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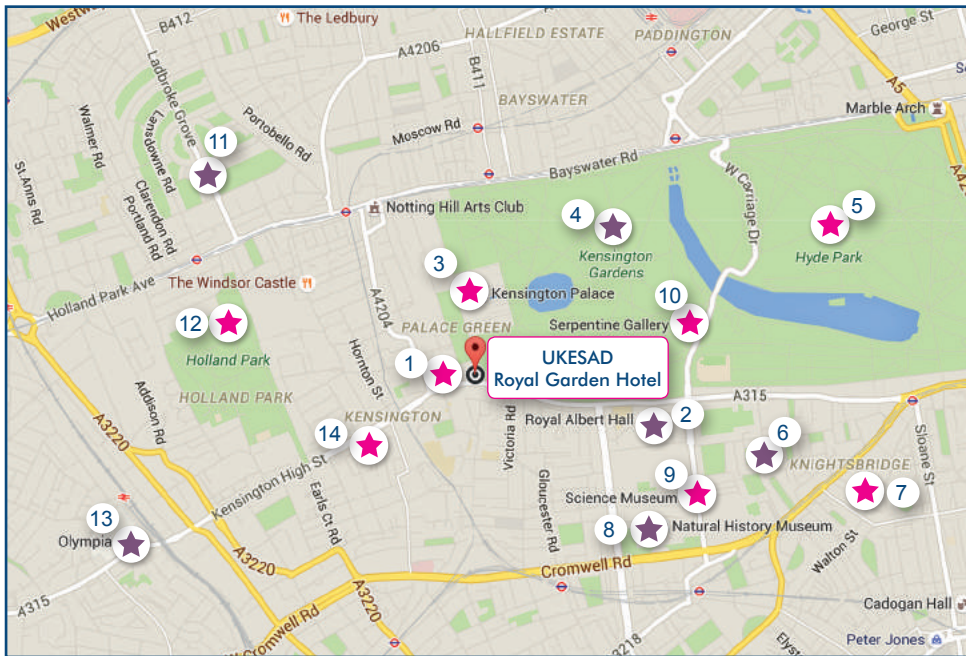
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## UKESAD 2016 - Location map

This year UKESAD is situated on Kensington High Street in the heart of London's west end. Enjoy the best restaurants, fascinating culture and memorable experiences, all located on your doorstep.



- |                                |                               |
|--------------------------------|-------------------------------|
| 1. UKESAD - Royal Garden Hotel | 8. The Natural History Museum |
| 2. Royal Albert Hall           | 9. Science Museum             |
| 3. Kensington Palace           | 10. Serpentine Gallery        |
| 4. Kensington Gardens          | 11. Notting Hill              |
| 5. Hyde Park                   | 12. Holland Park              |
| 6. Knightsbridge               | 13. Olympia                   |
| 7. Harrods                     | 14. The Roof Gardens          |

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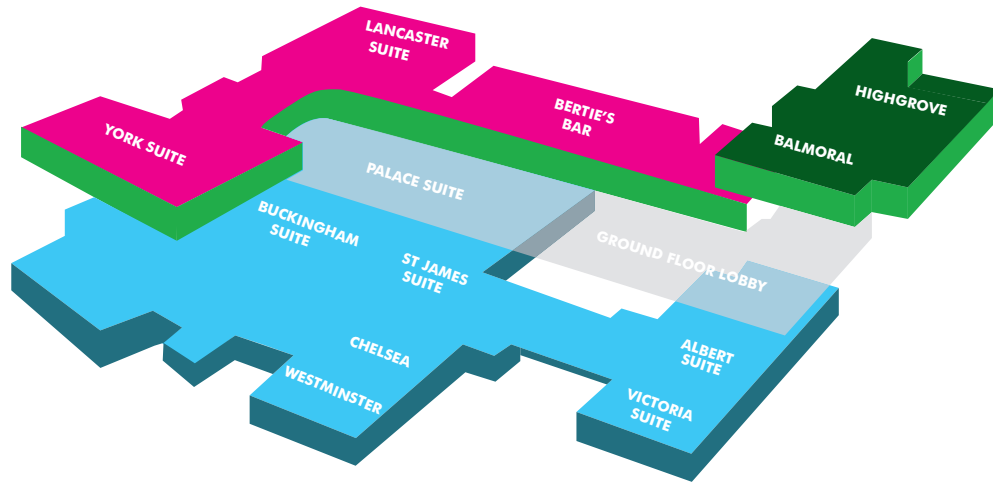
## UKESAD at the Royal Garden Hotel

UKESAD look forward to hosting you in the refreshed and upgraded Royal Garden Hotel on May 2nd – May 4th 2016.

The Royal Garden Hotel is a five-star luxury hotel which offers a peaceful haven in central London with top-floor vistas including Kensington Palace and Gardens, Hyde Park, the capital's rooftops and colourful mews houses.

UKESAD have a dedicated private entrance from High Street Kensington with full disabled access throughout. Attendees will be welcomed and shown to the UKESAD Symposium hub, which covers the entirety of the hotel's conference facilities. UKESAD 2016 Scheduled Programming is subject to change.

Guests who wish to stay at the hotel can choose to stay in one of the bedrooms under the UKESAD special rates offer and can make use of the onsite car park.



- EXECUTIVE BOARDROOMS
- GROUND FLOOR LOBBY
- THE MEZZANINE
- THE PALACE SUITES

## UKESAD 2016 RATES - BOOK NOW!

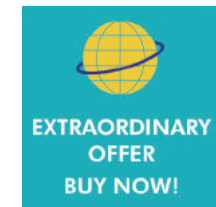
The UK's most Significant Behavioural Healthcare Symposium, offering unprecedented opportunities for Addiction, Mental Health and Wellness industry professionals to gather together.



**1 DAY DELEGATE  
PASS FROM  
£45.00**



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Exhibition packages for UKESAD International 2016 opens doors to networking and face-to-face discussions with Behavioural Healthcare Businesses, Professionals and Executives; they offer you an unparalleled platform to showcase the important contribution you and your organisation are making to the sector.

### Exhibit Package 1 'Take Off' **£2,000**

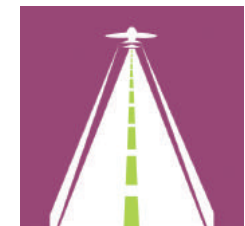
The premiere promotional Exhibitors package that includes:

- 1 x 9ft exhibition space
- UKESAD Stewards VIP benefits
- Registration Display Case Space
- Half page colour ad in the conference program distributed at the conference
- 5 Complimentary delegate passes
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### Exhibit Package 2 'Runway' **£1,500**

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## MONDAY 2nd May YORK SUITE

## MONDAY 2nd May YORK SUITE

Experience the UKESAD & BACP Webcast  
at the Royal Garden Hotel,  
Kensington, London

Monday 2nd May 2016

**bacp**  
British Association for  
Counselling & Psychotherapy  
Webcast Partner



- 7.45 – 9.30am - REGISTRATION & REFRESHMENTS
- 8.00 – 9.00am - WINNERS MEETING
- 9.00 – 9.15am - EXHIBITORS ARENA WELCOME

### TIM LEIGHTON AND KIRBY GREGORY 9.30 - 11.00AM THE IMPORTANCE OF THE INTERPERSONAL

For more than 30 years Clouds and Action on Addiction have had the interpersonal model of group therapy at the centre of their treatment programmes. This presentation is committed to exploring and expanding the use of this model in a range of settings, considering the following question: How is the model applied in addiction treatment and why is it so suitable? Tim and Kirby will explain how to establish a group – how to gather suitable clients and prepare them for group treatment.

