

MAKING TIME FOR TREATMENT

5TH UK/EUROPEAN SYMPOSIUM
ON ADDICTIVE DISORDERS

BRINGING TOGETHER ADDICTION PROFESSIONALS TO EXCHANGE PRACTICE PERSPECTIVES



EUROPE'S LARGEST CONFERENCE ON ADDICTION TREATMENT 8, 9, 10 MAY 2008

RECLAIMING LIVES: BEST PRACTICES for SUSTAINABLE RECOVERY

- This unique, multidisciplinary conference offers about 40 presentations, with 60 international and national experts in the field, many of whom are also well-known authors and trainers.
- Speakers include Professor Carlo DiClemente on the *Stages of Change* model, Professor Alan Marlatt on mindfulness therapy as relapse prevention, NTA chair Baroness Massey, bestselling authors Rokelle Lerner, John Friel and Brenda Schaeffer, Kathy Gyngell of *Breakthrough Britain*, Martin Lee of Noms, researchers Dr David Best & John Marsden, CSCI lead David Finney, IC&RC president Jeff Wilbee, CARF CEO Nikki Migas, former US deputy drugs czar Dr Andrea Barthwell, Patrick DeChello, Deirdre Boyd and many more — updates at www.ukesad.org
- UKESAD topics include structured interventions, art therapy, chronic pain childhood trauma, sex and love addiction, family-of-origin issues, diagnosing & treating personality disorders, codependency, GLBT issues, 'dual diagnosis', offenders, aftercare, the latest pharmacotherapies, a european 'round table'... and much more.
- On Thursday and Friday, two 'streams' of presentations will be devoted to intensive therapeutic issues, one to brief interventions and a fourth for management/policy.
- On Thursday evening, there will be a Hazelden event/presentation.
- On Friday morning, there will be a sponsored breakfast.
- On Saturday, a stream of presentations has been developed with the American Society of Addiction Medicine and international and european partners, specifically devoted to doctors and psychiatrists. The key speaker is Dr Mike Miller, president of ASAM.
- Delegates can enjoy a full theatrical presentation on Saturday afternoon, when Outside Edge Theatre Company will stage a play.
- There will also be music, book signings, neck/shoulder massages.

2008 INTERNATIONAL SPONSORS INCLUDE:

ADDICTION TODAY/ADDICTION RECOVERY FNDN... REHABILITATION FOR ADDICTED PRISONERS TRUST... MIMOSA HEALTHCARE... NATIONAL OFFENDER MANAGEMENT SERVICE... CASTLE CRAIG... CYGNET HEALTHCARE... WINTHROP HALL... LIFE WORKS... NOVA VIDA... C4 RECOVERY SOLUTIONS... CARON FOUNDATION... COTTONWOOD... HYTHIAM... NEW ATTITUDE... SIERRA TUCSON... CRC... HAZELDEN/EUROSPAN

ORGANISING COMMITTEE:

HON DAVID BERNSTEIN+DEIRDRE BOYD of ADDICTION TODAY/ARF... ANTHONY MASSOURAS of MIMOSA... DAVE MULVANEY of RAPT... DON SERRATT of LIFE WORKS... VERONICA MOSS... LOWELL MONKHOUSE... ANDREW VINCENT of NOVA VIDA



SOME OF 2007'S 500 DELEGATES IN A BREAKOUT SESSION



A FEW STEPS FROM GLOUCESTER ROAD TUBE STATION



RELAX OR NETWORK IN THE UKESAD HOTEL RECEPTION AREA



UKESAD DELEGATES AT THE HOUSES OF PARLIAMENT

- UKESAD is the only major European conference where clinicians can gain international 'gold standard' training credits – through a unique partnership with the UK Professional Certification Board for Alcohol and Drug Counsellors (UKPCBAD), the UK member board of the IC&RC International Certification & Reciprocity Consortium. Delegates can gain up to 27 CEUs recognised in 69 countries.
- Enjoy **discounts** by booking and paying before 31 March – discount, programme, exhibitor and sponsor details will be regularly updated at www.ukesad.org
- Contact Deirdre Boyd re sponsorship, Fran Henshall about exhibiting, or Melissa Gordon to book delegate places. 020-7233 5333



are proud to welcome you to the
5TH UK/European Symposium
on Addictive Disorders

Enjoy the unique 'buzz' and networking,
discussions with leaders in the field,
exchange of national and international
knowledge, food, exhibits, music, play,
your free magazine and much more.

