



WELCOME!
JOIN US 25+26 JUNE 2026

Join DB Recovery+ UKESAD

Proven record: 22 years of humanising addiction recovery raising the quality of outcomes

25+26 JUNE 2026 at the 5* Chelsea Harbour Hotel London SW10

Join colleagues, learn, gain CEs, belong, have fun at

THE UK'S MOST POPULAR CONFERENCE ON ADDICTION RECOVERY

Invest in skills to directly improve outcomes for clients who have drug and alcohol problems

YOU CAN ATTEND ALL 28 PRESENTATIONS!

No hard choices: Single-stream format ensures every delegate experiences every presentation, sharing all insights from world-class experts.

ORGANISED BY PEOPLE IN RECOVERY

to help others achieve and enjoy drug-free lives

HONOUR YOUR CAREERS AND WORK

DB Recovery+ UKESAD isn't just another event; it gives back to the people doing the hardest work.

COMPREHENSIVE, VITAL TOPICS – & CEU/CPDs

2 days that could change a life - including yours. Turn knowledge into life-saving action with accredited presentations such as addressing trauma, neurobiology, dual diagnoses, families...

ALSO:

DB RECOVERY+MCLEAN RECOVERY AWARDS

The Oscars of the addiction recovery field recognise and applaud unsung heroes of addiction treatment and recovery.

www.recoveryplusdb.com

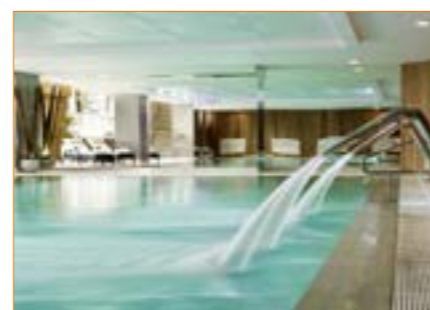
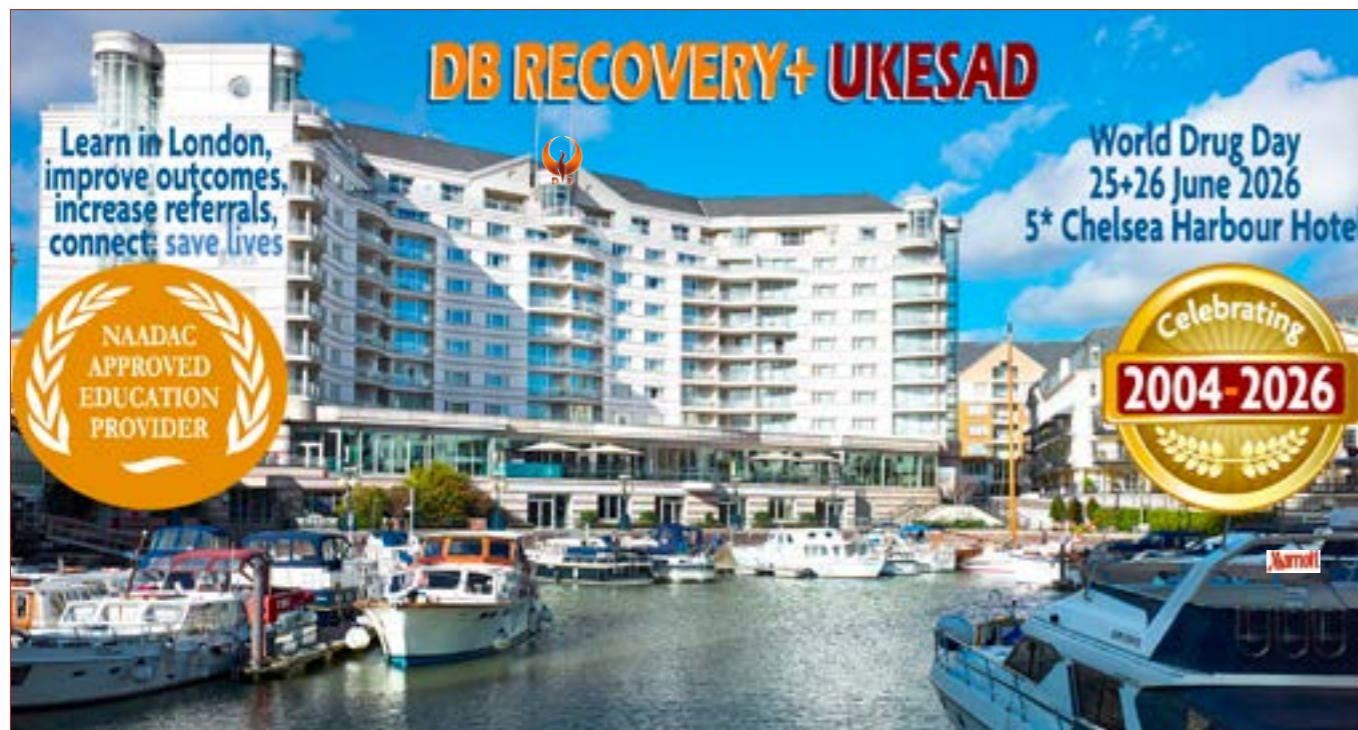




Where: the venue



Clockwise: lobby leading to lifts+stairs, a restaurant, part of the hotel spa, 5* lunches will be provided, convenient tables in the presentation room



Welcome!

