

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	Managing 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	Presentation about living with and recovery from OCD Speaker TBC			
10:45 – 10:55	Introduction to the OCD-UK teenagers and parents projects OCD-UK children and young people's lead			
10:55 – 11:30	BREAK - enjoy the complimentary refreshments			
11:30 – 12:00	And what if the OCD isn't true? Speaker TBC 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?			
12:00 – 13:00	Breakout Session - choose the presentation you would prefer to listen to			
	<p>Location: Buckingham Suite</p> <p>20 minute presentation followed by 40 minute Q+A.</p> <p>Professor Paul Salkovskis</p> <p>Taking a leap of faith – tackling the first steps</p> <p>How do we take that first jump into the unknown? Finding courage and support in making those first steps.</p>	<p>Location: Hertford One</p> <p>20 minute presentation followed by 40 minute Q+A.</p> <p>Speaker TBC</p> <p>How to engage a loved one who is reticent to seek treatment.</p> <p>Whether your loved one refuses to accept that they have OCD or is refusing treatment, some tips and support in persuading them to take action.</p>	<p>Location: Hertford Two</p> <p>20 minute presentation followed by 40 minute Q+A.</p> <p>Dr Brynjar Halldorsson</p> <p>Just one more time - reassurance and OCD</p> <p>How do we know when and how to give or ask for reassurance? A brief roadmap to this most difficult maze.</p>	<p>Location: Hertford Three</p> <p>60 minute workshop</p> <p>Hosted by Laura Barnes</p> <p>For teens with OCD</p> <p>An informal workshop for teenagers/ upto 21 aimed at sharing experiences and strategies for coping with OCD and the unique challenges it presents to young people. Hosted by experienced workshop leader Laura Barnes.</p>
13:00 – 14:10	LUNCH BREAK - enjoy the complimentary lunch and chat to other guests			

PARENTS STREAM	
This year we will also be running a conference stream specifically for parents of children and teenagers with OCD (CAMHS age).	
This conference stream will begin after the mid-morning break and run until the mid-afternoon break.	
Parents conference hosted by OCD-UK's Kylie Cloke	
Location: Kent, Essex and Norfolk Room	
11:30 – 12:00	What CAMHS can/should offer and how to access Speaker TBC
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	OCD and Autism Speaker TBC
13:00 – 14:10	LUNCH BREAK - enjoy the complimentary lunch