Tim is the Director of Professional Education and Research at The Centre for Addiction Treatment Studies (CATS) Action on Addiction. He developed the externally validated Further Education Diploma in Addictions Counselling.

Kirby is the Treatment and Care Director at Action on Addiction, he has worked in the addiction field since 1990. He is a Cognitive Analytic Psychotherapist and an Accredited Supervisor at the Association of Cognitive Analytic Therapy.

Hosted by Action on Addiction



### ROKELLE LERNER 11.30 - 1.00PM POST-TRAUMATIC GROWTH: GRIEVING THE LOSS OF DREAMS AND CREATING A NEW FUTURE

For hope to be real it must include a future story. Yet for many addicts/alcoholics their future story has been interrupted as a result of the consequences of their using. Grieving the loss of dreams and the building and creating of new dreams is an integral part of recovery. This lecture focuses on techniques that will help guide the patient through loss and also offers strategies for the development of post-traumatic growth.

Rokelle is an international speaker and trainer on addiction, trauma and women's issues. She is the Senior Clinical Advisor for Crossroads Recovery Centre in Antigua. For the past 18 years Rokelle has been the co-founder and Clinical Director of Spring Workshops in London. She has received numerous awards for her work including Esquire magazine's 'Top 100 Women in the US Who Are Changing the Nation'.

Hosted by Crossroads Antigua



### ALASTAIR MORDEY 2.00 - 3.30PM ADDICTION: THE ILLNESS WITH MANY FACES

Alastair presents a counselling model which utilises psycho/social elements of treatment in a way that is compatible with our growing understanding of addiction as an illness affecting the reward, memory and reasoning circuitry in the brain. Different 'addictions' interact with each other and co-exist; Alastair approaches this via an integrative counselling framework which draws on the best of evidence based modalities from both east and west (12 Steps, CBT and Mindfulness).

Alastair was influential in providing a recovery model for UK drug and alcohol policy through his pioneering work with drug and alcohol users in North East London. He is presently Programme Director of The Cabin Addiction Services Group, Chiang Mai.

Hosted By The Cabin Addiction Services Group



### MILES ADCOX - MONDAY 2ND MAY FORGIVENESS - THE ELUSIVE AND POWERFUL KEY TO EMOTIONAL FREEDOM

This overlooked process is often taken for granted and/or rushed toward compliance in the recovery process. Taking emotional risk is not natural or intuitive for emotion trauma survivors and most pathology (persistent and resistant to change behaviour) is rooted in trauma. Getting out of the box and creating space and permission for people to forgive, requires us as professionals to put down the microscope and pick up the mirror. This experiential presentation will inspire you to go beyond what we know, and experience the importance of connecting over informing. Miles is currently the CEO of Onsite and also owns and operates Onsite Music Publishing. He co-founded Peak Performance Brain Training and co-owns H Financial Services. Miles speaks nationally on various topics including "leadership from within", organisational health, family systems, and emotional wellness. He has been a featured guest expert on The Dr Phil Show.

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## MONDAY 2nd May YORK SUITE

### BACP PANEL MONDAY 2ND MAY

#### From Ancient Tribes to Modern Neuroscience: Exploring Groundbreaking Approaches to Addictions Treatment

What happens when you take some of the most breathtaking and interesting human beings who have literally have gone to the ends of the earth to understand human consciousness and the nature of addictions - the answer is magic! Exploring the commonalities and distinctions between the approaches used by traditional populations for addictions treatment and modern clinical neuroscience, we will bring a truly integrated new perspective on addictions.

Each of the panellists brings with them an incredible depth of life experience, wisdom, and expertise within their own unique domain.

**DR. RICHARD SHERRY**, Clinical Psychologist, Psychoanalytic Psychotherapist, Neuropsychologist, and trauma expert has invited a stunning array of speakers including:

**PROFESSOR CELIA MORGAN**, Professor of Psychopharmacology specialising in the effects of drugs and alcohol on the brain and behaviour. Based on behavioural and neuroimaging studies, her research has concentrated on examining both the positive and negative effects of recreational drugs on cognition.

**BRUCE PARRY**, explorer and adventurer, has lived with native tribes and undergone a wide array of shamanistic rites of passage from a first-hand perspective. His work has been extensively filmed for the BBC series Tribes.

**DR. TAMARA RUSSELL**, Clinical Psychologist, Neuroscientist, black-belt martial artist, and international expert in mindfulness, has combined these skills in the creation of the Body In Mind Training program – a body-based, neuroanatomical-informed mindfulness training.

**KURIKINDI KURIKINDI** is a 5th generation Amazonian Shaman, from the Kichwa people who live deep in the Amazonian rainforest in Ecuador. He was born into a traditional shamanic family drawing on many generations of wisdom and knowledge.

**PROFESSOR DAVID NUTT** is a British Psychiatrist and Neuropsychopharmacologist specialising in the research of drugs that affect the brain and conditions such as addiction, anxiety and sleep. He is the Edmond J Safra chair in Neuropsychopharmacology at Imperial College, London; President of the European College of Neuropsychopharmacology; and author on "Drugs without the hot air" which won the Transmission Prize for Communicating Science in 2014.



## MONDAY 2nd May LANCASTER SUITE

### DR. FIONA MCKINNEY 9.30 - 11.00AM ADDICTION: A RELATIONAL ISSUE?

Attachment theory, affect regulation, and affective neuroscience research has moved clinicians towards a contemporary way of thinking about therapy, and as such is inviting us to understand therapy as being an 'affect' communicating cure, rather than a talking cure. In this workshop we will explore how 'affect regulation' is a key therapeutic method.

Fiona is a chartered psychologist, integrative psychotherapist and independent researcher who has her own private practice in central London. She is a research supervisor and examiner on the Metanoia Doctorate in Counselling Psychology and Psychotherapy by Professional Studies. Fiona's doctoral research explored how relational therapists work with 'affect regulation' in their work with female sex addiction.



### DAVID NEITA 2.00 - 3.30PM BEAUTY AND MENTAL WEALTH

Beauty in our society is a concept that has been manipulated to fit only the very few, but David Neita argues that it is a quality shared by one hundred percent of humanity. People are not enjoying optimal mental wellbeing due to a lack of embracing their birth right of beauty. Many are suffering anxiety and depression and a range of other mental illnesses stemming from the falsehood of 'selective beauty'. In desperation, some people have resorted to self-help methods ranging from skin-bleaching to major surgery and in other cases self-harm and suicide. Through his presentation, David will set out to put this wrong right.