Join us for DB Recovery+ UKESAD: cost-effective, time-effective, enjoyable training in how to save and enhance lives – while also meeting supportive, helpful colleagues and future colleagues.



In the course of your work, do you increasingly encounter patients/clients with alcohol or drug problems or addictive behaviours? Are you confident that you are doing the best for them – and yourself, that you are following best practice? If your answers are “yes”, “no” and “no”, then this intense fully-rounded ‘crash course’ in how to recover from addiction is for you. You will meet more people and learn more at DB Recovery+UKESAD than you could from months of research.

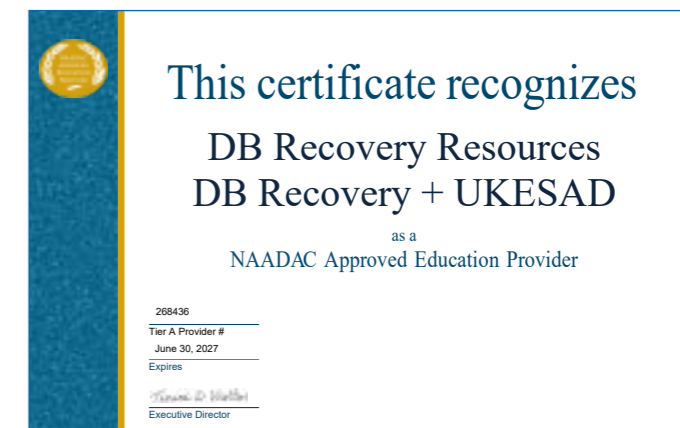
In response to demand, this year's DB Recovery+ UKESAD conference on how to help people recover from addictive substances and behaviours is dedicated to both experts (hello again!) and those who more and more often in the course of their work come face to face with people who have alcohol and drug problems, but who are not specifically trained to handle them. It is hugely rewarding to witness experts and those thirsting for knowledge meet up with each other and forge long-term professional relationships which are mutually supportive and help vulnerable people in our care.

Gain CEs/CPDs and attendance certificate... Be confident in handling clients with complex needs... Feel safely confident treating clients with trauma... Prevent relapse... Know when to refer and who you can safely refer to... Create a support network... Meet new colleagues and old friends!

Our founder-organiser has led the field since the first UKESAD symposium way back in 2004, with an international following from five continents and record-breaking attendance. So come join us to save lives...

The days are packed with information and opportunities – but conferences are what you make of them. Conversations can be more valuable than the sessions, no matter how excellent. So, to nurture networking and help you forge contacts useful for your work, we are limiting DB Recovery+UKESAD to one stream of trainer presentations, so that delegates are seated with each other and can 'bump' into each other for natural, spontaneous networking. As well as meeting potential colleagues and old friends, take a social wander round the exhibitor stands. These offer opportunities to chat with the companies involved as well as with fellow attendees interested in what they offer. There is a seated lunch with a choice of hot meals and salads at the conference venue which offers more opportunities to meet people. And take a leisurely stroll by the Thames to see iconic attractions (see opposite).

All delegates can receive an attendance certificate, and can be awarded (fill in evaluation form) up to 14 gold-standard NAADAC/NCC AP internationally-recognised CEs/continuing education credits.