UKPCBADC

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DUE TO LIFE, PROGRAMME CHANGES MIGHT OCCUR – UPDATES AT WWW.UKESAD.ORG

5TH UK/EUROPEAN SYMPOSIUM ON ADDICTIVE DISORDERS

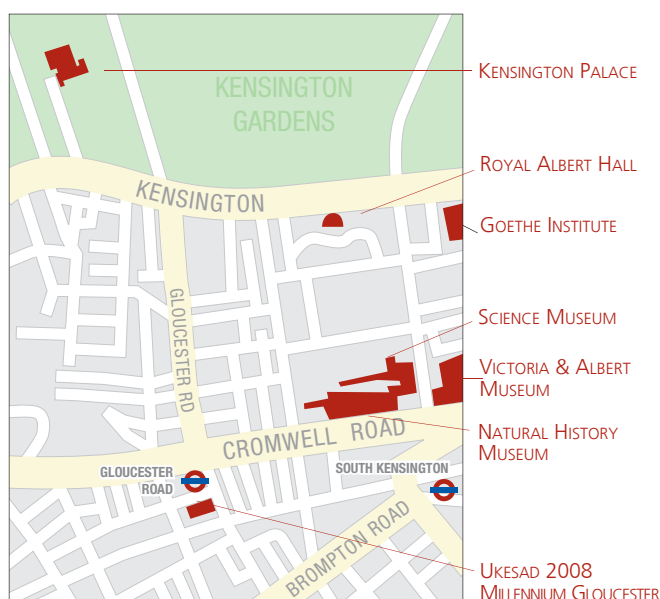
A BROAD AND VARIED AGENDA

Presentations and workshops at this symposium address one or more of the three core themes below, with both national and international contributions so that we can share knowledge and experience of good practice and leading-edge approaches – and pitfalls to avoid.

- therapeutic effectiveness and family-of-origin issues
- brief interventions, and
- policies to adopt, policies to adapt to.

PRESTIGIOUS INTERNATIONAL FACULTY

We have assembled an impressive range of presenters from around the world who have either accumulated vast experience of direct work with clients, or have published relevant academic or practical works – you can read an unrivalled list of achievements in the speaker biographies towards the back of this programme. More details at www.ukesad.org



ORGANISING COMMITTEE MEMBERS

- Deirdre Boyd of *Addiction Today*/Addiction Recovery Foundation: UKESAD cofounder and lead organiser
- Anthony Massouras of Mimosa, Dave Mulvaney of RAPT and Hon David Bernstein: ARF trustees
- Don Serratt of Life Works
- Andrew Vincent of Nova Vida
- Veronica Moss, Lowell Monkhouse: new-marketing development
- Melissa Gordon at ARF: contact for delegate bookings
- Fran Henshall at ARF: contact for exhibitor bookings.

WE ARE GRATEFUL TO OUR SPONSORS:

Their generous contributions subsidise this symposium/delegate rates so that more professionals and trainees in the field can benefit from world-class experts and networking with like-minded colleagues.

FLOORPLANS, EXHIBITOR INFORMATION AND MORE:

Floorplans and more information are available at www.ukesad.org. The website is updated on a regular basis.