David is a lawyer, a motivational speaker specialising in change management and a published poet. He is a commentator on race, politics, mental health and the arts. An advocate for human rights and an expert in organisational development and mental health, David is a fellow of the King's fund who has spoken at the House of Commons. An advocate for human rights and an expert in organisational development and mental health, David is a fellow of the King's fund who has spoken at the House of Commons.



### DR. ROBERT SIMPSON 4.00 - 5.30PM ADDICTION IS A CHRONIC RELAPSING BRAIN DISEASE: AN OVERVIEW OF THE NEUROBIOLOGY OF ADDICTION AND RECOVERY.

This presentation will explain the neurobiology underlying the "disease concept" using excerpts from the American Society of Addiction Medicine 2011 position paper as a basis for the discussion. Dr. Simpson will address the important role of early life "stress" as a potential catalyst for the later development of addiction. In addition, epigenetics is explained as a mechanism by which environment may influence gene expression and alter individual vulnerability to addiction.

Robert was born in the UK and lived in London until his parents emigrated to the United States. He attended medical school at the University of Texas and became board certified in internal medicine, critical care medicine, pulmonary medicine and sleep disorders. Robert was a faculty member at the University of Utah until 2011 where he was an attending physician, researcher and a popular teacher.





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## MONDAY 2nd May VICTORIA SUITE

### SARAH GRAHAM 9.30 - 11.00AM "I DON'T BELONG HERE"

My intersex body is neither female nor male - it's both. Religious, medical and legal establishments have tried to erase intersex, labelling us DSDs (Disorders of Sexual Development). Parents of visibly intersex babies are pressurised to choose a sex, and the baby then has surgery to "normalise" them. This traumatic history often leads to intense shame, gender and identity confusion, self-medication and suicide. You may think you have never treated one of us? How would you know? Attend this lecture!



Sarah is an international leader in holistic health. She is a successful therapist and a respected expert on drug information, media & communications. She delivers training and education to increase understanding of the importance of Diversity and meeting the needs of LGBTQI people. Sarah trained with one of USA's leading gay therapists, Joe Amico.

### LOU LEBENTZ 11.30 - 1.00PM THE 3 VITAL COMPONENTS OF EFFECTIVE "RECOVERY FROM SUGAR"

In this talk you will learn the 3 crucial elements necessary for any successful recovery from sugar dependency, whether your clients are mild, moderate or major users. Lou will take you through the main critical stages and show you how to help people firstly dissolve their denial, secondly, detox from sugar and what to eat instead. Then lastly, the most important and vital stage of the process, how to have a dream!



Lou is a sugar and obesity expert, speaker and online trainer who works as a psychotherapist. Lou runs a sugar reduction programme called "Sweet Enough". Lou speaks both in the media and at many conferences, events and within the corporate sector about sugar, wellbeing and addiction. She also gave a TEDx talk in 2015 where she spoke candidly about her own mental health and addiction journey.

### HILARY LEWIN 2.00 - 3.30PM WHAT'S THE RUB?

Learn how the simple act of rubbing the belly can reduce stress, alleviate some of the symptoms of anxiety and create a relationship with the most important part of your body. Gain tools to increase your own and your client's connection with the abdomen looking at anatomy, physiology and Reichian Armour bands.



Hilary introduced The Arvigo techniques of Maya Abdominal Therapy® to Europe. She teaches at professional and personal level, on a worldwide basis, and runs regular workshops on a range of subjects but each one returns to the basic concept of self-care.

### ELIZABETH HEARN 4.00 - 5.30PM MINDFULNESS: THE ADDICTIVE PERSONALITY.

Addiction influences the brain's complex reward circuitry systems. Mindfulness-addiction centric holistic therapies have a unique role to play in addressing addiction and mental health challenges when there is a greater focus on early interventions and prevention of relapse. Take away practical tools for your practice and experience authentic mindfulness therapeutic techniques.



In the UK Elizabeth founded Addiction Awareness in 2005 and the Mindfulness Foundation in 2010. For 24 years she has worked as an Addiction Professional in the private sector in the UK.

## MONDAY 2nd May ALBERT SUITE

### NARCOTICS ANON 9.30 - 11AM

#### "FROM TREATMENT CENTRE TO NA: STAYING CLEAN AND MAINTAINING LONG TERM RECOVERY IN NARCOTICS ANONYMOUS."

The presenters will use their personal experience to explain why they believe it is so important for the newly recovering addict to attend regular NA meetings. This will be followed by Q & As.



Peter and Chris are members of UK Narcotics Anonymous public Information team. Both are long time members of NA and regularly attend meetings.

### CRISTINA FERNANDEZ AND ANDY JACKSON 2.00 - 3.30PM RECOVERY AND EMPLOYMENT

RAPt believes that one of the most important aspects for a person rebuilding their life is to find fulfilling employment. This workshop will explain the different schemes RAPt has developed, such as the Apprenticeship Scheme, with more than 80% moving into permanent employment. Learn about Blue Sky, our social enterprise partner, which aims to break the cycle of re-offending and challenge perceptions about ex-offenders.



Cristina oversaw the Employment Project, part of the Cabinet Office Social Exclusion Task Force. This project supported those people chronically affected by unemployment. As Head of Recovery Support at RAPt she has successfully developed the RAPt Apprenticeship Scheme for people in recovery.



Andy has been working for RAPt for 18 months as a Recovery Support Worker. After completing RAPt's accredited addiction treatment programme in custody, Andy went on to become a lead Peer Supporter and progressed to completing the Apprenticeship Scheme.

### DAVID FINNEY 4.00 - 5.30PM CQC - WHAT'S THE TRUE STORY

David will be sharing some recent experience of CQC inspections. These have been controversial in that there has been a strong emphasis on clinical issues as well as new interpretations of old issues such as privacy, safety and treatment plans. He will be joined by Carole Sharma, Chief Executive of FDAP who recently undertook a survey of members to establish their experiences of CQC Inspections and John Hagans, a Nurse Consultant in Addictive Behaviour.



David has been the National Policy Lead for residential substance misuse services both for the National Care Standards Commission (2002 - 2004) and for the Commission for Social Care Inspection (2004-2009). During this time David authored the "National Guidelines for Inspectors of Substance misuse services".



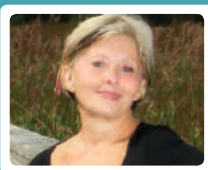
## TUESDAY 3rd May YORK SUITE

### PREMIERE ONE DAY TRAINING WORKSHOP WITH JUDY CRANE TUESDAY MAY 3RD 9.30 - 5.00pm WESTMINSTER SUITE

Passes  
from  
£45

This workshop is designed to provide delegates with an intense CPD experience as a stand-alone workshop or as a progression to the full Spirit2Spirit training.

