

OCD and hoarding

Summer workshops 2012



Obsessive compulsive disorder (OCD) is a life-changing diagnosis that can affect many of your service users. The World Health Organisation has named OCD as one of the ten most disabling conditions when considering loss of earnings and diminished quality of life. Hoarding is a related condition which, if untreated, can lead to enormous health and safety, environmental, physical and mental health issues.

OCD can cause huge problems to the service users affected as well as the staff members offering care and support. Obsessions are pervasive thoughts or beliefs that the sufferer is at risk from, say, contamination or harm from others. The compulsive element is the behaviours that the sufferer feels compelled to do, often checking, re-arranging or completing repetitive tasks. Together they can stop someone enjoying a normal life and are often linked to poor physical/mental health and substance misuse. Hoarding comes in many types and degrees, but is generally collecting and hoarding anything from animals to rubbish because of obsessional beliefs. Without support hoarders don't stop: they simply continue until their health or property suffer irreversible harm.

YOU WILL LEARN HOW TO:

- Understand anxiety and different types of anxiety disorder
- Explore OCD, including causes, prevalence and symptoms
- Understand different types of obsessions and compulsive behaviour and explore self-help coping strategies
- Explore NHS guidelines for a stepped care approach to treating OCD
- Understand methods for treating OCD including CBT/ERP, relaxation techniques/complementary therapies and prescribed medications
- Explore hoarding and understand its causes and implications for environmental, psychological and physical health
- Understand and be able to categorise different types of hoarders using a validated screening tool
- Be aware of different treatment options for hoarders.

WHO SHOULD ATTEND?

All housing and care and support staff will benefit from this course as OCD and hoarding is so prevalent and has such an impact on clients and services alike.

OUR TRAINER

Danny McGowan, BSC, MSC, worked for over 12 years in alcohol, drug treatment and mental health before becoming a full-time trainer and consultant. He specialises in translating science into common sense and has an interactive and engaging training style which provides you with practical skills, not just a lot of facts and figures.

Wednesday 13 June 2012 | London
Tuesday 26 June 2012 | Manchester

Thursday 28 June 2012 | Birmingham

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How to book

- Online:** For our online booking form, go to: www.hqnnetwork.co.uk/forthcoming_events.php
By post: Complete this form and send it to: HQN Limited, Rockingham House, St Maurice's Road, York YO31 7JA
By fax: Fax us on 0845 4747 006 (*a fax transmission will secure a firm booking if places are available*)
Please do not send any payment! We will confirm your booking and send an invoice to you.

We are considering introducing credit card payments for delegate places – would you be likely to use this option? Yes No

Who are we? HQN Limited is a housing consultancy and training company providing high-quality advice and support to councils, ALMOs, housing associations and other housing providers. Our subscription service, The Housing Quality Network, has over 650 members, who are kept up to date on policy and best practice via briefings, workshops and our electronic information bank. We also run specialist networks for practitioners on a range of housing issues and provide interim and project management services. To find out more, visit our website at www.hqnnetwork.co.uk, or call us on 0845 4747 004.

Delegate fees The cost of this event is £250.00 for one delegate (plus VAT at the applicable rate).
Discounts are available on multiple bookings – £225.00 per delegate (two bookings) (plus VAT at the applicable rate).
£200.00 per delegate (three or more bookings) (plus VAT at the applicable rate).
The fee includes refreshments, lunch* and an information pack.

Please state which venue(s) you wish to book for (*tick boxes required*)

London | 13 June Manchester | 26 June Birmingham | 28 June

		Fee payable (incl. VAT)
Delegate name	Position	£ :
Email address		
Delegate name	Position	£ :
Email address		
Delegate name	Position	£ :
Email address		
TOTAL		£ :

To enrol additional delegates, please photocopy this form.

Name of person making booking	Order no.
Organisation	
Job title	
Email address	Tel no.
Invoicing address	
	Postcode

Bookings: Bookings are subject to HQN Limited's conditions dated 23 February 2005, a copy of which can be obtained from our offices, free of charge.

Cancellations and substitutions: A full refund will be given if a cancellation is made 28 calendar days or more prior to the event, and a 50% refund if a cancellation is made 15-27 calendar days prior to the event. We regret that no refund can be given if a cancellation is made 14 calendar days or less before the event. Cancellations must be made in writing, and will be acknowledged by HQN Limited. There is no refund for non-attendance, but delegates may be substituted at any time.

Guarantee: As with all our events, our guarantee is that if a delegate attends this event and for any reason does not find it worthwhile, we will refund their delegate fee in full. To take advantage of this guarantee, the delegate fee must be paid in full prior to the date of the event.

* Please let us know if a delegate has any particular needs, including dietary, and we will do everything possible to meet their requirements.

Booking Form