

Programme

The BDD Foundation and OCD Action
Joint Virtual Conference

Saturday 26th June 2021



ocdaction

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

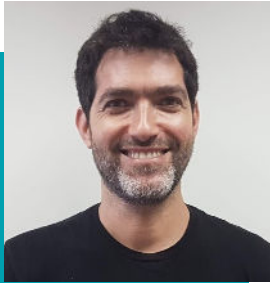
Support Room

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|--------------|---------------------|--|
| 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 |
| | | OCD support group |
| 15:00 | Support Groups | Trichotillomania and Dermatillomania support group |
| | | BDD support group |



Our keynote speakers, presenting on and answering questions about OCD, BDD and BFRBs

Professor Guy Doron



Guy is a clinical psychologist, researcher and senior lecturer at the School of Psychology at the Interdisciplinary Center (IDC) Herzliya. His main areas of interest include the understanding and treatment of relationship obsessive disorder (ROCD) and the development of mHealth applications for improving various mental health difficulties including body image distress, low mood and obsessive compulsive symptoms.

Changing our inner monologue using a mobile application: The case of body image distress

Our inner monologue – the way we interpret our world, others and ourselves – impacts our mood and behaviours. A rigid inner monologue that revolves around very limited and specific themes may increase vulnerability to psychopathology. For instance, an inner monologue centering on the importance of appearance for success or for being loved and on fear of being judged by others may increase vulnerability to body image related distress. In this talk, I will discuss the role of our inner monologue in psychopathology and in body image related distress. I will then discuss how short, quick and simple training exercises on a mobile app we've developed may reduce rigidity and increase flexibility of individuals' inner monologues. I will also present findings from several studies showing use of this mobile app may increase body appreciation, reduces body image distress and promotes resilience to body image related triggers.

Professor David Nutt



David is a psychiatrist and the Edmond J. Safra Professor of Neuropsychopharmacology in Imperial College London. He has made many landmark contributions to psychopharmacology including GABA and noradrenaline receptor function in anxiety disorders, serotonin function in depression, endorphin and dopamine function in addiction and the neuroscience and clinical utility of psychedelics.

Psilocybin for OCD? The Imperial College treatment trial

David will focus on the brain science that helps to explain why people develop OCD. He will explore the new brain science of psychedelics and how they are being used in a number of psychiatric disorders, including in a new trial for OCD at Imperial College London.

Dr Amita Jassi



Amita is a Consultant Clinical Psychologist at the National and Specialist OCD, BDD and Related Disorder Service for Children and Young People (South London and Maudsley NHS Trust). She is the lead for the BDD branch and the research lead for the clinic. Her research interests include OCD, BDD and related disorders; phenomenology, factors affecting treatment outcomes, developing and improving treatments for these conditions, impact of ethnicity on access and treatment, family accommodation, ASD, multi-family group.

OCD and BDD do not discriminate: exploring presentation and barriers to accessing services in ethnic minorities

This talk will examine the rates and characteristics of OCD and BDD across different ethnic groups. It will then explore research on barriers ethnic minorities face in accessing mental health services. This will link to the talk by Dr Gazal Jones who will share a project to discuss initiatives to challenge these barriers.

Dr Gazal Jones



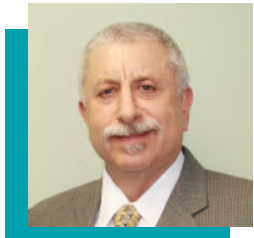
Senior Clinical Psychologist at the National and Specialist OCD, BDD and Related Disorders Service for Children and Young People at the Maudsley Hospital in London. Diversity representative and lead on initiatives to help improve the experience of families from ethnic minorities and considering aspects of diversity in OCD assessment and treatment.

Improving knowledge and help seeking for OCD in ethnic minorities: service initiatives and learning points

This talk will describe the initiatives taken by the national and specialist OCD, BDD and related disorders clinic to address the barriers to accessing services in ethnic minorities described in Dr Amita Jassi's talk. This talk will detail the community interventions delivered by the clinic including community stalls and teaching events to increase knowledge and help seeking for OCD. Particular attention will be paid to feedback by community members and learning points. There will also be brief mention of the relevance of these initiatives to BDD.

Followed by a live Q&A session with Guy, David, Amita, Gazal, and Rob Willson

Dr Fred Penzel



Licensed psychologist, has specialised in the cognitive/behavioural treatment of OCD since 1982. Executive director of Western Suffolk Psychological Services in Huntington, New York, a private treatment group specialising in OCD and related problems. He has authored "Obsessive-Compulsive Disorders: A Complete Guide To Getting Well And Staying Well," and also "The Hair Pulling Problem," a trichotillomania self-help work.

Treating Body-focused Repetitive Behaviors – A Comprehensive Approach

Although Body-focused Repetitive Behaviours (BFRBs) such as Hair-Pulling Disorder or Excoriation Disorder may appear similar across individuals as a group, there is actually great deal of variability from person-to-person in how the behaviours are carried out, and also in terms of the many factors that influence each individual's behaviours. These are not simple habits that respond to single-method one-size-fits-all approaches. Successful treatment requires what we would term a Comprehensive Approach. It starts with a detailed functional analysis of the individual's behaviours and then uses this information to tailor an effective and targeted treatment plan that is unique to that individual. This talk will present an overview of the rationale and framework for this approach, and how it can best be put into practice.

The TLC Foundation

The world's leading authority on BFRBs (Body-Focused Repetitive Disorders) that affect at least 5% of the population. The foundation provides a community of support; referrals to treatment specialists and resources; trains clinicians to recognize and treat BFRBs; and directs research into causes, treatment, and prevention.