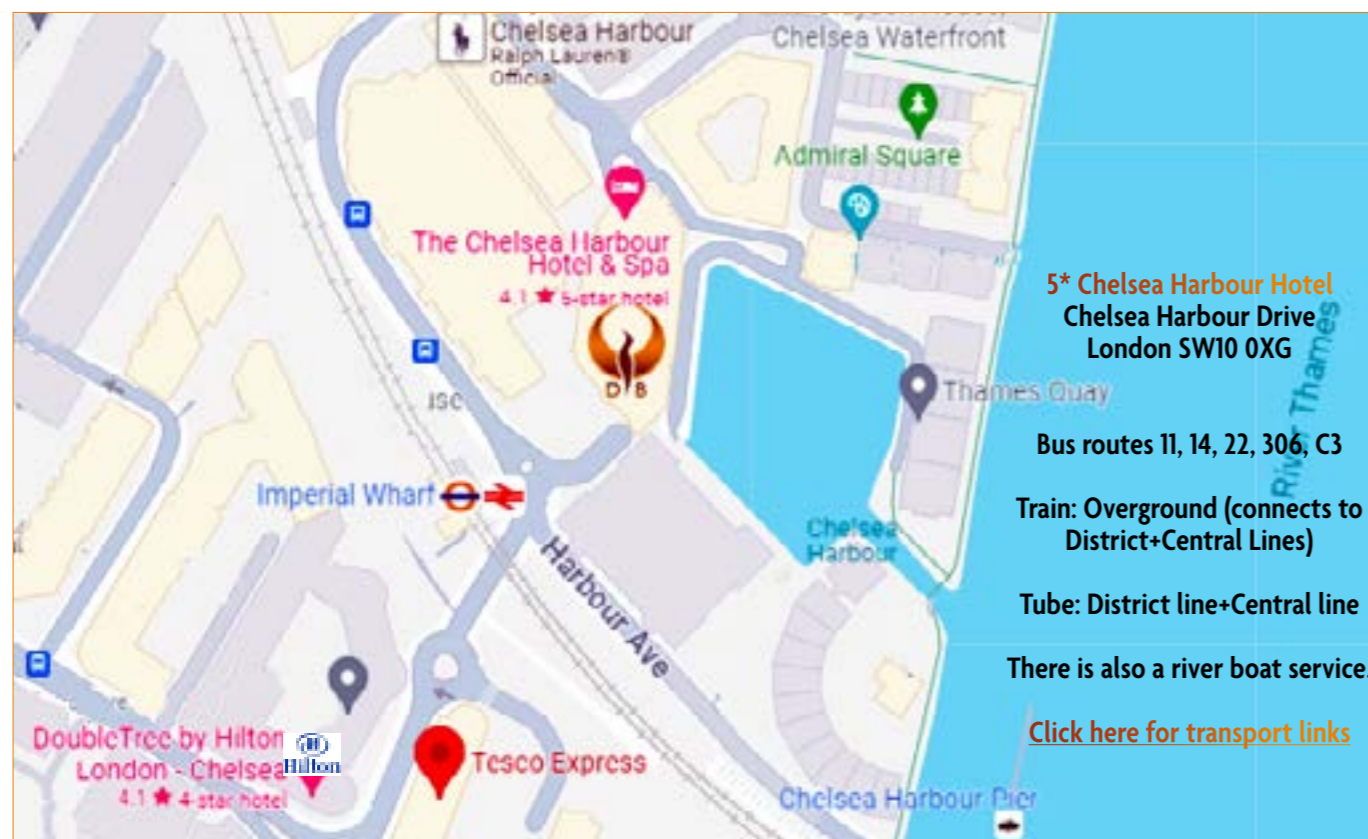
Where: the map



Just a 10 minute walk from prestigious Kings Road, home to over 300 stores, restaurants, cafes and galleries.

Located by the beautiful riverside Thames Path.

Imperial Wharf Station is a 2-minute walk.



5* Chelsea Harbour Hotel
Chelsea Harbour Drive
London SW10 0XG

Bus routes 11, 14, 22, 306, C3

Train: Overground (connects to District+Central Lines)

Tube: District line+Central line

There is also a river boat service.

[Click here for transport links](#)

Who, what: presenters, topics

A conference/training by people in recovery for people in recovery and anyone affected by addiction: therapists, politicians, psychiatrists, doctors, nurses, healthcare workers, educators, advocates, families. Learn, catch up with friends old + new, hone your skills, earn up to 14 NAADAC CE's /CPDs.

THURSDAY 25 JUNE 2026 - GRAND BALLROOM

Delegates can participate in ALL 28 presentations – no difficult choices to limit your speaker/topic choices! That's 14 intense presentations each day, enjoying the company of ALL your fellow delegates.

ARRIVAL 8.00-9.20AM: REGISTRATION + REFRESHMENTS

Have a coffee/tea and cookies, meet and greet friends old and new and/or join mindfulness and mutual-help meeting.

8.00AM 'OPEN' 12-STEP MEETING (1 HOUR)

chaired by a long-term member of 12-Step fellowships who is also a qualified therapist



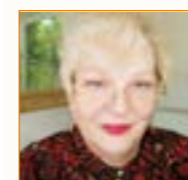
For people in recovery to get a sense of belonging right from the start, and for professionals and carers who want to witness how mutual-help works. Both the World Health Organisation and UK health watchdog Nice recommend mutual-help groups, particularly the 12-step based ones – and delegates will hear of their benefits in key presentations throughout the conference. But how do they work? This confidential but open meeting is for members of 12-step fellowships and for interested professionals who want to learn and experience more of what their clients are doing and feel more confident in recommending and understanding the processes.

Learning objectives: *At the end of this meeting, delegates will be able to:*

- ① Describe the procedures of a 12-step mutual-aid meeting, its organisation and facilitation
- ① Impart to others how mutual-aid 'fellowship' members share experience, strength and hope
- ① Explain to people in need of help how they can gain and sustain recovery from addictive behaviours through mutual-aid meetings.

9.20AM WELCOME + HELPING PEOPLE INTO RECOVERY FROM ADDICTIVE BEHAVIOURS

from Deirdre Boyd, owner of DB Recovery Resources



Recovery from addiction is possible; this symposium demonstrates it in action, and the research behind it.

