

# ANXIETY DISORDERS CONFERENCE

## LONDON 2005

SATURDAY 26 NOVEMBER • INSTITUTE OF EDUCATION

The conference is especially for those with an anxiety disorder, their family and friends. Health professionals and counsellors are also welcome.

## PROGRAMME

### OPENING KEYNOTE

Professor Paul Salkovskis

**Understanding and Treating Anxiety**

### ENDING KEYNOTE

Lord Richard Layard

**Happiness**

### TALKS & WORKSHOPS

By leading researchers and clinicians.

The programme for these is detailed overleaf

### INSPIRATIONAL SPEAKERS

Fellow sufferers sharing their stories of recovery

### CONTACT OPPORTUNITIES

A chance to meet fellow individuals with anxiety disorders, and their families, in support groups for each disorder

### GATHER INFORMATION

View an exhibition and attend book signings

## REGISTRATION

### The Venue

The Institute of Education, 20 Bedford Way, London WC1H A0L.  
[www.ioe.ac.uk/ieo/index.html](http://www.ioe.ac.uk/ieo/index.html)

### Further Details

Additional information, to the programme overleaf, can be obtained from the website, or by contacting the registration office.

### Registration

Please return one registration form for each person in your party **by 21 November** with the options you have chosen.

Additional registration forms may be photocopied or downloaded from the web site or obtained from the registration office.

It should be possible to register on the day, but this depends on availability. Please see the latest information on the website or phone the registration office.

### Registration Office Details

**Telephone:** 0161 232 0163 **Fax:** 0161 277 9862

**Web Site:** [www.anxietyconference.org.uk](http://www.anxietyconference.org.uk)

**Email:** [info@anxietyconference.org.uk](mailto:info@anxietyconference.org.uk)

### Refreshment

Tea, coffee and lunch is provided in the cost.

### The Charity

The Anxiety Disorders Conference is a charity in which all the speakers and organisers provide their services for free. Leading mental health charities in the UK all support it. We are grateful for additional donations to help us for future conferences.

## SESSION ONE

Choose to attend either the  
**Anxiety Lectures** or an **OCD Workshop**

### A **ANXIETY LECTURES** 10am to 11am

- **Fight Your Anxiety and Lose!**  
Professor Windy Dryden
- **Inspirational Speaker with Anxiety**
- **Widening Access to CBT in the Community**  
Dr Chris Williams
- **Withdrawal from SSRIs** Dr David Veale

### **OCD WORKSHOPS** 10am to 11.30am

#### **B1 Professor Paul Salkovskis** **Understanding Obsessional Thinking**

- Aim 1 To understand the nature of obsessions  
 Aim 2 To learn the principles of cognitive behaviour therapy to overcome OCD

#### **B2 Alan Davidson Tourette's & Tics**

- Aim 1 To introduce an understanding of Gilles de la Tourette syndrome  
 Aim 2 To provide an outline of CBT in treating motor and vocal tics.  
 Aim 3 To provide an explanation of the interaction between obsessive compulsive symptoms and behaviours and motor/vocal tics

#### **B3 Satwant Singh Compulsive Hoarding**

- Aim To provide information and understanding about hoarding and its treatment. Participants in the workshops will contribute to the development of coping mechanisms in relation to their hoarding.

#### **B4 Rob Willson Body Dysmorphic Disorder**

Body Dysmorphic Disorder is a disabling and distressing problem in which the sufferer is preoccupied with their appearance.

- Aim To describe the nature of BDD, some of the mechanisms that maintain it, and outline some self-help principles to tackle it.

#### **B5 Dr Roz Shafran OCD and Eating Disorders**

- Aim To understand the main features of each of eating disorders in comparison with OCD and the theories regarding the maintenance of these disorders. The implications of having both disorders for treatment will be discussed and personal experiences will be shared. This workshop will be interactive and use role-plays where possible.