Living with BFRBs

Join us for an honest discussion of living with a Body-Focused Repetitive Behaviour. Our four panellists will share their stories of coping with trichotillomania (hair pulling disorder) and skin picking disorder. How do these disorders impact our lives? What has helped? How do we explain our problem to friends and family? How to find treatment and support resources? Expect an intimate and practical conversation with four people who truly understand BFRBs from the inside out.

Jennifer Raikes



Active member of the BFRB community for over 25 years. She is Executive Director of The TLC Foundation for BFRBs. Producer and director of the award-winning documentary, Bad Hair Life.

Pavitt Thatcher



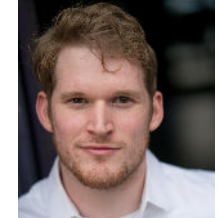
Ambassador and leader of the UK and US BFRB communities. She is the facilitator for the UK peer support group. Mental health support worker for the Priory Group and a life skills and recovery worker for East London NHS Foundation Trust.

Natasha Willson



25 and about to complete my final year at university studying illustration/ animation. I have multiple BFRBs and BDD. Recently, I began to design characters with features that my BDD likes to focus on.

Michael DeCoursey



Educator and performing arts professional based out of NYC. A proud member of the BFRB family and primarily picks from his skin and nails. Serves on TLC's IDEA committee, (Inclusion, Diversity, Equity and Accountability)

Followed by a live Q&A session with Fred and the TLC Foundation

Professor Mark Freeston



Mark is a professor of clinical psychology at Newcastle University. He has worked for almost thirty years in Quebec and Newcastle on the understanding and treatment of anxiety disorders from a CBT standpoint. Particular interests are Obsessive Compulsive Disorder and Generalized Anxiety Disorder.

Uncertainty in obsessive-compulsive and body dysmorphic disorders

Over the last decade, there has been a shift in our understanding of anxiety disorders and indeed OCD and eating disorders. We may have overlooked the role of uncertainty in our understanding and treatments, which are mostly based on addressing the anxiety associated with “the worst that could happen”. Recent developments, and our own research at Newcastle, is additionally highlighting the role of “not knowing what will happen” across anxiety disorders, OCD, eating disorders and now BDD.

Mark will address how this informs current approaches to treatment. For example, people can start to distinguish between situations where emotional and bodily signals mean “I just don’t know, and I need to wait and see” versus “something is definitely wrong / dangerous here, I must do something now”. We call this “Making friends with uncertainty”. This means engaging with all aspects of life, not just those affected by OCD or BDD, enriching life and building the energy and drive to tackle these difficult mental health problems.

Professor David Veale



David Veale is a Consultant Psychiatrist in Cognitive Behaviour Therapy at the South London and Maudsley NHS Trust. He is also a Visiting Professor at the Department of Psychology, King’s College London. Professor Veale specialises in OCD, BDD, health anxiety and a specific phobia of vomiting (emetophobia). David co-authored the best-selling self-help book ‘Overcoming Health Anxiety’ with Dr Rob Willson.

Getting the most from exposure and behavioural experiments in OCD and BDD

The recommended approach for Cognitive Behaviour Therapy is one that includes exposure and prevention. The devil however is in the detail, and in this talk I try to consider the optimum way of conducting exposure and ritual prevention. Is it different to a behavioural experiment? What are anti-OCD tasks? What are safety seeking behaviours and how do they interfere in progress? What is the role of courage? How does one do exposure to obsessions without physical compulsions?

Followed by a live Q&A with David

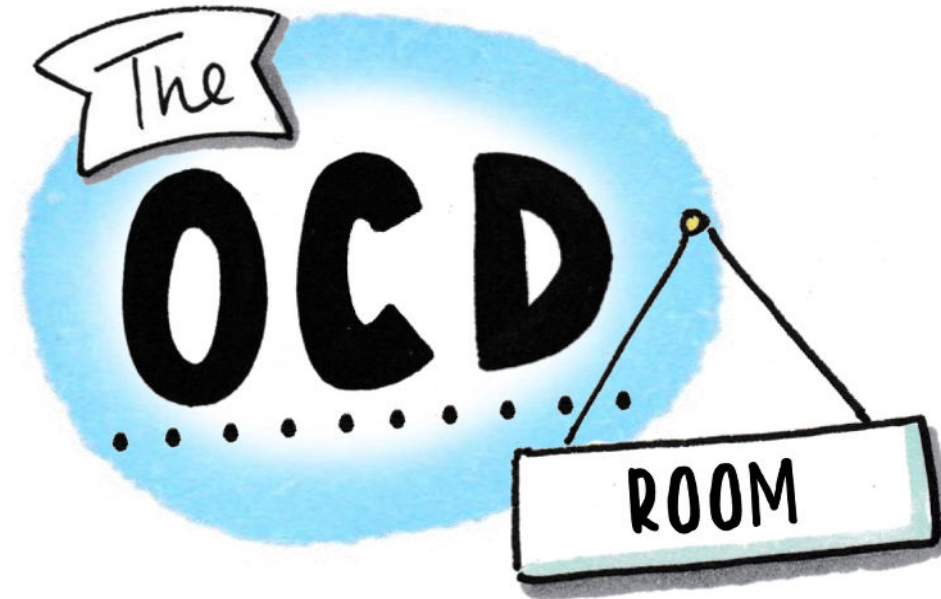
Jack Pridmore Inspirational Speaker



A participant of BBC Three’s ‘Extreme OCD Camp’ in 2013, Jack has extensively written and spoken about OCD in the national press and TV, including Time to Change, BBC Breakfast and The Victoria Derbyshire Show. Now the CEO of UK-wide disability charity, The Accessful Foundation, Jack is the author of ‘Life On The Other Side’, a two-in-one book about recovery (with proceeds to OCD Action) and a public speaker and business consultant.