Judy has over 20 years of experience working with addiction and trauma clients with unprecedented success in both inpatient and outpatient settings. Judy and her company Spirit2Spirit are now bringing to the UK this amazing training opportunity both in this workshop and eventually in the Certified Trauma Therapist training.



Those that attend this workshop will leave with a better understanding of trauma and its impact on their clients. They will better be able to assess for trauma and their clients needs. They will better understand why the rate of relapse with this population is so high and how to intervene in a manner that greatly reduces a clients relapse rate. In addition attendees will be offered a 10% discount if they choose to take the 5 module certification course when it is offered in the UK.

Spirit2Spirit and Judy Crane have trained and certified, therapists around the world as Certified Trauma Therapists. This training provides a thorough and holistic experience based on dyadic attachment and experiential training. This training normally consists of five modules that are five days long each. The workshop at UKESAD will provide a one day training broken up into a morning and afternoon session that will give the attendee an in-depth opening into the vigorous modules trauma training.



**BOOK TODAY!**  
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**PREMIERE ONE DAY  
TRAINING WORKSHOP**

Passes  
from  
£45

**Advance registration  
required, delegate spaces  
limited to 40, no extra cost  
just sign up today!**

### DR HENRIETTA BOWDEN-JONES AND GUESTS 9.30 - 11.00AM PATHOLOGICAL GAMBLING: A TREATMENT AND RESEARCH UPDATE

This presentation will cover the prevalence and the demographics of pathological gambling. It will give an overview of the current diagnostic tools being used to assess the severity of the illness. Symptoms will be explained and illustrated with clinical examples. Treatment and the latest research will be outlined.

Henrietta FRCPsych, BA (Hons), DOccMed, MD (Imperial), is the Founder and Director of the National Problem Gambling Clinic in the UK, the only NHS service designated for the treatment of pathological gamblers and their families.

Neil is a Clinical Psychologist BSc (Hons) D.Clin.Psy C.Psychol. He is currently lead psychologist at the National Problem Gambling Clinic, part of CNWL NHS Trust.



### DR ANDREA BARTHWELL 11.30 - 1.00PM PROGRESS NOT PERFECTION - PRINCIPLES OF PROCESS DRIVEN CARE

Search treatment, or any number of treatment-related key words in any search engine and it's easy to see that there is fierce competition for clients/patients in treatment centers around the globe. The fight for patients in the UK has intensified in light of the recent mass closure of rehabilitation centers that's about half of all rehabilitation beds in the UK gone. So, what is a licensed clinician or mission-driven recovering person with a license to do when she finds herself working in a 28-day revolving door treatment mill, or if the only treatment available is a medication substitution program? Answer: Focus on the NOW within the setting and put truly individualised treatment plans into action. How? With a focus on a) assessment for treatment planning, b) delivery of treatment services for outcomes, c) transition management for stability and resilience, and d) monitoring for success.

Andrea is the Chief Medical Officer of The Manor. In 2001 she served as Deputy Director for Demand Reduction in the Office of National Drug Control Policy (ONDCP). Dr. Barthwell is President of the Encounter Medical Group, and is a former President of the American Society of Addiction Medicine.

**Hosted by The Manor**



### REV. FR. JOSEPH H PEREIRA 2.00 - 3.30PM ADDICTION - A SPIRITUAL PARADOX

Father Joe, a devoted student of Padmabhushan Gururji B.K.S.Iyengar Yoga since August 1968, will draw on his experience and teachings in relation to the integral part yoga can play, as an intrinsic thread in recovery treatment and relapse prevention. This presentation will offer an unprecedented insight into the model of rehabilitation that Father Joe established in 1981.

Father Joe received the Padma Shri award in 2009, honoured in recognition for his distinguished contribution in Social Service. He is Consultant to the Archdiocese of Bombay for the "Rehabilitation of the Chemically Dependent". He is the Founder and Managing Trustee of the Kripa Foundation, the largest Non-Governmental Organization in India, affiliated with the Union Ministry of Social Justice & Empowerment, working among people suffering from chemical dependency & HIV Infection. His extreme consciousness in personal practices and empathy and love for the socially marginalised are revered and blessed by his peers, Mother Teresa, Gururji Iyengar and his spiritual guide Rev Anthony D'Mello.

**Hosted by the KRIPA Foundation**







## TUESDAY 3rd May YORK SUITE

### KATHLEEN BIGSBY 4.00 - 5.30PM

#### PASSION AS A PLATFORM: DEVELOPING YOUR ORGANIZATIONAL CULTURE AROUND WHAT MATTERS MOST

The presentation will focus on how the Foundations Recovery Network uses a System of Care to positively impact measured outcomes and clinical services. FRN developed a common system of care among all of their residential treatment centres, outpatient centres and support departments. Dr. Bigsby will walk delegates through outcomes and fidelity illustrated by FRN's published research. Delegates will have the opportunity to explore how they can express the values and principles that make their organizations unique. In 2011, Foundations Recovery Network was awarded the James W. West Quality Award for their patient-centred care process. An excellent presentation for Managers and Clinical leaders.

Kathleen has specialized in the treatment of addiction and mental health concerns for more than 24 years. She holds a Doctorate in Human Development and Masters degrees in Clinical Social Work and Family Systems, and she is also a credentialed Alcoholism and Substance Abuse Counsellor.

Hosted by Foundations Recovery Network



### KATHLEEN O'HARA 9.30 - 11AM

#### A GRIEF LIKE NO OTHER, SURVIVING THE VIOLENT DEATH OF SOMEONE YOU LOVE

When we lose a loved one to a violent or sudden death we find ourselves at the edge of a new and terrifying ocean of grief. The seven stages of grief offered in Kathleen's presentation provide strategies for making the crossing and learning how to live again.

Kathleen is an international expert on Violent Death Trauma, bereavement caused by murder, suicide, drug overdose, drink driving, war, terrorism and any other sudden death. She is the author of 'A Grief Like no Other, Surviving the Violent Death of Someone You Love' - a classic resource.



### DAVID CHARKHAM & NICK MERCER AND GUESTS 11.30 - 1.00PM

#### RECOVERY SKILLS WORKSHOPS - ANYTHING CAN HAPPEN - EVIDENCED BASED

When clients first emerge from treatment they have to deal with new experiences, in social, workplace and family situations. This presentation demonstrates how clients accessing 'Recovery Skills' can develop a vocabulary around emotions and imagination in relation to new experiences, which promotes confidence and resilience. David and Nick are joined by Chula Goonewardene, Julie Ryan and recovery graduates.

David developed 'Recovery Skills', its foundation taken from his own experiences and the skills he developed as an actor. He has worked over the last 26 years with many treatment facilities, He is known in the Music Industry as one of the top recovery coaches.

Nick is an experienced psycho-therapist and an authority on the treatment of addictions. He has written, managed and established total abstinence programmes in a wide variety of locations.



### ROBERT HUDSON 2.00 - 3.30PM

#### TREATING THE COUPLE: EXPLORING THE IMPACT OF SEXUAL ADDICTION AND COMPULSIVE SEXUAL BEHAVIOUR ON RELATIONSHIPS BETWEEN COUPLES.