For three decades, Deirdre Boyd has been a leader in the field of recovery from addiction, with an international reputation: she "inspires the inspirers". Based in the UK, she heads up DB Recovery Resources which supplies a daily news service to the international alcohol/drug-treatment field on addiction recovery, offers an archive of over 38,000 news+research items, publishes Recovery Plus journal, and organises the DB Recovery+ UKESAD international trainings on addiction recovery: the UK's largest event marking the UN's and WHO's World Drug Day. Most recently invited in 2021, by the deputy Prime Minister, to submit addiction treatment/recovery research and evidence, she has spoken at the All Party Parliamentary Drugs Misuse Group, the APPG Alcohol and the APPG on Children and Cannabis, was part of the dti Foresight Project on Brain Science, Addiction & Drugs which predicted drug scenarios for the next 25 years. Deirdre has been quoted in House of Commons and House of Lords debates on alcohol and drugs, and contributed to the Drug Policy 2010 and Select Committees. She authored Addiction & Recovery: self-help for friends, families and addicts, which was translated into 7 languages. Deirdre served on the board of the International Certification & Reciprocity Consortium UK & Europe CIC which had 45,000 members at the time. She served on the board of the National Association for Children of Alcoholics (UK) and sat on the Centre for Policy Studies' Addictions committee. Deirdre was voted by the public to receive the Directory of Social Change Influencer Of The Year Award 2012. The International Council on Alcohol & Addictions presented her with the 'Dr Vincent Bakeman Memorial Award for Outstanding Community Services'. She has also received a Sierra Tucson Award for Outstanding Achievement.



Thank you to our sponsors



We would like to publicly express our thanks to all of you for your valuable contribution. You are companions in our mission: to help people trapped in addiction find hope and build a brighter future, while strengthening the dedicated professionals who guide them on that journey. Thanks to your generous support, therapists, counsellors, rehabilitation centres, peer groups, researchers, doctors, nurses, and policymakers can have greater access to high-quality training, new knowledge, valuable networking opportunities, and resources to raise standards of care across the field. Your practical solidarity and thoughtful sensitivity fill us with optimism, resilience, and renewed energy. These values deserve to be celebrated.



9.30AM EFFECTIVENESS OF PSYCHOSOCIAL INTERVENTIONS FOR ADULTS WITH SUBSTANCE USE DISORDER THAT HAVE A CO-OCCURRING COMMON MENTAL HEALTH DISORDER

presented by Edward Day BA, BM, BCh, DM, MRCPsych, MBE (tbc)



Ed Day will describe the progress developing an understanding of recovery in national policy in England over the past 5 years. He will also share findings from his latest collaborative research, a comprehensive umbrella review of 28 systematic reviews evaluating psychosocial interventions for adults (18+) with substance use disorders and co-occurring common mental health conditions, such as depression, anxiety, or post-traumatic stress disorder. It examines the comparative effectiveness of integrated, parallel, and sequential treatment approaches, highlights the challenges posed by high heterogeneity in the evidence base, and discusses implications for clinical practice and future research in dual-diagnosis care.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Describe the current evidence on the effectiveness of various psychosocial interventions for improving both substance use and mental health outcomes in adults with co-occurring disorders
- ① Compare the relative benefits of integrated treatment versus treating conditions separately or in parallel/uncoordinated services
- ① Identify key research gaps (e.g., need for longer follow-up, larger samples, and direct comparisons of treatment models) and discuss their implications for evidence-based practice in dual-diagnosis populations.

Dr Ed Day is the UK government's drug Recovery Champion and vice president of the Society for the Study of Addiction. In 2024, King Charles announced he was being awarded for services to vulnerable people. He is a clinician who has led the orientating of clinical practice towards recovery and has a research interest in recovery support services and mutual aid. He is a clinical reader in Addiction Psychiatry at the Institute for Mental Health at the University of Birmingham (where he earned The Rose Sidgwick Award for External Engagement and Impact), and a consultant psychiatrist with Birmingham and Solihull Mental Health NHS Trust. He has been an expert adviser on addiction issues to Public Health England and the Department for Transport. He also pioneered the Better Than Well university collegiate programme at the University of Birmingham and collaborates with other universities on these. Dr Day's research has focused on the broad theme of effective treatment interventions for drug and alcohol dependence. This has involved a combination of projects utilising: medication or psychosocial interventions, projects exploring methods of implementation and research into the organisational factors associated with effective outcomes. In 2008 he set up an MSc programme in the Treatment of Substance Misuse at the University of Birmingham and remains active in teaching at both undergraduate and postgraduate levels.

10.00AM WHAT IF ADDICTION ISN'T THE PROBLEM, BUT THE SOLUTION: A NERVOUS-SYSTEM PERSPECTIVE ON REGULATION, RELAPSE, AND RECOVERY

presented by Lou Lebentz



Addiction is often understood as a pathology, a disorder, or a dysfunction. While trauma-informed approaches have broadened this view, some can still lean towards focusing on behaviour rather than the function it serves. Acquire a clinically grounded reframe: addiction as a state-specific regulation strategy in the nervous system. Rather than asking only "Why the addiction?"; this perspective invites more precise clinical questions:

- What internal state is the individual attempting to move away from?
- What state are they attempting to access or sustain?
- What does this reveal about their regulatory capacity?

Drawing on over two decades of experience across addiction and trauma, Lou Lebentz explores how addictive behaviours can be understood as adaptive responses to overwhelming or dysregulated internal states. The session will consider:

- ① How substances and behaviours map to specific shifts in internal state
- ① Why relapse may reflect a return to reliable regulatory pathways rather than failure
- ① The clinical implications of prioritising regulation and capacity before deeper processing.

This is not a rejection of existing models, but an invitation to refine them.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Recognise state-specific patterns across different addictive behaviours
- ① Reframe relapse as a return to familiar regulation when alternatives are not yet established
- ① Apply the principle of regulation before revelation in clinical practice
- ① Refine formulation by asking "what is this behaviour doing?" rather than "why".