Defining Your Own Recovery

A personal story of recovery from a reformed recovery sceptic: how I discovered that recovery was nothing like I believed it was, and how it was far more attainable than I’d ever imagined, and far more worth it that I’d ever dreamed.



A space for anybody affected by or interested in Obsessive Compulsive Disorder. Featuring clinicians, researchers, podcasters, advocates, and OCD Action's very own Helpline!

Maternal OCD

Q&A: Dispelling the myths of perinatal OCD

This session will focus on answering pre-submitted and live questions from anyone impacted by perinatal OCD from a blended clinical and service user perspective, and also include an introduction to perinatal OCD.

Maternal OCD raises awareness of perinatal OCD to healthcare professionals, mums to be/new mums, researchers and national decision-makers. They provide information and support to mums and their families and encourage and support perinatal OCD research.



Maria Bavetta: Co-Founder

Working for the Maternal Mental Health Alliance, Maria supports the call for all women in the UK with perinatal mental health problems to receive the care and services they and their families need. She has sat on the Health Education England Perinatal Mental Health Advisory group and the NICE Guideline Development Group for Antenatal and Postnatal Mental Health. She was chair of OCD-UK for a four year term.



Diana Wilson: Co-Founder

Diana has presented on OCD sufferer experience and worked to support those affected by the disorder for the past twelve years. She has been published in 'The Times', 'The Mail on Sunday', other newspapers and magazines, spoken on the radio, and has appeared on ITV and the BBC. She has been a trustee of OCD-UK and has sat on the perinatal faculty of the Royal College of Psychiatry.

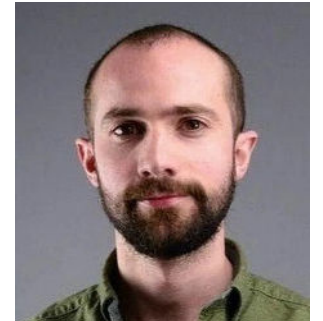


Dr Fiona Challacombe: Patron

Fiona is a researcher and clinical psychologist working at King's College London and the Maudsley Centre for Anxiety Disorders and Trauma. She is part of a National Specialist service treating severe and complex OCD and leads a sub-service in perinatal anxiety disorders for mothers and fathers. Fiona carried out the first randomized trial of CBT for perinatal OCD, while researching the impact of perinatal OCD on Mothers. She has co-authored the self-help book 'Break Free from OCD' and a therapist guide for treating OCD.

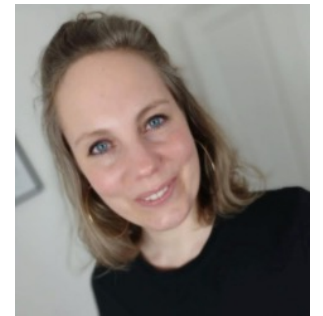
Stuart Ralph

Stuart is a child and adolescent psychotherapist. He founded and hosts The OCD Stories podcast. In 2018 he ran the first UK camp for people with OCD, based in Surrey.

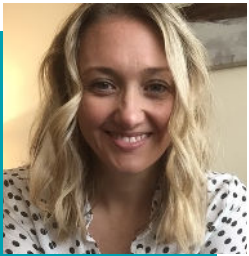


The OCD Stories

Stuart Ralph will interview UK advocate for OCD, and maternal OCD Catherine Benfield. The OCD Stories podcast has been downloaded over 3.5 million times since 2015 in over 100 countries. The weekly show's goal is to be educational and inspirational. This live interview with Catherine aims to be no different, well, with the exception that because it's live you can now ask questions. Hope to see you there!



Dr Kimberley Quinlan



Kimberley is a licensed Marriage and Family Therapist in the State of California and the founder of CBTschool.com, an online platform that provides courses for those with Obsessive Compulsive Disorder and Body-Focused Repetitive Behaviours who do not have access to mental health care. Kimberley is the host of Your Anxiety Toolkit Podcast.

It's a beautiful day to do hard things

As we return back to “the new normal” since COVID-19, it is natural to want to seek safety and hide from the things that scare us. However, it is crucial that we all embrace our discomfort and remember that fear only gets stronger when we resist, avoid or fight it. During this presentation, participants will gain powerful skills and tools to help them lean into their fears and practice self-compassion, instead of self-judgment and self-punishment.

Dr Patricia Zurita Ona



Dr. Z. is a clinical psychologist, specialising in working with those struggling with OCD, anxiety, perfectionism, procrastination and fear-related struggles. Dr. Z is the founder of East Bay Behavior Therapy Center, where she runs an intensive program integrating Acceptance and Commitment Therapy (ACT) and Exposure Response Prevention (ERP). She has authored and co-authored many books and workbooks on ACT.

Living beyond OCD: Acceptance and Commitment Therapy

If you're dealing with OCD or any other form of anxiety, no matter where you're in treatment, and no matter how familiar you are with exposure-based exercises, this webinar will show you how Acceptance and Commitment Therapy (ACT) fills the gap between where you are and where you want to go. Dr. Z, will share three ways in which ACT skills are extremely helpful when dealing with OCD:

1. How to make every exposure count
2. What to do with your busy mind
3. How to augment your exposure exercises

Dr Ailsa Russell



Dr Ailsa Russell is a Reader in Clinical Psychology at the Centre for Applied Autism Research, Department of Psychology, University of Bath. She has held clinical posts in NHS national specialist and community-based adult autism services.

OCD in the context of Autism

OCD frequently co-occurs with Autism or Autism Spectrum Conditions. Autism is characterised by social communication difference and a repetitive or restricted pattern of behaviour and activities. In this talk I will discuss how Autism can impact the clinical assessment and treatment of OCD. There will be a focus on cognitive behavioural interventions and how these have been successfully adapted.