This presentation reviews and reports qualitative and quantitative data collected from 140 couples in the context of the impact of sexual addiction on the couple's relationship. Discussion will be based upon subsequent findings - about how the different aspects of trauma relate to the clinical impacts.

Robert is a Certified Sexual Addiction Therapist and Supervisor for CSAT-S and the International Institute for Trauma and Addiction Professionals (IITAP). Robert is currently undertaking his doctoral research in D.Psych studies.



### RICHARD SHERRY 4.00 - 5.30PM

#### HEALING EVERYTHING

Therapeutic work at its finest is a life altering act of creation. Addictions treatment offers the frontier cutting-edge challenge of psychological treatment. Achieving these goals requires significant innovations within addictions treatment. Richard introduces his Integrative Systems Healing approach to addictions, looking at how we can work to heal every idea, concept, person, organisation or family.

Richard is the Founder and Clinical Director for Psychological Systems Ltd. where he treats high net worth leaders and their families. He has developed some of the most cutting-edge psychometric assessment tools and interventions to develop game-changing healthy solutions around the world.



## OUT OF HOURS CONSULTANCY HUB



**PANEL 6.00 - 8.00PM** A relaxed and 'Out of Hours' presentation. Three Psychiatrists offer their professional insight into what makes them 'tick' in their demanding roles and what excites them; as medical science, alternative health and the industry as a whole catapults forward.

### DR. ALBERTO PERTUSA, PHD. CONSULTANT PSYCHIATRIST

#### HOARDING DISORDER: WHAT THE ADDICTION SPECIALIST NEEDS TO KNOW



### DR THILO BECK

#### OVERCOMING IDEOLOGICAL BARRIERS IN ADDICTION THERAPY - THE SWISS EXPERIENCE



### DR. IAN MARTIN MBBS; MRCPsych AND DR. WAYNE KAMPERS MRCPsych

#### STAYING HOME TO GET WELL - SMOOTHING THE PATH TO RECOVERY IN ELDERLY ADDICTION



### LYNN ST LOUIS RN (MENTAL HEALTH), MSC

#### EATING DISORDERS - A WHISTLE STOP TOUR







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## TUESDAY 3rd May VICTORIA SUITE

**MAX COHEN 9.30 - 11.00AM**

### **SELF CARE: COMPASSION FATIGUE AND BURNOUT**

Compassion Fatigue and Burnout – diminished interest and long-term exhaustion is recognised in the ICD-10 as a health disorder, yet many therapists put their clients before themselves, to the detriment of both. This presentation offers support and self-care tools.

Max runs a central London practice, he is a visiting lecturer on the MSc in Addiction Psychology and Counselling at a London University. He integrates various modalities into his psychotherapy practice working with people with mood disorders, addictions, trauma and relationship difficulties.



**MIKE DELANEY 11.30 - 1.00PM**

### **THE EVOLVING FIELD OF EQUINE FACILITATED PSYCHOTHERAPY (EFP) IN THE UK AND WHY WE HAVE "GROWN-UP" AS PROFESSIONALS IN OUR OWN RIGHT**

This session will demonstrate the development and implementation of EFP as an independent model of treatment. It will draw on case studies, research and current thinking, illustrating how powerful this therapy is for humans, and a healthy and enjoyable occupation for horses. Equine Facilitated Psychotherapy has come a long way since its early days in the UK, when a handful of dedicated professionals set off on a journey of discovery with a few horses and a lot of hope.

Mike is a leading practitioner of Equine Assisted Psychotherapy in the UK. He co-devised The LEAP Model of EFP and provides a certified training for professionals which is endorsed as a CPD activity by BACP. His first book, a revealing work on Equine Assisted Psychotherapy, will be published in 2016. Mike is an addictions specialist with over 35 year's experience in private practice.



**PAUL SUNDERLAND 4.00 - 5.30PM**

### **RECOVERY AND THE COUPLE RELATIONSHIP**

Establishing a healthy couple relationship is difficult at the best of times, and so getting to know someone else as you are getting to know yourself in recovery is particularly challenging. Drawing from the fields of attachment theory, traumatology, neuroscience and recovery observation, this presentation seeks to explain why people in recovery find it so hard to be themselves in significant relationships.

Paul is a Psychotherapist, treatment consultant and trainer. He has held the posts of Head of Treatment at Clouds House in the UK, and Clinical Director at Crossroads Centre, Antigua. He is currently Executive Director of Outcome Consulting, a UK based provider of psychological solutions to the addictions field.



**LESLEY HART 4.00 - 5.30PM ALBERT SUITE**

### **LEAVING THE BARS BEHIND....BREAKING AWAY FROM DRINK AND DRUGS**

This presentation gives a clear picture of the intense vulnerability and particular difficulties faced by people leaving prison. We'll tell you how the process works from an experiential perspective and talk you through the ways in which, by addressing the issues of re-offending and addiction within the context of a holistic, abstinence-based approach so dignity and hope for the future can become a reality.

Lesley is passionate about abstinence-based recovery within the Criminal Justice System. In 2010 she co-founded Steps2Recovery.



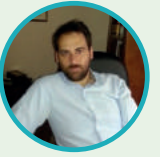
## TUESDAY 3rd May ALBERT SUITE

**DR DIMITRIS PETRILLIS 9.30 - 11.00AM**

### **THE PARADIGM OF WORKING WITH ADDICTED ADOLESCENTS AND YOUNG ADULTS IN GREECE**

It seems that the 'new' psycho-social profile of the addict that has emerged during the past few years, under the pressure of the dramatic socio-economical changes in Greece, has left professionals struggling to decode a new set of needs on behalf of their clients which acquire certain adjustments in the psychotherapeutic encounter. This presentation aims to create the opportunity for a fruitful and resourceful discussion regarding the limitations and difficulties that we, as professionals, face.

Dimitrios BSc. MA. PhD. is a Clinical Psychologist and Deputy Director of the Rehabilitation Center for addicted adolescents and young adults at the Organization against Drugs (O.KA.NA) in Greece. He lectures on Developmental Psychology from birth to pre-school age, focusing on the relationship between the child and the mother.



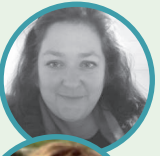
**DR JANE ROWLEY & DR KIM SLACK 11.30 - 1.00PM**

### **ADDICTION RECOVERY AND ADULT LEARNING – CONVERSATIONS ACROSS EUROPE WITH PEOPLE IN RECOVERY**

RECOVEU has developed a participative approach to curriculum development for adults in addiction recovery across the European Union for the past three years. Working across five partner countries, England, Ireland, Cyprus, Romania and Italy, we have explored ideas about Higher Education and learning with people in treatment and recovery. We have asked people what would be helpful in a curriculum and have developed a set of open access resources. These are being piloted in each country; in the UK the Bournemouth Service User Forum is running this pilot. We are going to share our experiences from the focus group phase of the project at UKESAD.