Lou Lebentz is an international trauma specialist, speaker, and trainer with over 25 years' experience working across addiction, mental health, and complex trauma in the UK and internationally. Originally trained within addiction services, Lou's work evolved to focus on how human behaviour can be more accurately understood through the lens of the nervous system. She is the creator of The Voyage®, an integrative framework that brings together psychological, physiological and relational approaches to healing, and is now used to train clinicians, professionals and organisations globally. Lou is known for her ability to translate complex trauma theory into clear, practical application, helping practitioners move beyond behaviour-focused models into deeper, system-informed understanding. Her work sits at the intersection of trauma, regulation and human adaptation, with a particular interest in how behaviours often labelled as pathology can be understood as intelligent responses to overwhelming internal states.



10.30AM SUPPORTING FAMILIES IN RECOVERY TO BUILD MORE RESILIENT FAMILY SYSTEMS

presented by Jim Holsomback MA, ABT



Family systems tirelessly work to support their loved ones struggling with substance use disorders and the comorbid disorder that often accompany addiction, such as depression, anxiety, self-harm and trauma. While families strive to compassionately help loved ones in need, they often experience and exhibit compassion fatigue and are at high risk for developing trauma and/or PTSD. This talk aims to explore how providers can assess the family system and needs while teaching tools that help maintain a family system's resiliency to be healthier caregivers for themselves as well as their loved one in recovery.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Provide brief review of research around trauma and suicide across geographic and age populations
- ① Show the importance of providing skills and support for family systems to help build resilience for themselves as well as their loved one in recovery
- ① Identify the primary and secondary trauma symptoms and PTSD that family members can exhibit when their loved one struggles with substance use and/or life-threatening behaviours.

Jim Holsomback serves as the director of Marketing and Clinical Outreach for McLean Hospital. He previously served as the director of adolescent clinical education and has extensive experience working with adolescents and families and with psychiatric programs and hospitals across the country. His leadership role in clinical outreach provides an opportunity to continue working with clinicians to provide awareness and access to services for families, nationally and internationally. Jim has a particular interest in working with adolescent and families that have experienced trauma and have exhibited trauma-related behaviors that preclude them from accessing their personal, academic, and professional strengths. He finds assisting family systems understand and access evidence-based treatment to help patients and families regain their interests, relationships, and lives is particularly rewarding. He has earned a BA in Psychology, University of Rochester (1994) and MA (ABT) in Child Development, Tufts University (1997).

11.00-11.30AM: REFRESHMENTS IN EXHIBITOR ROOM - THE GRAND FOYER - BESIDE THE PRESENTATION ROOM



Have a coffee/tea and cookies, visit exhibitors to see what they offer, enter free raffles for jewellery, USB storage and more.

11.30AM SEX IS NOT THE PROBLEM – RECLAIMING HEALTHY SEXUALITY IN PORN ADDICTION RECOVERY

presented by Paula Hall MBACP (Accred), UKCP Reg, COSRT Acc, ATSAC



For many struggling with porn addiction, sex is not the problem but, for some, what they learned about sex is. When early sexual understanding is shaped predominantly by pornography, sexuality can become performance-driven, goal-oriented, and disconnected from relational and emotional reality. Hence partnered sex may be avoided in preference for the safety and reliability of porn and online sexual interactions. Recovery, in this context, is not simply about stopping behaviour. It is about unlearning, recalibrating, and reclaiming a sexuality that is grounded in consent, connection, and personal meaning.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Describe how the role of sex is compulsive sexual behaviour and porn addiction
- ① Discuss how porn shapes sexual expectations
- ① Identify pathways for developing healthy, integrated, realistic sexuality.

Dr Paula Hall is widely recognised as the UK's leading expert in the field of sex and porn addiction and is author of Understanding & Treating Sex and Pornography Addiction (Routledge 2019), Sex Addiction – The Partners Perspective (Routledge 2015) and Sex Addiction – A Guide for Couples (Routledge 2019) and numerous academic papers. She is also founder of the Laurel Centre which provides therapy for individuals, couples and groups around the UK as well as training for professionals, including the Accredited Diploma in Compulsive Sexual Behaviours and Sex Addiction (CPCAB Level 5). Paula has been a psychotherapist for nearly 30 years, specialising in sex and pornography addiction for 15 of those. She describes her approach as biopsychosocial and sex positive and continues to develop her expertise alongside advances in practice and research.

12.00PM HEALING HEROES: ADDRESSING ADDICTION IN VETERANS AND FIRST RESPONDERS

presented by Max Cohen BA (hons), Dip Psych Couns, MBACP



Max will start with statistics quantifying the rates of comorbid post-traumatic stress disorder and substance-use disorders among military veterans and first responders, alongside clinical presentations (addiction, co-occurring disorders, suicidality, etc) - and the first steps to address them. Why is this population different? Contrast the differences between veterans' and first responders' PTSD (typically rooted in adult-onset, high-intensity combat or operational trauma) with childhood PTSD (often complex trauma that disrupts early attachment and brain development) and the difference between PTSD and moral injury. Identify barriers to treatment. Compare emerging treatments such as Talking therapy, EMDR, EFT and Rewind. Max will teach an experiential diaphragmatic breathing technique to self-regulate and share case studies.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Articulate the elevated prevalence of comorbid PTSD and substance-use disorders among military veterans and first responders, differentiate the clinical presentations and neurodevelopmental impacts of adult-onset operational trauma from childhood complex trauma, and distinguish PTSD from moral injury
- ① Identify key barriers to treatment in this population and describe evidence-informed first steps for addressing addiction, co-occurring disorders, and suicidality in veterans and first responders
- ① Compare the mechanisms and applications of emerging trauma treatments (including talking therapies, EMDR, EFT, and Rewind Technique) and demonstrate a practical diaphragmatic breathing technique for nervous system self-regulation.

