

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 Hosted by Laura Barnes For teens with OCD 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.
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	
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

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Afternoon Agenda

14:10 – 14:50	OCD may try to creep back, but we don't have to let it in. Dr Josie Millar with Megan Recovery is not always linear, and setbacks can sometimes happen. Dr Millar and Megan will look at how we maintain recovery and identify potential relapse signs. But also ensuring recovery is recovery rather than masking. How can we use relapses as a trampoline towards recovery whilst remaining compassionate with ourselves.			For teens with OCD Sit together with Laura to listen to Megan and Josie in the main lecture theatre, before attending the breakout with Laura in Hertford Two.
14:50 – 15:50	Breakout Session - choose the presentation you would prefer to listen to			
	Location: Buckingham Suite 40 minute presentation followed by 20 minute Q+A Dr Victoria Bream What to expect from CBT, tackling intrusive thoughts – putting the C into CBT and what to do if it does not work. How can we make sure that we are receiving appropriate treatment and where do we turn to if it isn't successful? BT (ERP) or CBT - the Importance of the C and recognising the interpretation of the thoughts and emotions that drive our OCD.	Location: Hertford One 60 minute workshop Dr David Veale Medication and new approaches for OCD Learn about SSRIs and anti-psychotics for OCD; when to take them; the dose and duration; possible side effects and how to manage them; when to change medications; withdrawal symptoms and how to manage them; whether to wait or to combine SSRIs with CBT. Learn about the evidence for mega-doses of SSRIs; glutamatergic drugs; transcranial magnetic stimulation; genetic DNA testing; gut microbiota testing and how diet might improve your mental health. THIS BREAKOUT IS NOW FULL AND CLOSED TO NEW REGISTRATIONS	Location: Hertford Three 60 minute presentation Ajay Maisuria IAPT Senior Employment Advisor OCD in the workplace How can we discuss OCD in the workplace with employers and colleagues and how we integrate OCD therapy into our work schedule. A short presentation followed by an open workshop to share ideas and brainstorm ways that OCD-UK can support individuals needing to take this step.	Location: Hertford Two 60 minute workshop Hosted by Laura Barnes For teens with OCD An informal workshop for teenagers/those aged upto 21 aimed at sharing experiences and strategies for coping with OCD and the unique challenges it presents to young people. The session is being run by experienced workshop leader and OCD survivor Laura Barnes.
15:50 – 16:20	BREAK - enjoy the complimentary refreshments			
16:20 – 16:55	Maintaining any treatment successes Professor Paul Salkovskis How do we translate any treatment achievements into the real world, even when OCD is still along for the ride?			
16:55 – 17:00	Conference closing remarks Ashley Fulwood, Chief Executive of OCD-UK			

PARENT STREAM	
Location: Kent, Essex and Norfolk Rooms Combined	
14:10 – 14:35	OCD and Autism Presented by Dr Gazal Jones Disentangling OCD and Autism and considering how treatment can be adapted to meet the needs of young people with ASD.
14:35 – 15:00	A parent's perspective - Sarah Sarah, a parent of a young person with OCD will be sharing her experiences.
15:00 – 15:25	Family Accommodation Presented by Dr Zoë Kindynis
15:25 – 15:50	What if my child seeks reassurance? Dr Sasha Walters This session will describe the maintenance effects of reassurance seeking and reassurance provision in the anxiety cycle, help to differentiate reassurance provision from cheerleading/ emotional support and offer some practical strategies to manage and reduce reassurance provision in order to aid recovery.
15:50 – 16:10	BREAK - enjoy the complimentary refreshments

PARENT STREAM END

After the break please return to the main lecture theatre

13th November Draft:

Conference timings and agenda subject to change on the day, but the conference will start no sooner than 09:40 and finish no later than 17:30.