THURSDAY 8 MAY 2008

(T = therapeutic issues, B = brief interventions, P = policies)

8.00-9.00am 'EARLY BIRD' SESSIONS**T,B,P 5TH FRANK BOUDEWYNS MEMORIAL LECTURE: GLBT CLIENTS**

Presented by Joe Amico (US)

Every service has gay, lesbian, bisexual or transgender clients – learn how to identify them and prevent relapse by treating those issues alongside chemical dependency. *Sponsored by Alternatives*

T,B,P REACHING OUT TO HARD-TO-REACH GROUPS

Speakers to be confirmed

Become clear about which groups you want to target and their cultural needs – some of which will fit into your service while others might need to be accommodated or referred on. Define what you want to achieve in new and proven approaches.

8.00-9.30am REGISTRATION & REFRESHMENTS**9.30-11am OPENING PLENARY****WELCOME AND INTRODUCTION:** *by Deirdre Boyd***RECLAIMING LIVES: BEST PRACTICES FOR SUSTAINABLE RECOVERY**

Chair: Dr Brian Iddon MP with Baroness Massey, Martin Lee, Dr Barry Karlin

Aspirations for treatment goals from a political angle, from a prisons and probation view, from the chair of the National Treatment Agency for Substance Misuse, and from the CEO of the world's largest healthcare group.

11.00-11.30am COFFEE & REFRESHMENTS**11.30-1.00pm WORKSHOPS CHOICE OF FOUR:****T,B,P CREATING A FAVOURABLE POLICY CLIMATE FOR RECOVERY AND SELF CHANGE**

Presented by Kathy Gyngell and Andy Horwood

Learn how to analyse the dynamic between objectives and performance targets of government drugs and alcohol policy, identify policy prerequisites for expansion and growth of 'quality' treatment, and discuss the contribution to policy planning and practice by 'recovered addict interest groups'.

T,B ART THERAPY IN ADDICTIONS TREATMENT

Presented by Lynn McKnight

Identify and utilise art in therapy with addictions through experiential activities (if time permits), case studies of art-therapy techniques with addicted clients and with family members, and empirical and anecdotal research.

T,B ACCELERATE CLIENTS INTO CARE: STRUCTURED INTERVENTIONS

Presented by Heather Hayes and Mary Raleigh (us)

Structured interventions are successful in about 85% of all cases. Even in the rare instances an addict/dependent does not enter care, family members open up to support for their own needs. When are interventions appropriate and what is involved? *Sponsored by Caron Foundation*

T,B GAMBLING – IMPROVING YOUR ODDS

Presented by Dr Adrian Lord

This workshop will explain compulsive gambling as an addiction, how to identify the symptoms and detect a problem gambler, and options for treatment, as well as updates on internet gambling. *Sponsored by Cygnet*

1.00-2.00pm LUNCH

Musical accompaniment by Two Different Roads

Book signings by UKESAD presenters who are also bestsellers. Location to be confirmed but likely to be exhibitor stand #6.

2.00-3.30pm WORKSHOPS**T,N AN INSPECTOR CALLS: THE VALUE OF STANDARDS/ACCREDITATION**

Presented by Jeff Wilbee of IC&RC, Nikki Migas of CARF, David Finney of CSCI

At the end of the presentations, attendees will be able to apply standards to running a successful service, value outcomes, and organise and raise the profile and credibility of the addiction-treatment profession.

T,B,P RESEARCH UPDATES: SURVEY RESULTS, IMPLICATIONS AND RECOMMENDATIONS inc PROFESSIONALS IN RECOVERY

Presented by Dr David Best and Dr John Marsden

Catch up with last year's new research on long-term recovery successes, including the NTA-commissioned research on professionals in recovery.

T,B,N SEX AND LOVE ADDICTION – A RESPONSE TO TRAUMA

Presented by Brenda Schaeffer

Differentiate between sex, love and romance addiction. Identify four types of trauma and how they relate to these. Learn eight coping responses to trauma, and the treatment path to healthy relationships. *Sponsored by Life Works*

T,B,N ATTACHMENT THEORY IN TREATING ADDICTIONS

Presented by Dr Donna Markus

Learn how to use this compelling framework which influences personality development and psychological functioning, the onset and maintenance of alcohol/drug use, and its emotional, cognitive and behavioural implications.