Max Cohen has been practicing as a psychotherapist and counsellor for over 25 years and so far helped over 2,000 people. His charity work includes Veterans Aid supports men and women some of whom have been deployed on 'special duties,' many struggle with combat trauma, complex trauma from childhood, moral injury, resulting in addictions, mental health issues and parenting difficulties and Spitalfields Crypt Trust which provides residential treatment to street drinkers and people with addictions and co-occurring severe mental health problems. Max is also international clinical consultant for Meadows Behavioral Health world renowned psychiatric and behavioural treatment facilities based in the US. He works with people experiencing chronic stress, anxiety, depression, complex trauma and PTSD, addictions and co-occurring disorders, codependency, relationship difficulties, as well as with the often ignored partners of addicts or alcoholics. He adopts a broadly integrative style of therapy which is an eclectic mix of psychodynamic and person centred models of therapy this includes elements of cognitive behavioural therapy, dialectical behavioural therapy, solution focused therapy and complimentary therapies and coaching. He holds an advanced qualification in EMDR and utilise EFT (tapping), mindfulness and relaxation tools in his practice. Max supervises work of psychiatrists, therapists and counsellors and is founder and director of The Integrated Practice. For 10 years, he lectured, supervised and facilitated personal development groups for post graduate psychology students at a London university.

12.30AM BEYOND THE 'WRONG DOOR': ORCHESTRATE INTEGRATED CARE FOR DUAL DIAGNOSIS IN 2026

presented by Anthony Rhone BSc Hons, MSc, BACP



This session explores the evolution of the 'No Wrong Door' policy as it reaches full implementation in 2026. Moving past the traditional siloing of mental health and addiction services, this presentation examines the transition toward a truly integrated, "whole-person" clinical model. We will analyse the shift from parallel treatment pathways to concurrent care, focusing on how clinicians can utilise shared data environments, multi-agency triage, and peer-clinical dyads to eliminate service "bouncing." The session blends high-level clinical rigour with practical strategies for implementing trauma-informed care in complex dual-diagnosis cases.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Explore the 2026 "No Wrong Door" framework: Identify the core systemic requirements, specifically the transition from simple referrals to the mandate of "warm handovers" and shared clinical governance
- ① Evaluate integrated vs parallel care models: Assess the clinical efficacy of concurrent treatment models for dual diagnosis and identify the barriers to shifting from institutional siloing to integrated service delivery
- ① Apply collaborative assessment techniques: Implement strategies such as Multi-Agency Intake and "Reach-in" support protocols to reduce patient attrition and eliminate service "bouncing" in complex cases
- ① Integrate peer support with psychiatric care: Formulate strategies for building "Peer-Clinical Dyads" that ensure parity of esteem, allowing lived-experience professionals to function as integral members of the clinical treatment team...

As a senior accredited psychotherapist registered with the British Association of Counsellors and Psychotherapists, Anthony Rhone has over 30 years of mental health expertise and clinical supervision experience. He treats depression, anxiety, trauma, relationship issues, addiction, anger management, psychosexual concerns, ADHD and forensic mental health. His therapeutic approach is integrative, combining emotional, cognitive and behavioural strategies to foster balance and self-sufficiency. His professional qualifications, accreditations and memberships include: Registered Senior Accredited Member of the British Association of Counsellors and Psychotherapists (BACP), General Member of the College of Sexual and Relationship Therapists (CORST), MSc Forensic Psychiatry, Post Graduate Forensic Mental Health, Post Graduate Diploma in Addiction, Post Graduate Diploma in Psychotherapy (integrative), Post Graduate Diploma in Psychosexual Therapy, BSc Hons Social Sciences and Diploma in Integrative Counselling. He has also trained in Eye Movement Desensitisation and Reprocessing (EMDR) stage 1 and euro-Linguistic Programming (NLP) certification. Anthony has worked with Nightingale Hospital London for over 10 years. He also has a private practice.



1-2PM A HOT LUNCH AND SALADS PREPARED BY 5*HOTEL CHEF WILL BE PROVIDED, IN EXHIBITOR AREA, WITH SEATING IN GRAND BALLROOM



Choose your meal, check out exhibitors, enter free raffles, browse through books, sit and chat at ease.