OCD Action Helpline



The OCD Action Helpline and Email Service is an unbiased source of information and support for people with OCD and the people in their lives. The service offers a safe and understanding space where anyone can find out more about the conditions, what can help, and how to access the right support for them. Cecilia is the helpline assistant, supporting project administration, service delivery, and volunteer supervision. They also manage information development for OCD Action, having recently updated most of the resources on our website. They have a history of working and volunteering in various roles around mental health and disability support.

Navigating Services

Cecilia will talk through how the helpline can be accessed through calling and emailing, and what support you can expect if you contact the service. They will also talk through some of the information covered by the helpline, giving an overview of what treatment and support people with OCD are entitled to, and explaining how to use the treatment guidelines and disability legislation to access these.

Professor Paul Salkvoksis



Paul is a clinical psychologist who has worked on the understanding and treatment of OCD for his entire working life, which is quite a long time. He led the SLAM and National NHS outpatient OCD service for its first ten years. He is Director of the Oxford Centre for Psychological Health. He considers that OCD can be treated, but knows that the longer term effects of having untreated OCD are particularly hard to overcome.

Does Freedom Beckon: As lockdown eases, what happens next for those experiencing OCD?



A space for anybody affected by or interested in Body Dysmorphic Disorder. Featuring clinicians, researchers, podcasters, advocates, and OCD Action's very own Helpline!

Dr Sabine Wilhelm



Professor at Harvard Medical School, and Chief of Psychology as well as Director of the Centre for OCD and Related Disorders at Massachusetts General Hospital. Dr. Wilhelm is recognized as a leading researcher in OCD and BDD. Her recent research focuses on the use of cutting-edge technology to improve and personalize mental health care for a range of mental health concerns.

Recent advances in the cognitive behavioural treatment of body dysmorphic disorder

Body dysmorphic disorder (BDD) is a severe and common body image disorder characterized by a preoccupation with a perceived or slight flaw in appearance. The purpose of this presentation is to provide information on empirically-validated cognitive-behavioural interventions designed to help individuals with BDD. Dr. Wilhelm will review a range of therapeutic techniques including cognitive strategies for delusional and non-delusional BDD, strategies to address low self-esteem and over-importance of appearance, strategies to reduce common BDD behaviours (e.g., comparing themselves with others, avoidance behaviours) and attentional retraining. The presenter will also briefly review the latest treatment outcome research conducted in her program, including the results of a recently completed smartphone-based treatment for BDD.

Dr Georgina Krebs

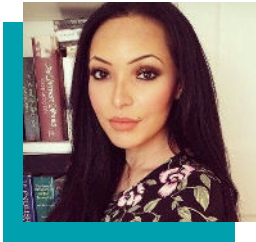


Principal Clinical Psychologist and Research Lead at the National and Specialist OCD, BDD and Related Disorders Service for Children and Young People at the Maudsley Hospital. Her research interests include developing novel, evidence-based methods for delivering CBT for OCD and BDD in young people and understanding factors that interfere with recovery in order to inform the development of new treatment approaches.

'The devil is in the detail': Detail-focussed processing in body dysmorphic disorder and anorexia nervosa

Body dysmorphic disorder shares many features with eating disorders, such as anorexia nervosa. Previous research has found that people with anorexia nervosa show a tendency to focus on detailed features within visual images, and this means that they sometimes struggle to see 'the bigger picture'. This is an important issue because a detailed-focussed processing style could fuel appearance concerns and poor body image. In this talk I will summarise our recent research looking at whether body dysmorphic disorder, like anorexia nervosa, is linked with this detailed-processing style. I will also discuss potential implications for treatment and recovery.

Dr Shioma-Lei Craythorne



Shioma-Lei is a researcher in Psychology within the Institute of Health and Neurodevelopment at Aston University, UK. Her doctoral work focused on exploring the experience of living with BDD, and she is particularly interested in phenomenology of the body and using creative methods to help people express complex and distressing experiences.

Using creative methods and phenomenology to explore the experience of coping with Body Dysmorphic Disorder

Coping with Body Dysmorphic Disorder is a highly personal and varied experience. It can be extremely difficult to explain what it is like to live with its symptoms, especially to people who may not be familiar with BDD. In this talk, I will present some of the research data produced by people who kindly took the time to take part in my doctoral studies. I asked them to visually represent their experiences of BDD on a bad day and on a more manageable day. They then took part in follow-up interviews where we discussed their visual creations and BDD experience in more depth. Through a combination of the written word and creation of artwork, it was possible for people with BDD to find ways to express their thoughts, feelings, and experiences more clearly and tangibly.

Dr Rob Willson

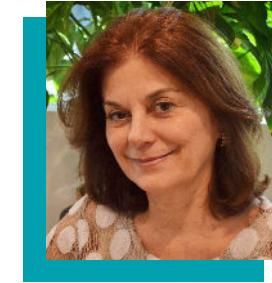


Rob is a cognitive behaviour therapist based in North London, with a special interest in OCD, BDD and Health Anxiety. He is the chair Body Dysmorphic Disorder (BDD) Foundation. Rob has co-authored several books, including the bestselling 'Cognitive Behavioural Therapy for Dummies' and 'Overcoming Obsessive Compulsive Disorder'.

Coronavirus: the impact and process of emerging from Lockdown

Rob will give an overview of some of the things learned about the impact of Covid-19 on people with obsessional and anxiety problems and some ideas about using CBT-principles to help with moving forward.

