how he was able to overcome OCD with the help of Cognitive Behavioural Therapy. This will be followed by the opportunity to ask Joe questions.
2:45 – 3:30pm	Fancying Forbidden Fruit or Feared Fantasies? The confusing world of OCD related to attractions and sexuality. Presented by Professor Paul Salkovskis	Probably the most important clue to the true nature of OCD as a psychological problem, is the way in which it appears to so very accurately ‘zoom in’ to our areas of vulnerability to the extent that it can make us think or fear that we are the opposite of our true nature. For example, the clean person fears being dirty, the gentle person fears becoming violent, the loving mother fears harming their child. Each of these reactions is, of course, natural and normal. When the fears focus on attraction and sexuality, however, it can become even more difficult to make sense of what is happening. This is due to one of many reasons: It is impossible to directly control thinking; the link between thinking and sexuality is complex and again uncontrollable and in terms of sexual fantasy, it is also not possible to define normal sexuality. Having identified the problems, Paul will consider some solutions.
3:30 – 3:45pm	Break	
3:45 – 4:30pm	How do you know that I’m really talking about compulsive checking? Are you sure? Presented by Professor Adam Radomsky	Why does checking start? Why isn’t one check enough? How can checking be stopped? This presentation will address all of these questions, focusing on the puzzling fact that one check is rarely enough (we should all stop checking after the first check, shouldn’t we?). Important research findings in the domain of compulsive checking will be summarised and used to generate a number of treatment and self-help options for those struggling with doubt and overwhelming urges to check things that are always found to be just as they were when they were checked a moment ago.
4:30 – 4:55pm	A ‘compassionate’ perspective on OCD Presented by Dr Asmita Patel	A look at how ideas from compassion-focused therapy can help to make sense of, and tackle OCD. Presented by Dr Asmita Patel
4:55 – 5:00pm	Conference Closing Remarks With Kylie Cloke , chair of OCD-UK	