2.00PM KICKING KETAMINE: IMPACTS AND STRATEGIES

presented by John Aizlewood and Lee Ali



Attendees will gain a balanced, evidence-based understanding of ketamine's pharmacology, rising popularity, profound effects on users, and the unique challenges it poses for recovery support. Medically, it serves as an anesthetic. Recreationally, users seek its euphoric, dissociative "K-hole" experiences, sensory distortions, and temporary escape from reality. Short-term impacts include euphoria, detachment from body and environment, hallucinations, impaired coordination, elevated heart rate and blood pressure, nausea, and risks of injury due to reduced pain perception. Long-term and chronic use can incur severe

physical consequences such as ketamine-associated cystitis (bladder damage that can lead to surgical intervention), "K-cramps", nasal damage from snorting, cognitive impairments, mood disorders, anxiety, depression and psychological dependence.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Discuss why ketamine use is growing, drawing on epidemiological trends, cultural shifts and self-medication drivers
- ① Evaluate what its use does to the user, including short- and long-term physical, psychological and neurological impacts
- ① Define what programmes are doing to support clients, recognising how ketamine recovery pathways differ from those for other substances and identifying best practices for effective intervention.

John Aizlewood is CEO of Broadway Lodge, the UK's longest-established rehab for addiction. It has been treating clients with ketamine problems and he will bring that coalface experience to delegates at DB Recovery+UKESAD. He is also chair of Choices Rehabs, earned through his many years of experience gained in the charitable, healthcare, retail and fundraising sectors as well as experience working in large corporations specialising in hospitality and finance. John brings a passion for developing and growing businesses sustainably, focusing on both the services offered as well as employee development.

Lee Ali is director of Clinical Care at Broadway Lodge. She brings many insights into how ketamine has and will impact the addiction treatment sector. Lee is a Registered General Nurse and has gained over 35 years' nursing practice and has worked in the detox and therapeutic rehabilitation field for over 20 years, developing new and innovative ways to treat and support those needing help to transform their lives.

2.30PM GAMBLING DISORDER: INSIGHTS FROM A RESEARCH- AND THERAPY-INTEGRATED APPROACH

presented by Judith Laverman, introduced by Michael Munnik



In 2021, the online gambling market in the Netherlands was legalised. A huge boom followed in advertising which led to many more young people gambling - and an increase in young people in addiction care. SolutionS-Center and the University of Amsterdam entered into a collaboration in which SolutionS-Center can identify clients willing to participate in research and adopt new insights into the treatment plans as soon as they come available. Or, in words of the University of Amsterdam: "Understanding which decision-making processes are disrupted in individuals with Gambling Disorder can help inform more effective interventions.

By supporting the processes that are compromised, treatment may better facilitate learning and promote more sustainable recovery. SolutionS-Center not only contributes to scientific research but also translates the latest evidence into clinical practice. In doing so, it helps clients develop greater self-insight and enables treatment to be more precisely tailored to address these difficulties." Judith Laverman will discuss the outcome of these research projects as well as therapeutic insights that can be used in practice right now.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Describe how dopamine levels affect learning and how that mechanism may work differently for people with a gambling disorder
- ① Discuss how certainty (of profit) affects decision-making
- ① Explain how these processes are related to each other and how we can better support them in treatment to promote recovery.

Continued from facing page..

Judith Laverman graduated as a behavioural psychologist at the University of Amsterdam, where she focused mainly on health behaviour such as addiction. She later completed a second master's degree transitioned into clinical practice as a licensed health care psychologist. She recently finished her post-master qualification, which allows her to work clinically as a senior health care psychologist. Judith started her career as part of a FACT team and followed-up with a position focusing on intercultural mental health. At SolutionS-Center she works in a multidisciplinary outpatient team providing group therapy for clients with a gambling disorder and/or substance use disorder. Judith works closely on research and therapy with two nationally renowned experts in the field of gambling addiction: Dr Ruth van Holst of the University of Amsterdam and Bas Brons of SolutionS-Center, a Dutch organisation for addiction care, helping 2,500 clients per year through in- and outpatient treatment.

Michael de Munnik is the director of SolutionS-Center Verslavingszorg, a leading Dutch mental health institution specialising in addiction treatment. With a strong business administration background (graduated from Erasmus University Rotterdam), Michael bridges clinical care and operational excellence. He focuses on evidence-based, effective, and accessible addiction treatment, emphasising the Minnesota Model, long-term recovery outcomes, and the integration of self-help groups like Alcoholics Anonymous and Narcotics Anonymous. Under his leadership, SolutionS has expanded to serve about 2,500 clients annually through clinical and ambulatory programmes, with a strong emphasis on personalised care, short waiting times, and high success rates (about 80% of clients remain clean and sober after treatment). Before joining SolutionS, Michael's leadership roles included director of business operations at Victas (addiction care), director at Joost Zorgt (home care), and positions in consultancy and business management.

