

# OCD-UK CONFERENCE - NORTHAMPTON

Saturday 16th November 2019

## Morning Agenda

8:30 – 9:40	<b>Arrival</b> – register and enjoy the complimentary refreshments whilst meeting other guests			
9:40 – 9:45	<b>Conference welcome</b> Ashley Fulwood, Chief Executive of OCD-UK			
9:45 – 10:15	<b>Managing or fight to eradicate OCD</b> 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	<b>Presentation about living with and recovery from OCD</b> Speaker TBC			
10:45 – 10:55	<b>Introduction to the OCD-UK teenagers and parents projects</b> OCD-UK children and young people's lead			
10:55 – 11:30	<b>BREAK</b> - enjoy the complimentary refreshments			
11:30 – 12:00	<b>And what if the OCD isn't true?</b> 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	<b>Breakout Session</b> - 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><b>Taking a leap of faith – tackling the first steps</b></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><b>How to engage a loved one who is reticent to seek treatment.</b></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><b>Just one more time - reassurance and OCD</b></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><b>For teens with OCD</b></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	<b>LUNCH BREAK</b> - enjoy the complimentary lunch and chat to other guests			

<b>PARENTS STREAM</b>	
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	
<b>11:30 – 12:00</b>	<b>What CAMHS can/should offer and how to access</b> Speaker TBC
<b>12:00 – 12:30</b>	<b>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</b> 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.
<b>12:30 – 13:00</b>	<b>OCD and Autism</b> Speaker TBC
<b>13:00 – 14:10</b>	<b>LUNCH BREAK</b> - enjoy the complimentary lunch

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## Afternoon Agenda

<b>14:10 – 14:50</b>	<p><b>OCD may try to creep back, but we don't have to let it in.</b>                  Dr Josie Millar with Megan</p> <p>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.</p>			
<b>14:50 – 15:50</b>	<p><b>Breakout Session</b> - choose the presentation you would prefer to listen to</p>			
	<p>Location: Buckingham Suite                  40 minute presentation followed by 20 minute Q+A</p> <p>Speaker TBC</p> <p><b>What to expect from CBT, tackling intrusive thoughts – putting the C into CBT and what to do if it does not work.</b></p> <p>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.</p>	<p>Location: Hertford One                  60 minute workshop</p> <p>Speaker TBC</p> <p><b>OCD in the workplace</b></p> <p>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.</p>	<p>Location: Hertford Two                  60 minute presentation</p> <p>Speaker TBC</p> <p><b>Medication and OCD</b></p> <p>Learn about which medications are used for OCD, when to take, side effects, how to withdraw safely, how to change medications, withdrawal symptoms and how to cope. Understand when anti psychotics and non recommended medications could or should be used.</p>	<p>Location: Hertford Three                  60 minute workshop</p> <p>Hosted by Laura Barnes</p> <p><b>For teens with OCD</b></p> <p>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.</p>
<b>15:50 – 16:10</b>	<p><b>BREAK</b> - enjoy the complimentary refreshments</p>			
<b>16:10 – 16:40</b>	<p>Inspirational keynote speaker                  Charlotte Rowe</p> <p><b>Recovery is possible – top tips to make it through to the other side</b>                  Charlotte will discuss ways to help ourselves find our way out of OCD</p>			
<b>16:40 – 17:00</b>	<p><b>The C word – keeping the hope alive</b>                  Kirstie McBryan and Ashley Fulwood</p> <p>Why the C word isn't a dirty word. Why settling for second best is not good enough when it comes to OCD.</p>			
<b>17:00 – 17:25</b>	<p><b>Maintaining any treatment successes</b>                  Professor Paul Salkovskis</p> <p>How do we translate any treatment achievements into the real world, even when OCD is still along for the ride?</p>			
<b>17:25 – 17:30</b>	<p><b>Conference closing remarks</b>                  Ashley Fulwood, Chief Executive of OCD-UK</p>			

PARENTS STREAM	
<p>Location: Kent, Essex and Norfolk Room</p>	
<b>14:10 – 14:35</b>	<p><b>Maudsley Children's OCD Clinic – An Introduction</b>                  Presented by the Maudsley Team</p>
<b>14:35 – 15:00</b>	<p><b>Keynote speaker</b>                  Speaker TBC</p>
<b>15:00 – 15:25</b>	<p><b>What if my child won't accept there is a problem or speak to a therapist?</b>                  Speaker TBC</p>
<b>15:25 – 15:50</b>	<p><b>What if my child seeks reassurance?</b>                  Dr Sasha Walters</p> <p>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.</p>
<b>15:50 – 16:10</b>	<p><b>BREAK</b> - enjoy the complimentary refreshments</p>

## PARENTS STREAM END

After the break all conference guests return to the main lecture theatre.