Jane is a Senior Research Fellow at Staffordshire University providing scientific advice on the RECOVEU project.

Kim is a Senior Research Fellow in the School of Education, Staffordshire University. A key factor of her research is that it is participative, and involves the voices of the stakeholders involved.



**TARA DAY 2.00 - 3.30PM**

### **THE RISE OF THE NEW WAVE BIOHAZARD IN THE 21ST CENTURY**

The world renowned biohazard symbol has become part of popular culture and adopted by a sub-set of the HIV+ gay male population to identify those with HIV or AIDS to potential sexual partners. An alarming adaptation of this trend has emerged within the HIV+ community – the act of Bugchasing and Giftgiving. Tara Day examines: Why? In a world where there is effective prophylactic treatment to prevent contraction of HIV, do a number of gay men purposely pursue sexual activity with individuals (Giftgivers) from whom they can potentially contract a life limiting if not life threatening disease? Have Bugchasers and Giftgivers become the biggest weapons of mass destruction in the gay community today?

Tara previously had a career in the private sector of law, spanning across two decades, working for one of the world's most influential media, defamation, libel and human rights lawyers. Tara now practices as an Integrative Therapist, and writes on her specialist area of expertise – symptoms of the manifestations of adaptive behaviour employed by way of coping strategies.





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## WEDNESDAY 4th May YORK SUITE

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### DR PAUL HOKEMEYER AND MICHAEL ROWLANDS 9.30 - 11.00AM PRIVILEGE, ADDICTION AND DIVORCE - WORKING WITH FAMILIES WITH ADDICTION AND BEHAVIOURAL ISSUES

Whilst addictions and behavioural issues are isolating, they do not occur in isolation. To be successfully treated, they must be addressed in their proper cultural and clinical frame. When families of privilege present for treatment, clinicians are often ill prepared to deal with issues that arise from the power dynamics inherent in them. In this practical presentation, Michael Rowlands, one of the UK's leading family lawyers, will discuss his experience of working with "the difficult ones"; addicts, co-dependants, narcissists and the ornery in the context of domestic law proceedings. Dr. Paul Hokemeyer will present his research on elite patient populations, and provide participants with practical guidance on successfully navigating the challenging issues that result from an elite and inherently narcissistic family system.

Paul is an internationally recognized expert on treating the clinical issues that arise at the intersection of wealth, power, celebrity and behavioural health. He worked as a corporate attorney prior to becoming a Psychotherapist. He appears regularly as an expert on The Dr. Oz Show, Good Morning America, Fox News, CNN, and Al Jazeera America. He is frequently quoted in a host of media outlets including The New York Times and The Wall Street Journal.

Michael is a partner at internationally recognised law firm Kingsley Napley LLP. He specialises in family law, including children, money and nuptial agreements. With 30 years' experience, he is renowned for his exceptional client care skills and results in supporting people at highly sensitive and difficult times in their lives. He regularly acts for complex families where wealth is often intergenerational and multijurisdictional. Michael is recognised as a Leading Individual in Chambers UK and a Prominent Figure in Citywealth's Leaders List.

Hosted By Kingsley Napley LLP



### REV JACK ABEL 11.30 - 1.00PM RECLAIMING THE SPIRITUAL VOICE: CONTEMPORARY ADDICTIONS TREATMENT AND THE DISCIPLINE OF SPIRITUAL CARE

A tension exists between medicine and "recovery" movements around the meaning and role of spirituality in the establishment and maintenance of wellness for those who suffer from addictive disorders.

First, how is spiritually best conceived for these populations, and what distinguishes the discipline of spiritual care psychology, medicine, and other disciplines or practices? In this presentation the issues of credentialing, training, and competencies spiritual care staff in an addiction disorder setting are explored. Established models can be adapted from other settings. These offer a strong body of best practices, including contributions to treatment planning and consultation, address of persons from diverse or atheistic perspectives, and specific spiritual care practices including prayer, meditation, ritual, and assembly. The workshop advocates an inclusive rather than faith-centered approach suitable for application in public and private secular contexts, although the presentation of professional, integrated, patient-centered care can certainly be extended to faith-based settings.

Rev. Jack is the Director of Spiritual Care at Caron Treatment Centres, Pennsylvania USA. He provides leadership in the integration of interfaith spirituality with other disciplines across the continuum of treatment. Rev. Jack received his Master of Divinity summa cum laude from Wesley Theological Seminary in Washington, DC in 1998.

Hosted by Caron Renaissance and Ocean Drive



### PANEL 2.00 - 3.30PM - HOSTED BY MIKE TRACE IF YOU CARE ABOUT RECOVERY, YOU SHOULD SUPPORT DRUG POLICY REFORM

"From April 18 to 21, the world will come together to talk about drugs. The United Nations will host a General Assembly Special Session on Drugs (UNGASS), the most significant high-level international drug policy event in almost two decades. At the last UNGASS in 1998, the international community met under the slogan "A drug free world - We can do it!" and committed itself to this unrealistic goal. Fortunately, we've come a long way since then. Influential voices from around the world are calling for new approaches to drug policy, countries and cities are experimenting with innovative reforms, and a global movement has emerged calling for an end to the failed prohibitionist policies of the past.

Our UKESAD panel will look at this and how it affects us in the UK in a lively discussion panel where the delegate audience will be able to ask questions. Mike Trace will be joined by:

**PROFESSOR DAME CAROL BLACK** DBE, FRCP, FMedSci is Principal of Newnham College Cambridge, Expert Adviser on Health and Work to the Department of Health England and to Public Health England, and Chairman of the Nuffield Trust for health policy. She is also a member of the Welsh Government's Bevan Commission on health in Wales, Chair of the RSSB's Health and Wellbeing Policy Group, and a member of PwC's Health Industries Oversight Board.

**JOHANN HARI**, was twice named National Newspaper Journalist of the Year by Amnesty International, was named Gay Journalist of the Year at the Stonewall Awards -- and won the Martha Gellhorn Prize for political writing. For his book Chasing the Scream, he spent three years researching the war on drugs and questioning the ways in which we treat addiction.

**LISA BRYER**, a Recovery Ambassador and an active trustee for various charities, including Action on Addiction and 'Off the Street Kids'. She is also a Governor of the London Film School and serves on the Film Committee at BAFTA. A hugely successful film producer, In 2007 Lisa took time out to be a mum to her twin teenage boys. She returned in 2010 to Executive Produce Mandelson, The Real PM? for director Hannah Rothschild.

**MIKE TRACE**, has a wide range of experience in the field of drug treatment and policy, including the Deputy UK Anti-Drug Co-ordinator (National Drug Czar) in 1997, he was also the Chairman of the European Union drugs agency, the European Monitoring Centre on Drugs and Drug Addiction (EMCDDA). In 2002, he was Chief for Demand Reduction Section at the United Nations Office on Drugs and Crime in Vienna. His current leadership roles are as Chief Executive of RAPT; providers of drug treatment services in the UK prison system, and as Chairman of the International Drug Policy Consortium (www.idpc.net), a global network of NGOs with an interest in the promotion of humane and effective drug policies.