Dr Fugen Neziroglu



Fugen is the co-founder and Executive Director of the Bio Behavioral Institute in Great Neck, New York. She has dedicated her life to the study of OCD and Related Disorders, pioneering in the intensive outpatient cognitive behaviour therapy and pharmacological treatments. She has published over 14 books and published over 175 papers. She is on the Scientific Advisory Board of the IOCDF and ADAA and a frequent presenter on the related disorders nationally and internationally.

Application of the CBT Model to Treatment

Danny Gray



Founder of the UK's leading men's makeup brand, War Paint For Men. As someone who has suffered with BDD for 20 years, War Paint is a movement to eliminate the stigma surrounding men wearing makeup and give men access to tools that can help them feel more confident. Danny will soon introduce JAAQ, 'Just Ask A Question', a free virtual site for seeking reliable information about a wide range of mental health conditions.

Google of Mental Health

'I will be discussing the need for people to be able to access information in a new, organic way about mental health topics, including BDD. The importance of understanding an illness and how it can affect people, and also those supporting them, is key when trying to deal with it. Google and getting access to the right doctor who can answer your questions is so difficult. I have created a platform called JAAQ that I think can help solve this problem. I will also talk about my own journey and how it changed my life.'

Dr Katharine Phillips



Dr. Phillips is Professor of Psychiatry, Dewitt Wallace Senior Scholar, and Residency Research Director at Weill Cornell Medical College, and Attending Psychiatrist at New York-Presbyterian/Weill Cornell Medical Center in New York City. Her pioneering research on BDD has identified and elucidated many important aspects of this common and severe disorder, and she has developed and tested treatments, both medication and therapy, for BDD.

How to Successfully Treat Body Dysmorphic Disorder with Medication

Body dysmorphic disorder (BDD) can often be effectively treated with certain types of medication. Medication and cognitive-behavioural therapy that is tailored to BDD are the only two evidence-based treatments for BDD. For medication to be effective, the correct medication, dosing, and trial duration are needed. This presentation, by Dr. Katharine Phillips, who has conducted most of the published medication studies of BDD, will review first-line medication approaches for BDD, including dosing and trial duration. She will also discuss next-step options if a first-line medication is not adequately helpful. In addition, Dr. Phillips will review myths about medication, some possible side effects and approaches that may alleviate them if they occur, and other topics such as for how long a helpful medication should be continued.

Get involved with The BDD foundation!



Kitty Wallace

Head of Operations for the BDD Foundation and former trustee. She has lived experience of BDD and started getting involved in fundraising after a relapse left her housebound in her late 20s. She is passionate about raising awareness and building the BDD Community.



Dr Rob Willson

Cognitive behaviour therapist, with a special interest in OCD, BDD and Health Anxiety. He is the chair of The BDD Foundation.



Hannah Lewis

Co-ordinates the peer-delivered group-CBT project for BDD at the Foundation. Researching culturally inclusive prevention strategies for eating disorders and BDD.

Rob, Kitty and Hannah in discussion about new developments at the Charity such as the launch of a new website, a new email helpline and another round of our Structured Support Groups. A thank you to those who have raised money for us this year and a call to action for the community to get involved by fundraising, participating in research projects or sharing their story via our Beating BDD podcast or the media.



A space for our Community to take part in engaging workshops and watch talks and performances on topics ranging from mindful drawing and therapeutic writing to exploring virtual reality experiments!

"I'm Just a Little Bit OCD"

A play
by Ria
Pelling



Ria Fay is a writer, director and performer who trained at East 15 Acting School. Ria has had OCD for most of her life. Ria has a blog called "Obsessively compulsive" and is currently rehearsing for the role of Mina in Dracula by Identity Theatre.

The play, written and directed by Ria, is a semi-autobiographical look at the misconceptions surrounding OCD. The cast; Catarina Thane, Sarah Eakin and Jasmine Hodgson developed the show with Ria. They have performed it in many places, including The Brighton Fringe, and an OCD Action conference.

The show follows Tilly as she starts getting intrusive thoughts about causing harm to her loved ones. The story is told through episodic scenes of her and her sister as they come to terms with Tilly's new reality, alongside brutally truthful, yet comedic monologues performed by Matilda, a podcaster and OCD advocate as she performs her first live show directly to the audience. Tilly comes across the podcast and it is only now, sitting in the audience, watching the first live show of that podcast, that she begins to reflect on her own journey from discovery to diagnosis and finally to recovery.

Liz Atkin



Image credit: Philip Vile

Liz is an artist and educator. She reimagines her Compulsive Skin Picking and anxiety into drawings, photographs and performances, using her mental health advocacy for raising awareness of the disorder around the world. Before the Covid-19 pandemic, she gave away more than 18,000 free #CompulsiveCharcoal newspaper drawings to commuters on public transport.

Mindful drawing - a creative refocus

Liz Atkin shares her lived experience of skin picking and anxiety, and will explain how drawing has become a useful refocus for her wellbeing, leading to advocacy for the disorder. She will lead a mindful and absorbing drawing workshop for wellbeing. Just bring a pen or pencil and a couple of sheets of paper.

Leigh de Vries



Leigh is a visual artist and mental health advocate. BDD dominated her life for more than 25 years. Exploring her condition through art, Leigh's socially engaged art experiences offer a lens through which to encounter, educate, and understand mental illness. The project has now grown, being featured in a series of international exhibitions, innovative community engagement strategies and education opportunities.

"See Me" - A Virtual Reality Exposure Experience

At the intersection between art, science, and technology and exploring artistic applications of emerging technologies, artist Leigh de Vries will conduct a hybrid talk / workshop around her latest VR art project "See Me"

Dr Nicole Schnackenberg



Nicole is a child, community and educational psychologist; yoga teacher and yoga therapist. She is a trustee of the BDD Foundation and director of the Yoga in Healthcare Alliance. Nicole has authored the books 'False Bodies, True Selves: Moving Beyond Appearance-Focused Identity Struggles and Returning to the True Self' and 'Bodies Arising: Fall in Love with your Body and Remember your Divine Essence'.