3.30- 4.00pm REFRESHMENTS, BOOK SIGNINGS**4.00-5.30pm WORKSHOPS****CHOICE OF FOUR:****T,B,P DEFINE "RECOVERY" – AND PUT THE DRUG STRATEGY IN CONTEXT**

Presented by Mike Trace, Roger Howard, Bill Puddicombe et al

Two of the most important debates in 2008 will be about the new national 10-year drug strategy and endeavours to define 'recovery'. Leading figures in the drug- and alcohol-treatment field put them in perspective for you.

T,B,P THE ART OF MINDFULNESS THERAPY IN RELAPSE PREVENTION

Presented by Professor Alan Marlatt

May should see completion of a two-year project, sponsored by NIH/NIDA, to develop and manualise a Mindfulness-based Relapse Prevention for alcohol and drug abuse. Its lead investigator shares preliminary findings.

T,B,P DUAL DIAGNOSIS: DOUBLE THREAT OR DOUBLE WINNERS?

Presented by Brendan Georgeson and Cliff Hoyle

Learn how to integrate dual diagnosis service delivery in a 12-step community rehab with local connections such as the Community Mental Health teams, to treat people with severe and enduring mental illness. This programme was cited in Turning Point's evidence-based *Dual Diagnosis Good Practice Guide*.

T,B,P EUROPEAN ROUND TABLE

Presented with Andrew Vincent & Jorge Venceslau (Portugal), David Delapalme (France), Tato Sainz (Spain), Jay Hauger (Sweden) and others

Learn, contribute and organise job exchanges... much as practitioners can complain in the UK, they have many advantages over pioneering colleagues in mainland Europe who must often work in isolation. All delegates welcome.

6.00-7.30pm HAZELDEN SPEAKER EVENT**T,B,P REFRESHMENTS AND PRESENTATION**

by Hazelden author - name to be confirmed

Time to be confirmed for:

T,P 'OPEN' NARCOTICS ANONYMOUS (NA) MEETING

Organised by NA World Services with NA UK (to be confirmed)

NB: People wishing to network and chat can avail of the Millennium Hotel ground-floor seating areas as well as the conference seating areas.



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FRIDAY 9 MAY 2008

(T = therapeutic issues, B = brief interventions, P = policies)

8.00-9.00am 'BREAKFAST IN THE CONSERVATORY'**T,B,N EVIDENCE-BASED ASSESSMENTS: DEVELOPING PREDICTORS**

Presented by Dr Andrea Grubb-Barthwell, Dr Lawrence Weinstein

How can you predict which approach will deliver best outcomes for the patient who has just presented at your service? Update yourself on latest technologies and empirical research in the past decade – including research on the role of spirituality. *Sponsored by Hythiam.*

8.00-9.30am REGISTRATION & REFRESHMENTS**9.30-11am OPENING PLENARY****RECLAIMING LIVES: A BROADER VIEW OF CHANGE**

Presented by Professor Carlo DiClemente (US)

Feted worldwide for his work on Project Match and *Stages of Change*, among others, DiClemente explains the process of change from a systemic vs individual level, deepening our understanding of addiction and thus implications for policy and programmes. *Sponsored by Mimosa Healthcare*

11.00-11.30am REFRESHMENTS, BOOK SIGNINGS

10-15 minute neck and shoulder massages will start now and continue throughout the day; by Karrim Raman BA(HONS), DTC, CRW, LCSP (PHS) APBMD, CRZT. Booking is recommended as demand is expected to be high.

11.30-1.00pm WORKSHOPS CHOICE OF FOUR:**T,B LINKING TRADITIONAL THERAPIES TO THE 12 STEPS**

Presented by Dr Andrea Grubb Barthwell (us) and Deirdre Boyd

Much prejudice against so-called 12-step treatments arises because detractors do not know that the therapy is eclectic, integrating a portfolio of dynamic approaches. All that needs to be done is relate the processes of client change to self-help groups. Identify the commonalities of popular therapies, to engage 'generic' therapists and counter unwarranted criticism.