#### **B6 Jenny Wood Media Training**

- Aim To answer many of the questions that people have when considering sharing their experience with the media. Areas covered include the interview process, anonymity, asking for copy approval, claiming expenses and getting paid.

#### **B7 Dheeresh Turnbull** **Mindfulness Meditation for OCD/BDD**

- Aim To discover how the attitude of mindfulness can help with the treatment of OCD. How to listen to 'Radio OCD' without having to carry out a compulsion. Learn practical exercises to help you resist these urges.

#### **B8 Aureen Wagner** **Ride Up and Down the Worry Hill** **and Conquer Your OCD!**

Workshop for children and adolescents (ages five to eighteen) using a child-friendly strategy for mastery of OCD employing the metaphor of the Worry Hill.

## SESSION TWO

Choose to attend either the  
**OCD Lectures** or an **Anxiety Workshop**

### C **OCD LECTURES** 12noon to 1pm

- **OCD and Families: Accelerating Progress Through Connection**  
Aureen Wagner
- **Two Inspirational Speakers**
- **Treating OCD/ BDD – The NICE Guidelines**  
Professor Mark Freeston

### **ANXIETY WORKSHOPS** 11.30am to 1pm

#### **D10 Rob Willson Overcoming Low Self Esteem**

Fear of disapproval, rejection, and failure can all lead to undue anxiety, and can be related to poor self-esteem.

- Aim To describe ways in which low self-esteem affects anxiety problems; and some concepts and tools that can be useful for overcoming it.

#### **D11 Dheeresh Turnbull - Mindfulness Meditation for Anxiety**

- Aim To discover how the attitude of mindfulness can help with anxiety. How to do be more at ease with body sensations and do something more helpful than worrying.

#### **D12 Dr Florian Ruths Social Phobia**

- Aim To understand the cognitive model and the treatment of Social Phobia. The model will also be demonstrated through video clips of the different elements and cognitive and behavioural techniques and tricks.

#### **D13 Dr Josh Baker & Colin Baker Driving Phobia**

- Aim 1 To understand the different types of driving phobia (post-accident, panic, control, obsessive, assertive, skill-related)

- Aim 2 To see driving as a skill that you can master and give you a sense of control.

- Aim 3 To understand how driving phobia can be tackled through graded exposure, relaxation techniques, breathing exercises and cognitive strategies.

#### **D14 Satwant Singh Overcoming Phobias: Graded Exposure**

- Aim To understand the principles of graded exposure and enable participants to become their own therapist. Participants will have the opportunity to experience a session of graded exposure using in vivo (life, where possible) and imagery. It will be useful for participants to bring a list or hierarchy of their areas of difficulties.

#### **D15 Dr David Veale Vomit Phobia**

- Aim To obtain a better understanding of Vomit phobia (or Emetophobia) and discussion of treatment. I will present the results of a survey with an understanding of the factors that are perpetuating the fear of vomiting.

#### **D16 Professor Kevin Gournay Panic & Agoraphobia**

- Aim To provide an account of the nature of panic/agoraphobia with an emphasis on how these conditions are maintained. The session will also provide attendees with an understanding of treatment principles and some advice about useful self help strategies. The role of family members and carers will be explained and debated with the audience.

#### **D17 Helen Chapman Dental Phobia**

- Aim To explore the origins of participants' dental fear, how and where to seek dental treatment, and what coping strategies you can apply to feel more in control. Participants will be given the opportunity to experiment with a mouth mirror. Simple strategies for starting to deal with common problems such as a bad gag reflex

#### **D18 Elaine Iljon Foreman High Hopes**

A Discussion About the Fear of Flying

- Aim To understand principles of Cognitive Behaviour Therapy (CBT) to overcome a fear of flying.