Writing Because the Page Listens: An Exploration of Narrative Approaches and Therapeutic Writing in the BDD Journey

'Narrative approaches view mental health struggles, including BDD, as a bid to make sense of painful, oppressive life experiences through 'thin' stories told about the self to the self.

In this session - which will appeal to people with lived experience, loved ones and therapists - we will consider how narrative approaches can be supportive in BDD including a short exploration of creative writing and reading to aid recovery and healing.'

Max Hawker



Maximilian Hawker works in frontline children's social care. He does advocacy work for OCD Action and has been a sufferer of OCD since childhood. In July 2021, his first children's book, Rory Hobble and the Voyage to Haligogen, will be published by Unbound - the book follows an 11-year-old boy with OCD who travels into space with his social worker to rescue his mother.

From Child with OCD to Children's Writer with OCD'

Max's relationship with writing and OCD is complicated, to say the least. As a child, he kept a 'Thought Diary', in meticulous detail, to help him make peace with his intrusive thoughts. As he became an adult, he wrote countless poems, short stories and even an entire book...but deleted them all because of his anxiety. Now, on the verge of releasing his first children's book, which features a protagonist with OCD, Max has come to terms with his often exasperating relationship between writing and his disorder. Join him for a half-hour talk on his journey from awkward teen scribbling out his every thought to fully-fledged novelist approaching publication.

Catherine Benfield



Catherine Benfield is an internationally known OCD advocate and creator of Taming Olivia. She has shared her story far and wide including in some of the biggest publications worldwide BBC NEWS, etc.

She splits her time between campaigning, writing, sharing her story and is currently executive producer of a brilliant new film about OCD.

Advocacy: How to share your story

In this session, Catherine will talk about her personal journey of having OCD and becoming an advocate and what she has learned through the process of advocating.

She will share valuable tips she has learned through her own advocacy on how to share your story in a way that works for you.

Alanah Bagwell & Hannah Lewis



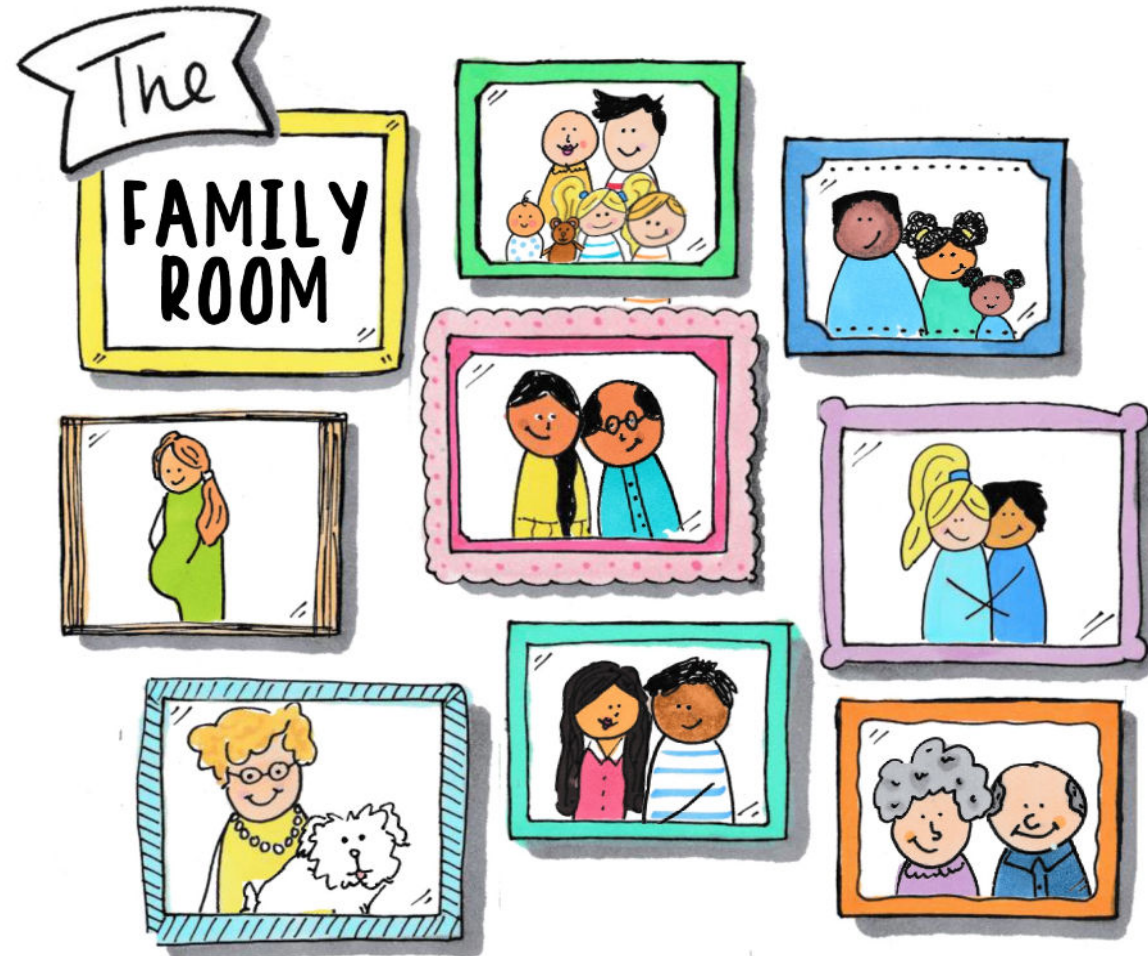
Hannah works at the BDD Foundation co-ordinating the peer-delivered group-CBT project for BDD. She is a PhD researcher at Queen Mary, University of London where she studies culturally inclusive prevention strategies for eating disorders and body dysmorphic disorder – both of which she has lived experience of.