T,B,N UNDERSTANDING PERSONALITY DISORDERS: I

Presented by Patrick DeChello (us)

Starting with a standalone overview, this popular presenter is back with a full day's training, for which delegates are awarded a certificate on *Understanding Personality Disorders*. Differentiate between self harm vs self injury, understand the role of brain chemistry, list the best therapeutic approaches – and break your clients' cycle of self-injury.

,B,N PROFESSIONAL SELF CARE: SUPERVISION

Presented by John Trolan and Luke Chester-Master

What are the characteristics of an effective supervisor? What are supervisee rights and expectations? Learn these plus techniques, answers to ethical dilemmas, and guidelines for offering an evaluation and self-assessment.

T,B,P OFFENDERS: A UNIVERSAL MANUAL FOR DIFFICULT CLIENTS

Presented by Gail Jones

A high level of offenders in the criminal-justice system have mental-health, educational and other problems in addition to their alcohol and drug use. Successful outcomes achieved with them can be applied to clients elsewhere. *Sponsored by Rapt, the Rehabilitation for Addicted Prisoners trust*

1.00-2.00pm LUNCH

Musical accompaniment by Two Different Roads

Book signings by UKESAD presenters who are also bestsellers. Location to be confirmed but likely to be exhibitor stand #6.

2.00-3.30pm WORKSHOPS**CHOICE OF FOUR:****T,N CHRONIC PAIN: LEARNING TO SWIM IN A SEA OF SENSATIONS**

Presented by Dr Mark Farris Pirtle

Gain insight into system-dynamics principles so you can apply them to treatment of chronic-pain patients. Learn the neurophysiology of central sensitisation, understand the relationship between pain and addiction – and identify cognitive interventions to treat pain. *Sponsored by Sierra Tucson*

T,B,P USING EMPIRICAL AND EVIDENCED-BASED FINDINGS TO ACHIEVE BETTER TREATMENT OUTCOMES WITH LIMITED RESOURCES

Presented by Jerry Shulman

Apply knowledge from evidence-based and empirical sources to improve treatment outcomes, often at little or no extra cost. Expand levels of care, provide more individualised treatment, explore continuing care, case-mix concerns, length of service and outcomes for various subpopulations, and different treatment models for patients with different severities of mental-health disorders.. *Sponsored by C4RecoverySolutions.com*

T,B UNDERSTANDING PERSONALITY DISORDERS: II

Presented by Patrick DeChello (US)

The second part of this full day's training delves more deeply into the best therapeutic approaches to help you break your clients' cycle of self-injury. Delegates who attend all three workshops on this topic will be awarded a certificate on *Understanding Personality Disorders*.

T MOTIVATIONAL INTERVIEWING

Presented by Dr Luke Mitcheson and Dr David Bremner

Motivational interviewing is a directive, client-centred counselling style for eliciting behaviour change by helping clients to explore and resolve ambivalence. Compared with nondirective counselling, it is more focused and goal-directed. *Sponsored by Winthrop Hall*

3.30- 4.00pm COFFEE & REFRESHMENTS**4.00-5.30pm WORKSHOPS****CHOICE OF FOUR:****T,B UNDERSTANDING PERSONALITY DISORDERS AND SELF INJURY: III**

Presented by Patrick DeChello (us)

The final part of this full day's training re-assesses how participants' needs have been met, and fulfills any remaining gaps in knowledge with a question-and-answer session. Remember to give your contact details in order to receive your training certificate.

T SPIRITUALITY, DEPRESSION AND CHRONIC PAIN

Presented by John Friel (US)

Chronic pain often creates a crisis of meaning, focus, emotion and, in many cases, addiction. Catch up on research on spirituality and chronic pain, methods related to spirituality that have been effective in treating pain – and how Abraham Lincoln's battles with severe, debilitating depression serve as a roadmap for people with chronic pain, addiction, and/or depression.

