

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.</p> <p>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>		<p>For teens with OCD</p> <p>Sit together with Laura to listen to Megan and Josie in the main lecture theatre, before attending the breakout with Laura in Hertford Two.</p>	
14:50 – 15:50	<p>Breakout Session - choose the presentation you would prefer to listen to</p>			
	<p>Location: Buckingham Suite</p> <p>40 minute presentation followed by 20 minute Q+A</p> <p>Dr Victoria Bream</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</p> <p>60 minute workshop</p> <p>Dr David Veale</p> <p>Medication and new approaches for OCD</p> <p>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; trans-cranial magnetic stimulation; genetic DNA testing; gut microbiota testing and how diet might improve your mental health.</p> <p>THIS BREAKOUT IS NOW FULL AND CLOSED TO NEW REGISTRATIONS</p>	<p>Location: Hertford Three</p> <p>60 minute presentation</p> <p>Ajay Maisuria IAPT Senior Employment Advisor</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</p> <p>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 – 16:20	<p>BREAK - enjoy the complimentary refreshments</p>			
16:20 – 16:55	<p>Maintaining any treatment successes</p> <p>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>			
16:55 – 17:00	<p>Conference closing remarks</p> <p>Ashley Fulwood, Chief Executive of OCD-UK</p>			

PARENT STREAM	
<p>Location: Kent, Essex and Norfolk Rooms Combined</p>	
14:10 – 14:35	<p>OCD and Autism</p> <p>Presented by Dr Gazal Jones</p> <p>Disentangling OCD and Autism and considering how treatment can be adapted to meet the needs of young people with ASD.</p>
14:35 – 15:00	<p>A parent's perspective - Sarah</p> <p>Sarah, a parent of a young person with OCD will be sharing her experiences.</p>
15:00 – 15:25	<p>Family Accommodation</p> <p>Presented by Dr Zoë Kindynis</p>
15:25 – 15:50	<p>What if my child seeks reassurance?</p> <p>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>

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.