

OCD-UK CONFERENCE - NORTHAMPTON

Saturday 16th November 2019

Morning Agenda

8:30 – 9:40	Arrival – register and enjoy the complimentary refreshments whilst meeting other guests		
9:40 – 9:45	Conference welcome Ashley Fulwood, Chief Executive of OCD-UK		
9:45 – 10:15	Manage or fight to eradicate OCD Professor Paul Salkovskis Should we accept learning to manage OCD or should we fight OCD with the knowledge that it can be beaten. Professor Salkovskis shares his thoughts.		
10:15 – 10:45	Recovering from OCD Sorcha McCaffrey What it's like having OCD, getting treatment, and a mother-daughter chat about recovery.		
10:45 – 10:55	Introduction to the young person and parent presentations Kylie and Laura from OCD-UK		
10:55 – 11:30	BREAK - enjoy the complimentary refreshments		
11:30 – 12:00	And what if the OCD isn't true? Dr Victoria Bream When the thoughts feel so real, how can they not be true? Challenging beliefs we hold and challenging acceptance of our thoughts. How can we turn black and white into grey?		Location: Hertford Two 90 minute workshop 11:30 – 13:00
12:00 – 13:00	Breakout Session - choose the presentation you would prefer to listen to		
	Location: Buckingham Suite 20 minute presentation followed by 40 minute Q+A. Professor Paul Salkovskis Taking a leap of faith – tackling the first steps How do we take that first jump into the unknown? Finding courage and support in making those first steps.	Location: Hertford One 20 minute presentation followed by 40 minute Q+A. Dr Brynjar Halldorsson Just one more time – reassurance and OCD How do we know when and how to give or ask for reassurance? A brief roadmap to this most difficult maze. THIS BREAKOUT IS NOW FULL AND CLOSED TO NEW REGISTRATIONS	Location: Hertford Three 60 minute informal workshop and brainstorming. Hosted by Claire Goldenberg Taking my life back. OCD has taken from us in the past. A group to support and discuss how to take hold of our future.
13:00 – 14:10	LUNCH BREAK - enjoy the complimentary lunch and chat to other guests		

PARENT STREAM	
This year we are running a conference stream specifically for parents of children and teenagers with OCD (CAMHS age).	
This conference stream begins after the mid-morning break and runs until the mid-afternoon break.	
Parents conference hosted by OCD-UK's Kylie Cloke & Yolanda Jerrard	
Location: Kent, Essex and Norfolk Rooms combined	
11:30 – 11:35	Parent Conference welcome Kylie Cloke of OCD-UK
11:35 – 12:00	Maudsley Children's OCD Clinic – An Introduction Presented by Chloë Volz A Focus on the National and Specialist CAMHS OCD, BDD and Related Disorders Service at the Maudsley Hospital in London, the only team dedicated specifically to working with young people and their families affected by these conditions in the UK. A follow up from article in the accompanying OCD-UK magazine that delegates will receive.
12:00 – 12:30	How to recognise a good therapy experience for my child and what to do if I am not getting a good therapy experience through CAMHS Dr Sasha Walters This session will provide a brief overview of the evidence base and NICE recommendations for therapeutic intervention for children and young people as well as direction towards good self help resources and strategies to try at home to enhance the efficacy of therapy.
12:30 – 13:00	How to motivate my child for treatment Presented by Dr Zoë Kindynis What if my child finds it difficult to engage with treatment? Considering potential barriers and how to overcome them.
13:00 – 14:10	LUNCH BREAK - enjoy the complimentary lunch