Alanah has worked for the BDD Foundation as a structured support group facilitator. She is currently finishing her two-year MSc in Developmental Psychology and Clinical Practice at UCL and The Anna Freud National Centre for Children and Families. Alanah has lived experience of BDD and has raised awareness about BDD through newspaper/magazine articles, documentaries, podcasts and as a speaker for the BDD Foundation Conference in 2016.

Harnessing peer support from lived experience: The BDD Foundation's Structured Support Group pilot

We hear too often that people with BDD fall through the gaps between primary and secondary care and are left unable to access this treatment which is vital for recovery from BDD. As a charity, we responded to the inconsistencies in statutory mental health care provision by establishing a Structured Support Group (SSG) project, where we deliver evidence-based CBT in a group format online. We also enable peer support both between participants of the group and from our team of Peer Facilitators who all have their own experiences of BDD. The pilot phase ran from 2018-2021, where we conducted three iterations of the pilot project. We collected lots of feedback from both our participants and our Peer Facilitators, so that we could evaluate its success and make improvements. This talk will explore the role of peer support in the BDD Foundation's online CBT-BDD programme and will provide a chance to hear from former participants on how accessing peer support has been so vital for their recovery.



A space for family members of children and adults with OCD and BDD

Dr Blake Stobie



Blake is Head of Service at CADAT and a Lead Consultant Clinical Psychologist. He is an accredited CBT practitioner, supervisor and trainer with the British Association for Behavioural and Cognitive Psychotherapies (BABCP). Blake is particularly interested in OCD, and ways of adapting psychological treatments to assist people who have not benefited from previous treatments for anxiety.

Helping family members and partners with OCD and BDD

This talk will give a very brief presentation of how OCD and BDD work, what we try to do in therapy, and how OCD and BDD can impact on families and partners. Strategies to help partners and family members cope and be supportive will be discussed. Reassurance seeking and accommodation will be considered. Time will be made available in the session for Questions and Answers – Blake won't be able to comment on specific cases, but will be very happy to consider general points around how to reduce the impact of these anxiety problems on families and relationships.

Scarlett Bagwell



Scarlett is a trustee of The BDD Foundation. Since having children, Scarlett has been a stay-at-home mother of four, one of whom has suffered with BDD since 2010. She has had to fight the NHS system to obtain the treatment her daughter so desperately required. Scarlett has gained an extremely close insight into BDD and the struggles of living with and supporting a BDD sufferer.

Parenting a child with BDD: A discussion with a parent with lived-experience

When a young person experiences BDD, it not only affects them but their parents, carers, family and friends. In this talk, Scarlett will share her insights from parenting a child with BDD. She will discuss the impact this had on familial relationships before, during, and after her daughter Alanah accessed treatment. She will then host a discussion for other parents and answer questions based on her own insights and lived-experience.

The National and Specialist OCD, BDD and Related Disorders Service for Children and Young People at the Maudsley Hospital in London is the only NHS specialist OCD and BDD service in England for children and young people and they work with some of the most severe presentations of OCD and often with young people who have co-morbidities such as Autism Spectrum Disorder (ASD).

Chloë Volz

Chloë is a Consultant Clinical Psychologist and Team Lead for the service, overseeing treatment for the most severe, treatment-resistant cases of young people with OCD. She is pioneering Multi-Family Group work with families of young people with OCD. With 2 colleagues, she published the clinic's treatment manual and workbook *OCD - Tools to help young people fight back!* Turner, Krebs and Volz.



Dr Gazal Jones

Gazal is a Senior Clinical Psychologist at the service, providing specialist treatment to children and young people with OCD. She is the diversity representative and leading on initiatives to improve the experience of families from ethnic minorities and considering aspects of diversity in OCD assessment and treatment. She has also appeared on BBC Radio 4 and Talk Radio to myth bust misconceptions around OCD.



Dr Georgina Krebs

Georgina is a Principal Clinical Psychologist and Research Lead for the service. Her research interests include developing novel, evidence-based methods for delivering CBT for OCD and BDD in young people, and understanding factors that interfere with recovery in order to inform the development of new treatment approaches



Managing Challenging Behaviour in Children and Young People with OCD

OCD causes high levels of distress and anxiety and it is not uncommon for children and young people suffering from OCD to become aggressive and challenging at times. Parents may report that this is "out of character" and it can be highly distressing for family members to have to witness and manage these episodes of challenging behaviour. This talk aims to help parents to understand what might be going on for their children and to help them think through how best to approach these situations.

Transition to Adult Mental Health Services

Transition from Child and Adolescent Mental Health Services (CAMHS) to Adult Mental Health services can be a challenging time for young people and their families. This talk will describe specialist adult services for OCD and BDD as well as non-specialist community adult services, and explain the process of referral and funding. There will also be discussion on the similarities and differences between CAMHS and Adult Mental Health services and top tips for parents. The purpose of this talk is to give parents information about specialist and non-specialist adult services so that they can best navigate the transition from CAMHS to adult services for their child.

How to help your child to get the best out of therapy (including remotely-delivered therapy)

Cognitive behaviour therapy (CBT) is a highly effective treatment for OCD and BDD, but young people often require support from parents to get the most out of therapy. This talk will cover some of the factors that can interfere with young people fully engaging with CBT, and we will discuss what parents can do to promote engagement. The talk will also address some of the common concerns that families have about remotely-delivered therapy, which has become commonplace over the last 15 months due to the Covid-19 pandemic.