T,B,P FAMILY MATTERS

Presented by Phillip Trenchard

Research shows that positive family involvement, even in small quantities, is the greatest indicator of successful recovery for people striving to recover from drug and alcohol dependency. Learn how to involve family members in an addict's recovery – and how to help them heal, in turn, from past wounds.

T,B,P AVOIDING BURNOUT, COMPASSION FATIGUE

Dr Mark Collins

Burnout, compassion fatigue and secondary trauma occur when caring counsellors become overwhelmed by constant exposure to a client's pain, find themselves in demanding work situations, and forget the basics of self-care. Reset your priorities, develop your personal plan and remain an effective counsellor.

SATURDAY 10 MAY 2008

(T = Therapeutic Issues, B = Brief Interventions, M = Medical related)

8.00-9.00am 'EARLY BIRD' SESSION

T,B,M LINKING ADDICTION TREATMENT WITH OTHER MEDICAL AND PSYCHIATRIC SYSTEMS

Presented by Professor Peter Friedmann

This session is vital for practitioners in multidisciplinary teams. Attendees will be able to: list barriers to optimal linkage, summarise the benefits of linked services and discuss models of linked services. *Sponsored by Castle Craig*

8.00-9.30am REGISTRATION & REFRESHMENTS

9.30-11am WORKSHOPS

CHOICE OF TWO:

T,B,M THE ROLE OF DOCTORS IN THE CARE OF PATIENTS WITH ADDICTION

Chaired by Dr Andrea Barthwell,

with Dr Michael Miller (us), Dr Michael Wilks (Europe), Dr Mike McPhillips (uk)

Doctors have opportunities for powerful interventions – but too often waste them. In its first European summit, the American Society of Addiction Medicine shares its research, experience and campaign expertise.

T THE 'FORGOTTEN' DUAL DIAGNOSIS: EATING DISORDERS

Speaker to be confirmed

Eating disorders are notoriously difficult to treat – how can a clinician successfully and considerately treat both it and a chemical disorder?

11.00-11.30am COFFEE & REFRESHMENTS

11.30-1.00pm WORKSHOPS

CHOICE OF TWO:

T,B CODEPENDENCY – THE FORGOTTEN LESSONS

Presented by Rokelle Lerner (US)

Do you/your clients pivot your lives around the feelings of others? Do you compromise your values and integrity to avoid rejection or others' anger? Does your loyalty keep you in harmful situations for too long? Recognise the symptoms and build healthy relationships. *Sponsored by Cottonwood*

T,B,M CHRONIC PAIN

Presented by Dr Seddon Savage (US)

Prevalence of addiction is thought to be higher in patients with pain – and both active and recovering addicts can complicate use of medications, such as opioids, important to manage pain. Acquire a rational approach to assessment, distinguish therapeutic use of opioids, and apply the research.

1.00-2.00pm LUNCH

2.00-3.30pm WORKSHOPS

CHOICE OF TWO:

T,B BORDER CROSSINGS: MATINEE PLAY

Presented by the Outside Edge Theatre Company

This powerful piece examines the dynamics of families affected by substance misuse through the eyes of a 15-year old girl. The audience witnesses problems spiralling out of control and negative consequences.

3.30- 4.00pm COFFEE, REFRESHMENTS, RAFFLES

4.00-5.30pm WORKSHOPS

CHOICE OF THREE:

T,B BORDER CROSSINGS: WORKSHOP

Presented by the Outside Edge Theatre Company

Let by a professional facilitator, the audience is encouraged to stop, discuss and change the negative outcomes of the play, leading to interventions.

T,B INTEGRATE 12-STEP SUPPORT INTO WORK YOU ALREADY DO

Presented by NA World Services and NA UK

For everyone curious about the support network recommended by NICE.

DUE TO LIFE, PROGRAMME CHANGES MIGHT OCCUR – UPDATES AT WWW.UKESAD.ORG

5th UK/EUROPEAN SYMPOSIUM ON ADDICTIVE DISORDERS



NOMS is the system through which we commission and provide the highest quality correctional services and interventions in order to protect the public and reduce re-offending.

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