

OCD-UK CONFERENCE - NORTHAMPTON

Saturday 16th November 2019

Afternoon Agenda

14:10 – 14:50	<p>OCD may try to creep back, but we don't have to let it in. 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>			
14:50 – 15:50	<p>Breakout Session - 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>What to expect from CBT, tackling intrusive thoughts – putting the C into CBT and what to do if it does not work.</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>OCD in the workplace</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>Medication and OCD</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>For teens with OCD</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>
15:50 – 16:10	<p>BREAK - enjoy the complimentary refreshments</p>			
16:10 – 16:40	<p>Inspirational keynote speaker Charlotte Rowe</p> <p>Recovery is possible – top tips to make it through to the other side Charlotte will discuss ways to help ourselves find our way out of OCD</p>			
16:40 – 17:00	<p>The C word – keeping the hope alive 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>			
17:00 – 17:25	<p>Maintaining any treatment successes 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>			
17:25 – 17:30	<p>Conference closing remarks Ashley Fulwood, Chief Executive of OCD-UK</p>			

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

PARENTS STREAM END

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