#### **D19 Dr Elaine Hunter Depersonalisation**

- Aim 1 Learn about the spectrum of symptoms of depersonalisation and derealisation

- Aim 2 Discover how common these symptoms are and how they are associated with a range of mental health problems

- Aim 3 Examine what factors might influence and maintain these symptoms

- Aim 4 Learn techniques to help alleviate the symptoms of depersonalisation disorder

#### **D20 Dr Chris Williams Living Life to the Full**

A practical course for anxiety

- Aims Learn about a practical way of making sense of the impact of anxiety on our lives Apply this to ourselves - with our own personal self-assessment Identify how what we think and what we do may worsen how we feel. Find out about how life skills training is providing access to help in a community College setting. Discover a free online resource [www.livinglifetothefull.com](http://www.livinglifetothefull.com) that provides online life skills training

## SESSION THREE

Choose to attend either the  
**Anxiety Lectures** or an **OCD Workshop**

- E ANXIETY LECTURES** 2.30pm to 3.15pm
- **Post Traumatic Stress Disorder** Dr Stuart Turner
  - **Inspirational Speaker - Social Phobia**
  - **Worry** Mark Freeston

### **OCD WORKSHOPS** 2.15pm to 3.45pm

- F21** Speaker to be confirmed  
**Tourette's Syndrome: Medical Aspects**  
Aim Understanding the nature of Tourette's syndrome and the role of medication

- F22** **Aureen Wagner** **OCD in Children and Adolescents**  
Strategies and solutions  
Aim 1 Learn a user-friendly, step-by-step CBT approach for youngsters.  
Aim 2 Understand the critical importance of treatment readiness and learn steps to cultivate it.  
Aim 3 Learn specific coping and parenting strategies for the unique challenges and complexities that OCD brings to the family.

- F23** **Dheeresh Turnbull**  
**Mindfulness Meditation for OCD/BDD**  
Aim To discover how the attitude of mindfulness can help with the treatment of OCD. How to listen to 'Radio OCD' without having to carry out a compulsion. Learn practical exercises to help you resist these urges.

- F24** **Frank Tallis**  
**Coping with Unusual Manifestations of OCD**  
Aim To discuss unusual forms of OCD and how Cognitive Behaviour Therapy can be applied. The purpose of this workshop is to allow people to talk about their symptoms, and consider how conventional therapy can be adapted.

- F25** **Dr David Veale** **Contamination**  
Aim To understand 'contamination' fears (e.g. dirt, bodily fluids, certain illnesses etc.), and compulsions and how they function, and how to overcome them through CBT. Participants will have the opportunity to test out some of their fears.

- F26** **Tony Marston**  
**Overcoming Trichotillomania and Other Habits**  
Aim 1 To understand the nature of Trichotillomania (repetitive hair pulling)  
Aim 2 Learn behavioural techniques for overcoming Trichotillomania

- F27** **Satwant Singh** **Order & Symmetry**  
Aim To understand the nature of obsessions about order, symmetry and excessive tidiness in OCD and the use of cognitive behaviour therapy

- F28** **Dr Naomi Fineberg** **Medication for OCD/BDD**  
Aim To cover the use of medication for Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD). It will take the form of a presentation about drug treatment followed by a discussion and questions.

- F29** **Paul Salkovskis** **Health Anxiety**  
Aim 1 To understand the nature of health anxiety and its impact on individuals  
Aim 2 To learn the principles of cognitive behaviour therapy to overcome health anxiety.

- F30** **Rob Willson** **Overcoming Common Obstacles**  
Many people already know that overcoming their fears involves facing them, yet find it difficult to go far enough with CBT to fully conquer their fear.  
Aim This workshop aims to discuss common obstacles to conquering fear, and discuss ways of overcoming them.