Hosted by RAPT





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## WEDNESDAY 4th May LANCASTER SUITE

### PAULA HALL 9.30 - 11.00AM

#### SEX ADDICTION - THE PARTNER'S PERSPECTIVE

One of the first concerns of many sex addicts who present for therapy is how to save their relationship. Partners are often traumatized by the betrayal, and the misplaced diagnosis of being seen as co-dependent adds insult to injury. This presentation will help professionals to understand partner's needs and provide strategies to work with partners. The controversy of co-dependency within this client group will also be explored and tools provided to offer an alternative approach.

Paula is the author of *Understanding & Treating Sex Addiction* (Routledge 2013) and *Sex Addiction - The Partner's Perspective* (Routledge 2015). Paula provides individual therapy and support groups for partners as well as for those with sex addiction and she is the course director on the Accredited Diploma in Sex Addiction Counselling.



### DR MARK COLLINS & MICHELE MORPHITIS 11.30 - 1.00PM

#### THE ADDICTION BUG - THE IMPORTANCE OF THE GUT BIOME

Addiction as a brain disease?... Much neuroscientific research focuses on the chemical mechanisms in the brain, particularly involving dopamine (the 'pleasure reward pathway') and endorphins. Today there is increasing awareness of the importance of gut bacteria (the 'gut biome') functioning as, effectively, a body organ. Mounting evidence suggests this 'organ' has profound effects on brain function, and is relevant in depression, anxiety, addiction and obesity. This presentation unravels 'gut biome', offering exciting future treatment possibilities for addictive disorders.

Mark MA MBBS MRCP MRCPsych; specialisms include, Addictions, Bi-polar disorder, Psychopharmacology and Trauma. He graduated from Oxford University and qualified in Medicine in 1976. Michele Morphitis is a Psychotherapist and Manager of the Addiction Treatment Programme at the Priory Hospital Roehampton. Previously Michele worked for 15 years as a BBC director.



### KATIE GREGORY, HEATHER HAYES AND JOHN McCANN 2.00 - 3.30PM

#### HIDDEN INTERVENTION PITFALLS: AN EXPERT PANEL DISCUSSION ON WHEN TRADITIONAL INTERVENTION PROTOCOLS NO LONGER APPLY

An international panel of experts open a discussion on safe and secure intervention with individuals when previously undisclosed conditions manifest. Whether it is Dementia, Anorexia Nervosa, Delusional Disorder, Paranoid Schizophrenia, or any psychiatric disorder, traditional intervention protocols do not apply. Hosted by Katie Gregory mental health expert and joined by Intervention leaders Heather Hayes and John McCann.

Katie, Certified Intervention Professional, has been working in the mental health and chemical dependency field for the past 20 years. Katie started her career as a social worker for family services, and has been an SED and LD teacher for the Los Angeles School District.

Heather is a Masters Level Licensed Counsellor, Certified ARISE Interventionist and Board Registered Interventionist (CIP), and co-founder of RpM (Recovery Program Management). Heather is currently in private practice in Atlanta, Georgia, and on the staff of Linking Human Systems, LLC and LINC Foundation, Inc.

John is CEO of ARK Interventions, specialist consultants in Intervention, Sober Guardian, Family Support and Recovery Assistance Programme and he is a Treatment Advisory Specialist.



## WEDNESDAY 4th May VICTORIA SUITE

### MARY PARKINSON 9.30 - 11.00AM

#### RECOVERY AND YOGA, YOGA AND RECOVERY - HOLISTIC HEALING

In active addiction, the body, the mind and the heart/spirit become completely disconnected from each other. One of the easiest ways to start to link them is through the breath - the breath is the focus. This active presentation will demonstrate how the foundation of the link between yoga and recovery is simple.

Mary qualified as a yoga teacher in 1999. In 2008 she held her first Recovery Yoga workshop. She has taught Recovery Yoga at the Evolve Wellness Centre in South Kensington since 2010



### GILLIAN BRIDGE 11.30 - 1.00PM

#### RESILIENCE - THE GIFT THAT KEEPS ON GIVING

Gillian Bridge takes on the 'industry' that has grown around addiction, challenging many givens. This session will consider the work of resilience pioneer Walter Mischel; What is resilience, neurobiologically, and how can it help prevent 'disease'? Where does dopamine fit into the picture? The role of dopamine is key and it has a large part to play in language, too. This crossover function will be examined and the dopamine/language influence on addictive states will be highlighted. Leading to...is there a language route that leads to addiction and one that leads away from it?

Gillian brings more than her experience as a qualified Addiction Therapist to this session. Qualified also as an English teacher and lecturer, she has worked in Education in prisons as well as in Drug and Alcohol services; but on the other side of the behaviour coin, also with City CEOs and with Sandhurst academics.



### DR. ROBERT LEFEVER 4.00 - 5.30PM - ALBERT SUITE

#### NEUROTRANSMISSION DISEASE

Neurotransmission disease is how Robert Lefever describes addiction in any form. He sees addiction as having three causes: genetic predisposition, trauma that sets up a craving for mood-alteration and exposure to substances, processes and relationships that work in changing the mood and lift the innate sense of inner emptiness. Treatment therefore also has to be in three phases - in reverse order. Robert Lefever set up the first rehab in the world to treat all addictive behaviours and, non-medically, the sense of inner emptiness that underlies them. I trained 30 counsellors and treated over 5,000 inpatients.



### CATHERINE GREGORY 4.00 - 5.30PM

#### ART PSYCHOTHERAPY IN ADDICTION TREATMENT - AN INTERPERSONAL APPROACH

This presentation will describe how art psychotherapy is integrated into residential treatment. It will demonstrate how the process of creating images, and the subsequent processing of them in an interpersonal context, can enhance the client's recovery experience and strengthen understanding of each other. It gives the client the opportunity to transform how they think about themselves and to gain new insights into how they are perceived by others. Catherine studied Fine Art at Camberwell School of Art in the early nineteen seventies and has been a practicing artist since then. She qualified as an Art Psychotherapist in 1998 and has worked with a varied client group in diverse settings. These have included children and adolescents in the NHS, community adult mental health, a hospice and a therapeutic community for the priesthood.



Hosted by Action on Addiction





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## WEDNESDAY 4th May ALBERT SUITE

## ASK THE EXPERTS!

### FIONA GILBERTSON AND SUZANNE SHARKEY 9.30 - 11.00AM RECOVERING JUSTICE PANEL

Recovering Justice was founded by people in recovery from substance use who believe that the criminalisation and stigmatisation of people who use drugs is inhumane, ineffective counterproductive and costly. Backed by international evidence and informed by personal experience we take the position that the current drug policies at a national and international level are one of the greatest barriers to getting into and maintaining long term recovery.

Fiona is co-founder of Recovering Justice. She has over 25 years of experience of advocacy in HIV and sex work and believes that the fundamental way to tackle stigma and discrimination is through policy change.

