

Morning

- 9:00** Welcome from your hosts
- 9:15** **Professor David J Nutt:** Psilocybin for OCD? The Imperial College treatment trial
- 9:45** **Professor Guy Doron:** Changing our inner monologue using a mobile application: the case of body image distress
- 10.15** *Break*
- 10:30** **Dr Amita Jassi:** OCD and BDD do not discriminate: exploring presentation and barriers to accessing services in ethnic minorities
- 11:00** **Dr Gazal Jones:** Improving knowledge and help seeking for OCD in ethnic minorities: service initiatives and learning points
- 11:30** **Panel Q&A:** David Nutt, Guy Doron, Amita Jassi, Gazal Jones, Rob Willson
- 12.15** Inspirational speakers
- 12:30** *Break*

Afternoon

- 13:00** **Dr Fred Penzel:** Treating Body-focused Repetitive Behaviours - A Comprehensive Approach
- 13:30** **The TLC Foundation:** Living with BFRBs (Body-focused Repetitive Behaviours)
- 14:00** **Panel Q&A:** Fred Penzel, The TLC Foundation
- 14:30** *Break*
- 14:45** **Professor Mark Freeston:** Uncertainty in obsessive-compulsive and body dysmorphic disorders
- 15:15** **Professor David Veale:** Optimising exposure and behavioural experiments for overcoming OCD and BDD
- 15:45** **Q&A:** Professor David Veale
- 16:15** **Inspirational speaker - Jack Pridmore:** Defining Your Own Recovery
- 16:35** Close and thank you from your hosts

OCD Room

- 10:00** **Maternal OCD and Dr Fiona Challacombe:** Q&A: Dispelling the myths of perinatal OCD
- 11:00** **Stuart Ralph:** The OCD Stories podcast with Catherine Benfield
- 12:00** **Kimberley Quinlan:** It's a beautiful day to do hard things
- 12:30** *Break*
- 13:00** **Dr Patricia Ona:** Living beyond OCD: Acceptance and Commitment Therapy
- 13:30** **Dr Ailsa Russell:** Treating OCD in the context of Autism
- 14:30** **OCD Action Helpline:** Navigating Services
- 15:00** **Professor Paul Salkovskis:** Does Freedom Beckon: as lockdown eases, what happens next for those experiencing OCD?
- 16:00** **Get involved with OCD Action!**

BDD Room

- 9:30** **Dr Sabine Wilhelm:** Recent advances in the cognitive behavioural treatment of body dysmorphic disorder
- 10:00** **Dr Georgina Krebs:** 'The devil is in the detail': Detail-focussed processing in body dysmorphic disorder and anorexia nervosa
- 11:00** **Dr Shioma-Lei Craythorne:** Using creative methods and phenomenology to explore the experience of coping with Body Dysmorphic Disorder
- 12:00** *Break*
- 13:00** **Dr Rob Willson:** Coronavirus – the impact and the process of emerging from lockdown
- 13:30** **Dr Fugen Neziroglu:** Application of the CBT Model to treatment
- 14:30** **Danny Gray:** Google of Mental Health
- 15:00** **Dr Katharine Phillips:** How to Successfully Treat Body Dysmorphic Disorder with Medication
- 16:00** **Get involved with The BDD Foundation!**

Community Room and Family Room



Community Room

- 9:30** **'I'm Just A Little Bit OCD'** a play by Ria Pelling
- 10:00** **Liz Atkin:** Mindful drawing - a creative refocus
- 11:00** **Leigh de Vries:** "See Me" - A Virtual Reality Exposure Experience
- 12:00** Will be revealed soon!
- 12:30** *Break*
- 13:30** **Dr Nicole Schnackenberg:** Writing Because the Page Listens: An Exploration of Narrative Approaches and Therapeutic Writing in the BDD Journey
- 14:30** **Max Hawker:** From Child with OCD to Children's Writer with OCD
- 15:00** **Catherine Benfield:** Advocacy and how to share your story
- 16:00** **Alanah Bagwell and Hannah Lewis:** Harnessing peer support from lived experience of BDD: The BDD Foundation's Structured Support Group pilot

Family Room

- 11:00** **Dr Blake Stobie:** Helping family members and partners with OCD and BDD
- 12:00** *Break*
- 13:30** **Chloë Volz:** Managing Challenging Behaviour in Children and Young People with OCD
- 14:30** **Dr Gazal Jones:** Transition to Adult Mental Health Services
- 15:00** **Dr Georgina Krebs:** How to help your child to get the best out of therapy (including remotely-delivered therapy)
- 16:00** **Scarlett Bagwell:** Parenting a child with BDD: A discussion with a parent with lived-experience

Youth Room and Support Room



Youth Room

- 9:30** **Jennifer Clough:** Connecting through support groups
- 10:00** **Dr Sasha Walters:** OCD in young people, making sense of it and getting the best out of treatment
- 11:00** **Dr Elif Gökçen:** Understanding and treating BDD in young people
- 12:00** **Dr Sasha Walters and Dr Elif Gökçen:** OCD and BDD in the context of Autism: Key Adaptations to CBT Treatment
- 12:30** *Break*
- 13:30** **Mairéad Ruane, Zack Tucker and Alanah Bagwell:** The trials and trivialisations of growing up with OCD and BDD
- 14:30** **Jack Pridmore:** Taking The Pressure Out Of Recovery
- 15:00** **Elias Marchetti:** Living the Exposure Life

Support Room

- 9:30** Support Groups Parents Support Group
- Parents Navigating Services Group
- Parents and Family Members Support Group
- 11:00** OCD Action Helpline Drop in Helpline
- 13:00** Break
- 13:30** Support Groups OCD Support Group
- 15:00** Support Groups Trichotillomania and Dermatillomania Support Group
- BDD Support Group