- F31** **Kevin Gournay** **Exercise For Anxiety**  
The session will provide information on the role of exercise in anxiety reduction and also set out detail for planning a programme to suit all ages and levels of fitness. The problems and pitfalls of exercise will also be discussed

## SESSION FOUR

Choose to attend either the  
**OCD Lectures** or an **Anxiety Workshop**

- G OCD LECTURES** 4.15pm to 5.15pm
- **Perfectionism** Dr Roz Shafran
  - **Inspirational Speaker**
  - **Shame and Seeking Help** Rob Willson

### **ANXIETY WORKSHOPS** 3.45pm to 5.15pm

- H32** **Professor Mark Freeston** **Worry and Generalised Anxiety**  
Aim To identify and understand excessive worry and generalised anxiety disorder. It will also look at some practical strategies that have proven useful in reducing worry and seek effective help.

- H33** **Aureen Wagner** **Worried No More**  
Building self-reliance in anxious children and adolescents  
Aim 1 To provide practical, appealing and effective CBT tools and techniques for separation anxiety, school refusal, generalised anxiety, social anxiety, panic, and specific phobias.  
Aim 2 To understand the importance of building self-reliance for long-term recovery from anxiety.  
Aim 3 To understand principles of CBT and parenting strategies to build self-reliance in anxious children.

- H34** **Robert Edelmann** **Blushing**  
Aim 1 To evaluate causes and consequences of chronic blushing  
Aim 2 To discuss strategies for coping with the problem. Part of the workshop will involve sharing experiences so that participants can both empathise with and learn from each other's experiences.

- H35** **Andrew Smith & Professor Alex Gardner**  
**Shy Pee or Bashful Bladder**  
Shy Bladder Syndrome (SBS) is the difficulty or inability to urinate when in the presence, real or perceived, of other people.  
Aims To understand the nature of the phobia its impact, treatment and increasing workplace drug tests.

- H36** **Professor Kevin Gournay**  
**Blood, Injury & Needle Phobia**  
Aim To provide an account of the nature of these phobias with an emphasis on how these conditions are maintained. The session will emphasise the effectiveness of self help approaches and the practicalities of treatment.

- H37** **Dr Stuart Turner**  
**Post Traumatic Stress Disorder**  
Aim 1 To understand what is meant by PTSD, when it occurs, its natural history and some of the common problems it presents.  
Aim 2 To gain a practical introduction to some of the evidence-based approaches for the prevention or treatment of PTSD.

- H38** **Dr Natheera Indrasenan**  
**Introduction to Neuro-linguistic Programming**  
Aim To answer the question: What is NLP? The practical application of effectiveness of NLP in anxiety and phobic disorders

- H39** **Dr David Veale**  
**Overcome Depression with Behavioural Activation**  
Aim To understand the diagnosis of depression and its treatment using behavioural activation (doing the activities and tasks you are avoiding) and not engaging with ruminations.

- H40** **Dr Naomi Fineberg** **Medication for Anxiety**  
Aim To understand the use of medication for anxiety disorders, in particular Panic Disorder, Social Anxiety Disorder, generalised Anxiety Disorder and Post Traumatic Stress Disorder. Presentation followed by a discussion and questions.

- H41** **Jenny Wood** **Media Training**  
Aim To answer many of the questions that people have when considering sharing their experience with the media. Areas covered include the interview process, anonymity, asking for copy approval, claiming expenses and getting paid.



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**ENDING KEYNOTE**  
**Lord Richard Layard**  
**Happiness**



### Registration Form

Complete one for each person please.

Additional forms may be photocopied, downloaded from the web site or obtained from the Registration Office at the address below.

### Completed forms and payment

should be sent to:  
Anxiety Disorders Conference  
Zion Community Resource Centre  
339 Stretford Road, Hulme  
Manchester, M15 4ZY

Surname \_\_\_\_\_

First name \_\_\_\_\_

Name as you would like to be known on badge. *If different to above.* \_\_\_\_\_

Address: *where ticket is to be sent* \_\_\_\_\_

Postcode \_\_\_\_\_ Telephone \_\_\_\_\_

Email address: \_\_\_\_\_

Please make your choice of either lectures or the workshop number that you wish to attend for each session by ticking or completing boxes as appropriate.

