

- 08.45 to 09:30**      **Registration** in Foyer / Complimentary refreshments & Exhibition in **Brunei Suite**
- 09.30 to 09:40**      Welcome Introduction – Dr Rob Willson, Chair of The BDD Foundation
- 09.40 to 09:50**      Inspirational Speaker – Charlotte Haigh
- 09.50 to 10:50**      Keynote – Professor Paul Gilbert – *Compassion Focused Approaches to Body Shame*
- 10.50 to 11:00**      Inspirational Speaker – Andrew Hall
- 11:00 to 11:05**      **Delegates make their way to morning workshop**
- 11.05 to 12.05**      Morning Workshop (please choose one of the following)

Muscle Dysmorphia & Male Concerns	Dr Rob Willson	<b>Brunei Gallery Lecture Theatre</b>
Body Image (weight/shape) in Eating Disorders	Dr Vicki Mountford	<b>Room B102, 1<sup>st</sup> Floor</b>
Compulsive Skin-Picking in BDD	Simon Darnley & Liz Atkin	<b>Room B202, 2<sup>nd</sup> Floor</b>
Exploring the use of Drama in BDD – A Storytelling Workshop	Tia Guest	<b>Room B111, 1<sup>st</sup> Floor</b>

- 12.05 to 13:00**      Lunch Break – Complimentary refreshments & Exhibition in **Brunei Suite**  
 Set up a Support Group or Advocacy Consultations with OCD Action in **Brunei Suite**

**13:00 to 13:05**      **Delegates make their way to afternoon workshops**

- 13.05 to 14.05**      First Afternoon Workshop (please choose one of the following)

Practical Introduction to Compassion Focused Approaches to Body Shame	Professor Paul Gilbert	<b>Brunei Gallery Lecture Theatre</b>
First Steps in CBT for BDD: Theory A/B	Dr Annemarie O'Connor & Dr Emma Baldock	<b>Room B102, 1<sup>st</sup> Floor</b>
Children & Adolescents with BDD	Dr Laura Bowyer	<b>Room B202, 2<sup>nd</sup> Floor</b>
Exploring the use of Drama in BDD – An Expression Workshop	Tia Guest	<b>Room B111, 1<sup>st</sup> Floor</b>

**14:05 to 14:10**      **Delegates make their way to second afternoon workshop**

- 14.10 to 15.10**      Second Afternoon Workshop (please choose one of the following)

Support Group: Male BDD	Dr Rob Willson / Ben Bessant	<b>Brunei Gallery Lecture Theatre</b>
Support Group: Female BDD	Lisa Johnston	<b>Room B102, 1<sup>st</sup> Floor</b>
Support Group: Young People	Dr Laura Bowyer	<b>Room B202, 2<sup>nd</sup> Floor</b>
Support Group: Bereaved	Dr Annemarie O'Connor	<b>Room B111, 1<sup>st</sup> Floor</b>
Support Group: Carers	Judith Argent	<b>Brunei Suite</b>
Support Group: CSP	Simon Darnley	<b>Brunei Gallery Lecture Theatre</b>
Networking + Q&A: Clinicians	Professor David Veale	<b>Brunei Suite</b>

- 15.10 to 15:35**      Complimentary refreshments & Exhibition in **Brunei Suite**
- 15:35 to 15:40**      **Delegates make their way to Brunei Gallery Lecture Theatre**
- 15:40 to 16:10**      "Hall of Mirrors" – Film Screening & Discussion – Andrew Koji & Dominic Coates
- 16.10 to 16:45**      Professor David Veale – *Psychological Understanding & Treatment of BDD*
- 16.45 to 16:55**      Inspirational Speaker – Alanah Bagwell
- 16:55 to 17:00**      Closing Comments – Dr Rob Willson, Chair of The BDD Foundation