A space for people aged 14-17

Jennifer Clough



Jennifer has volunteered with OCD Action for 8 years, initially on the YAP and now with the online support groups where she is one of the lead volunteers. She facilitates the youth group and the student group, among others.

She has previous personal experience of OCD and related disorders as a teen/student. She is now 27 years old and recovered.

Connecting through support groups

Jennifer will discuss her own mental health journey and talk about the OCD Action youth support group, for young people age 16-20 who have OCD, BDD and related conditions. She will explain what happens at the group, why you might want to join, and the transition to adult groups.

Dr Sasha Walters



Sasha is a Senior Clinical Psychologist currently working in the South London and Maudsley National and Specialist CAMHS OCD, BDD & RD Team and with the Oxford Health Specialist Psychological Intervention Centre (OHSPIC). Sasha completed a PhD at Cardiff University in 2010 exploring children's cognitive and behavioural responses to inter-parental conflict. Sasha has spent her qualified career delivering specialist CBT to young people experiencing anxiety disorders, OCD and emetophobia.

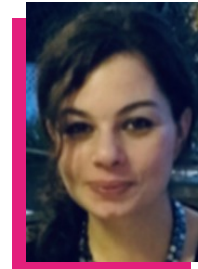
OCD in young people, making sense of it and getting the best out of treatment

Sasha will provide an overview of the most common, and less well known, OCD symptoms, and share key facts on the condition. This talk will also provide information on how to access help and what to expect from assessment and evidence-based treatment for OCD in children and young people.

Understanding and treating BDD in young people

Elif will focus on understanding BDD in young people and the treatment approach taken. The first part of the talk will provide an overview of BDD symptoms, share key facts on the condition, and discuss why BDD remains underdiagnosed. The second part will provide information on how to access help and what to expect from assessment and evidence-based treatment for BDD in children and young people.

Dr Elif Gökçen



Elif is a Clinical Psychologist at the National and Specialist OCD, BDD and Related Disorder Clinic at the Maudsley Hospital. She provides specialist assessment and evidence-based treatment for children and adolescents with OCD and BDD. Elif is a peer-reviewed author and has a strong interest in developing and delivering effective psychological interventions for individuals with Autism Spectrum Disorders.

OCD and BDD in the context of Autism: Key Adaptations to CBT Treatment

Sasha and Elif will focus on treating OCD and BDD in young people on the Autism spectrum. They will:

- 1) provide background information on the rates of OCD and Autism in young individuals,
- 2) consider the differences and similarities between OCD and Autism, and the adaptations that can be made to treatment for OCD to support young people, with Autism, to get the best out of it.
- 3) They will then move onto discussing key learning from working young people with BDD and Autism and the adaptations made during CBT for BDD treatment.

Mairéad Ruane, Alanah Bagwell, Zack Tucker



The trials and trivialisations of growing up with OCD and BDD

A chat between three young people with lived experience of OCD and BDD, discussing their experiences and the challenges they faced growing up.

Jack Pridmore



A participant of BBC Three's 'Extreme OCD Camp' in 2013, Jack has extensively written and spoken about OCD in the national press and TV, including Time to Change, BBC Breakfast and The Victoria Derbyshire Show. Now the CEO of UK-wide disability charity, The Accessful Foundation, Jack is the author of 'Life On The Other Side', a two-in-one book about recovery (with proceeds to OCD Action) and a public speaker and business consultant.

Taking The Pressure Out Of Recovery

A talk on some of the things I wish I'd done differently as a young person, how your version of recovery can be caught (even if you think it can't), how to avoid the added pressures of 'enjoying the best years of your life' and how building a team around you can be one of the greatest things you ever do.

Elias Marchetti



My name is Elias Marchetti, I'm 21 years old and now at university studying oceanography: I love the ocean, having been an avid sailor for over ten years now. My favourite hobbies are watching movies, photography, hanging out with friends – and playing fetch with my dogs!

Living the Exposure Life

CBT – Cognitive Behavioural Therapy – is an essential tool for overcoming OCD and BDD. While it may seem daunting at first, it really is an incredible help to being able to return to living life to the fullest. CBT changed my life for the better and really allowed me to be the person I was before having BDD and OCD. Living the exposure life by pushing yourself and doing exposures whenever you can is an amazing way to keeping healthy and free of BDD and OCD.



OCD Action Support Groups and a Drop-in Helpline session

Support Groups

OCD Action's online peer-led support groups offer a safe, confidential space for people to chat about their shared experiences and feelings. Participants can offer and receive support in a welcoming environment.

We are running several groups on Zoom:

- **A support group for parents of children and adults**
- **A Navigating Services group where parents can share strategies and tips they have learned through lived experience of navigating services for their children**
- **A support group for partners, friends and extended family**
- **Groups for people with OCD**
- **Groups for people with BDD**
- **Groups for people with Trichotillomania & Dermatillomania (BFRBs)**

Please note that these groups have very limited capacity and you will need to sign up for them prior to the day, via the sign-up form that you will receive after purchasing your ticket. Registration for groups closes at 5pm on Wednesday 23rd June.

Participants will not be asked to turn their cameras on if they would prefer not to.

OCD Action Helpline Drop-in

OCD Action's Helpline offers one-to-one confidential information and support by phone and email to people affected by OCD, BDD and BFRBs and their family and friends.

We are holding a drop-in Helpline session from 11am – 1pm for anybody who wants to learn more about how the Helpline can support you. Anybody affected by OCD, BDD or BFRBs is welcome.

As part of the session, we are offering the opportunity to have short 1-1 sessions with our trained Helpline volunteers.

We ask all participants to keep their cameras turned off for the drop-in Helpline session.