#### Session 1

Lectures A  or Workshop Number

#### Session 2

Lectures C  or Workshop Number

#### Session 3

Lectures E  or Workshop Number

#### Session 4

Lectures G  or Workshop Number

Further details of a **lunchtime support group** will be available on the day

Charity of which you are a member. *Please tick box/boxes.*

DA       EDA       FSTF       NPS  
 OCDA       OCDUK       SA       TOP

Other \_\_\_\_\_

Special dietary requirements: \_\_\_\_\_

**Ticket Category** Includes tea, coffee and lunch

Member of a Recognised Charity      £25  
 Non-member      £30  
 Professional      £60  
 Child up to age 18      £12  
 Donation to the Anxiety Disorder Conferences      £   
 I am a UK taxpayer and would like to Gift Aid my donation

**Total amount enclosed**      £

**Payment can only be made by cheque** made payable to 'Anxiety Disorders Conference' or by **postal order**.

One cheque may cover several registrations if they are bundled together. **Please do not send cash in the post.**

The following items are not required for registration but would provide very helpful feedback and will assist us in furthering the success of future conferences.

Sex Male/Female *Please delete as appropriate*      Age \_\_\_\_\_

### How did you hear about this year's conference?

- Insert or Item in Charity Newsletter  
 Search Engine or Link to ADC Website  
 Direct Mailing  
 Magazine/Radio/TV  
 Health Professional  
 Self help/Support Group  
 Word of Mouth

Other \_\_\_\_\_

### Which statement best describes you?

- Individual with an Anxiety Disorder  
 Relative or Friend of Individual with an Anxiety Disorder  
 Lay Person  
 Health Professional or Trainee  
 None of the above

### If you are an individual with an Anxiety Disorder, which is your main problem:?

- |                                                     |                                                         |
|-----------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Panic Disorder Agoraphobia | <input type="checkbox"/> Social Phobia/Blushing         |
| <input type="checkbox"/> Specific Phobia - Blood    | <input type="checkbox"/> Specific Phobia - Dentist      |
| <input type="checkbox"/> Specific Phobia - Flying   | <input type="checkbox"/> Specific Phobia - Vomit        |
| <input type="checkbox"/> Specific Phobia - Other    | <input type="checkbox"/> Post Traumatic Stress Disorder |
| <input type="checkbox"/> Health Anxiety             | <input type="checkbox"/> Obsessive Compulsive Disorder  |
| <input type="checkbox"/> Trichotillomania           | <input type="checkbox"/> Body Dysmorphic Disorder       |
| <input type="checkbox"/> Skin-picking               | <input type="checkbox"/> Depression                     |
| <input type="checkbox"/> Eating Disorder            | <input type="checkbox"/> Tourette's Syndrome            |

Other. *Please describe* \_\_\_\_\_

### Which Region are you from?

- |                                         |                                                       |
|-----------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Scotland       | <input type="checkbox"/> North East                   |
| <input type="checkbox"/> North West     | <input type="checkbox"/> Yorkshire & Humber           |
| <input type="checkbox"/> East Midlands  | <input type="checkbox"/> West Midlands                |
| <input type="checkbox"/> Eastern London | <input type="checkbox"/> South West & Channel Islands |
| <input type="checkbox"/> South East     | <input type="checkbox"/> Wales Northern Ireland       |

International. *Please state which country* \_\_\_\_\_

### Did you attend any of these previous conferences?

2004 ADC Conference in Manchester       Yes       No  
2003 OCD Conference in Birmingham       Yes       No  
2002 OCD Conference in London?       Yes       No

### Would you like to be notified of future Conferences?

Yes       No  
If yes, how would you like to receive further information?  
 Email       Post

### What Ethnic Group do you belong to?

White       Asian       Black       Chinese       Mixed  
Other \_\_\_\_\_

### Would you be interested in helping to plan future conferences?

If so please tick the box and we will contact you for further information.