Suzanne Sharkey is a co-founder of Recovering Justice. She is a UK spokesperson for LEAP law enforcement against prohibition.

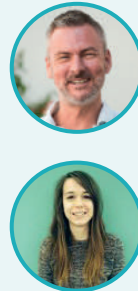


### JAMES PARKER AND HATTIE MOYES 11.30 - 1.00PM HEALTHY ON THE INSIDE – HEALTH AND ADDICTION IN PRISONS

Learn about RAPT's initiative to pilot a new approach to prescribing substitute medication in prison, Scripting for Recovery, where the goal for clients is to become abstinent through a commitment to reducing medication. In addition methods to improve outcomes for prisoners with Dual Diagnosis will be discussed, based on the findings from RAPT's latest research paper. RAPT (Rehabilitation for Addicted Prisoners Trust) currently works in 26 prisons and six community projects across the country.

Hattie is the Research & Development Manager at RAPT. Hattie holds a BSc (Hons) in Psychology from the University of Southampton and an MSc in Forensic Psychology from the University of Surrey.

James is the Head of Services for RAPT. James has been overseeing the Health Champions Scheme and the development of RAPT clinical services to promote Prescribing for Recovery across the organisation.



### HILARY BETTS 2.00 - 3.30PM PIT - UNLOCKING RECOVERY

The consequences in adulthood of childhood trauma are disconnection, hurt, hopelessness, helplessness, and a sense of being at war with oneself. Hilary will present her work with Pia Mellody's pioneering Post Induction Therapy Model in an honest, emotional and revealing style, demonstrating how exploring the origins of childhood trauma helps address carried shame and feelings, the core symptoms of co-dependency, addiction and the consequences of perfectionism.

Hilary received her Master of Science degree in Addiction Psychology and Counselling from the University of Greenwich in 2006. Also in 2006 she further trained in Post Induction Therapy and with Pia Mellody on Inner Child and Trauma/Shame Reduction, followed by intensive training for Sexual Addiction with Maureen Canning. Hilary works with 'Survivors' of Childhood Abuse/Trauma, treating individuals, couples, and families.

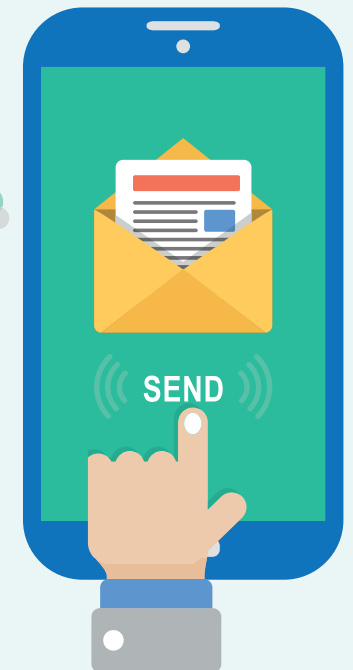


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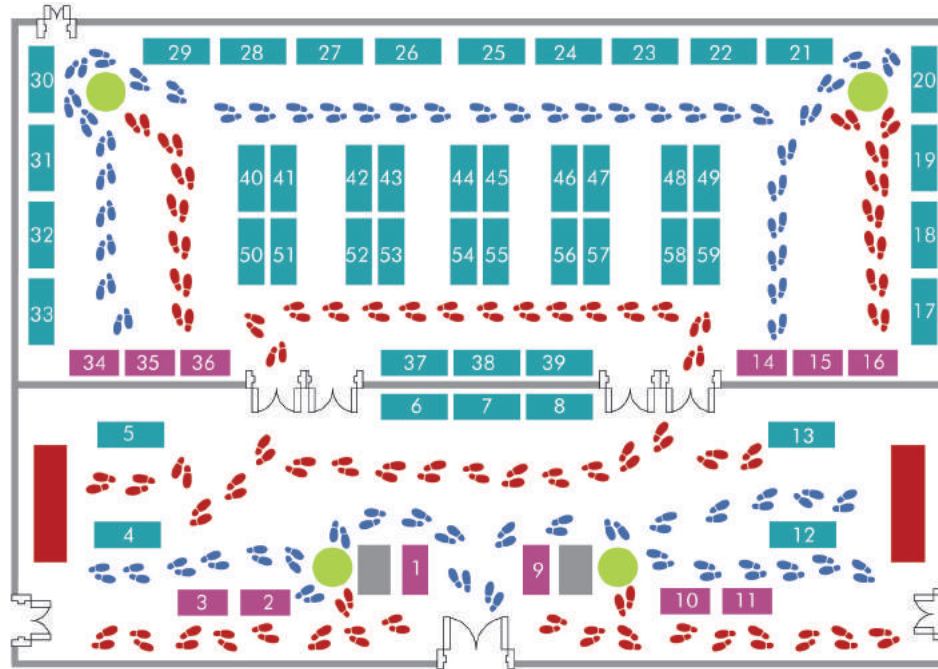






# UKESAD 2016 FLOOR PLAN

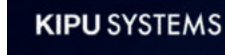
# UKESAD 2016 EXHIBITORS



- 1. Caron Renaissance
- 2. Sanctuary Lodge
- 3. The Manor Clinic
- 4. Khiron House
- 5. Broadway Lodge
- 6. Onsite
- 7. Spirit2Spirit
- 8. The Cabin
- 9. The Psanctum
- 10. Gladstones
- 11. Gladstones
- 12. Ibiza Calm
- 13. RAPt
- 14. Innisfree Therapy
- 15. Hazelden
- 16. Hazelden
- 17. Paula Hall
- 18. BACP
- 19. The Kripa Foundation
- 20. Constellation BH
- 21. Yes We Can Youth Clinic
- 22. Prinsted

- 23. Kingsley Napley
- 25. Addcounsel
- 26. Oasis Recovery Communities
- 29. Dara Thailand
- 32. Narcotics Anonymous
- 35. Humble House Publishing
- 36. The Bridge to Recovery
- 40. Origins Recovery
- 47. Outside Edge
- 49. San Nicola
- 50. Vincere-Huguenot

- 51. Action on Addiction
- 52. Crossroads Antigua
- 53. The Manor
- 54. Southworth Associates
- 55. The Hudson Clinic
- 56. Kipu Systems
- 57. Foundations Recovery Network
- 58. Cirque Lodge
- 59. ARK Interventions





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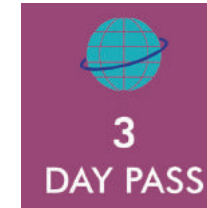


AddictiveDisordersEvent

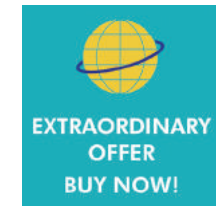
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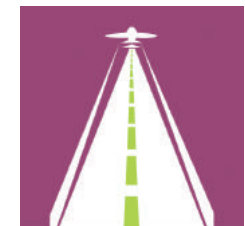
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