3.00PM WHY AI - ARTIFICIAL INTELLIGENCE - IS ESSENTIAL FOR CLINICIANS

presented by Johan Sorensen and Robin Lefever BSc



AI is knocking on the door of the therapy room, and it's a visitor we, as mental health professionals and healthcare leaders, need to understand. The question is no longer if AI will impact our practice, but how we can ethically and effectively harness its power to enhance patient care, streamline our workflows, improve clinical outcomes, and optimise resource allocation. For clinicians, this means augmenting clinical skills. For leaders, this means unlocking efficiencies and cost savings that can strengthen the sustainability of mental health services. One of the most persistent myths is that AI aims to replace the clinician. This

couldn't be further from the truth. The goal of evidence-based AI in mental health is augmentation, not automation. So, how can AI practically support our day-to-day work and organisational operations? Attend this presentation to discover what applications are available and how they can help both therapeutic and administrative work.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Explain the paradigm of AI as an augmentative tool (rather than a replacement) in mental health care, and articulate how evidence-based AI can ethically enhance clinical decision-making, patient care, and therapeutic outcomes
- ① Identify practical AI applications currently available to support both therapeutic work (e.g., augmenting clinical skills and client engagement) and administrative/operational tasks (e.g., workflow efficiency, resource allocation, and documentation)
- ① Evaluate the potential benefits and implementation considerations of AI integration for mental health clinicians and service leaders, including improvements in clinical outcomes, cost savings, and long-term sustainability of mental health services.

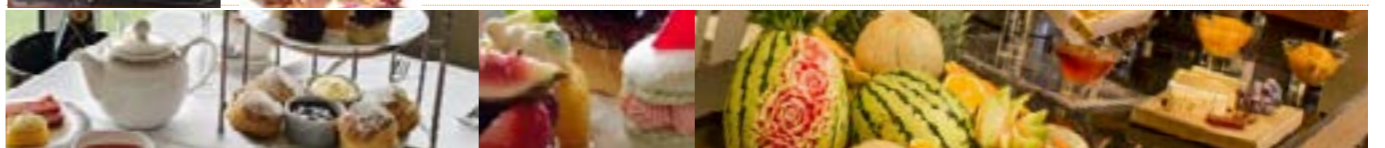
Johan Sorensen is the founder of Portobello Behavioural Health which provides case management, counselling and behavioural health coaching based in London and Guildford. With over 25 years in the mental health and addiction field, he has extensive experience setting up and managing treatment facilities and programmes across the UK, the Middle East and US. Initially trained as a therapist, Johan has worked in various aspects of service delivery, focusing on personalised solutions for individuals, families and organisations. He founded Portobello Behavioural Health to emphasise tailored care throughout the recovery continuum. Johan holds a BA (Hons) from the University of London (1994-1999) and has served on charitable boards while consulting for media on mental health and addiction topics. His professional expertise includes addiction recovery, interventions, mental health and prevention. His previous roles include positions at Sorensen Consultancy, Onsite Workshops, Music Support, and C4 Recovery Solutions.

Robin Lefever has a BSc in Psychology from the University of Kent and is the managing director of Promis Clinics and a director of Cardinal Clinic. Robin is also a skilled therapist, and his clinical interests include a wide range of therapies, including EMDR, EAP, psychodrama, group therapy, family therapy and early interventions. Having been a part of the Promis Research Group, Robin has been published in articles and papers in international scientific journals. He brings a deep understanding of therapeutic practice and research to his work, informed by a commitment to innovation in behavioural health.

3.30-4.00PM: REFRESHMENTS IN EXHIBITOR ROOM - THE GRAND FOYER - BESIDE THE PRESENTATION ROOM



Have a coffee/tea and cookies, visit exhibitors to see what they offer, enter free raffles for jewellery, USB storage and more.





4.00PM UNCOUPLING WEIGHT FROM HEALTH: DIETETIC APPROACHES TO DISORDERED EATING

presented by Yasmin Porter RD, BSc



This presentation on dietetic approaches to disordered eating and binge eating disorder recovery explores the intersection of weight-stigma, binge eating disorder and recovery, and challenges the conventional weight-centric paradigm in dietetic practice. It describes a more compassionate, evidence-based approach. Gaining insight into why a weight-inclusive framework is not only ethically important but essential for achieving sustainable, positive outcomes in clinical practice. Catch up with scientific evidence demonstrating that body weight is a poor indicator of metabolic health, cardiorespiratory fitness, and overall wellbeing. Learn how traditional weight-focused interventions can inadvertently exacerbate eating disorder pathology. Delegates will learn how emphasis on calorie restriction, weight loss goals, and dietary restraint can reinforce the restrict-binge cycle, heighten body shame, and undermine psychological recovery in people with binge-eating disorder. Real-world clinical examples and research findings will illustrate these mechanisms and their impact on long-term health behaviours. Discuss practical, weight-inclusive dietetic strategies grounded in Health At Every Size® (HAES®) principles which prioritise intuitive eating, body respect, joyful movement, and holistic wellbeing over weight manipulation. Delegates will leave with tools and frameworks to implement non-stigmatising, recovery-oriented nutritional care.

restriction, weight loss goals, and dietary restraint can reinforce the restrict-binge cycle, heighten body shame, and undermine psychological recovery in people with binge-eating disorder. Real-world clinical examples and research findings will illustrate these mechanisms and their impact on long-term health behaviours. Discuss practical, weight-inclusive dietetic strategies grounded in Health At Every Size® (HAES®) principles which prioritise intuitive eating, body respect, joyful movement, and holistic wellbeing over weight manipulation. Delegates will leave with tools and frameworks to implement non-stigmatising, recovery-oriented nutritional care.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Describe the evidence behind why weight does not indicate health status, and the history of BMI
- ① Explain how weight-focused approaches reinforce the restrict-binge cycle and increase body shame in BED recovery
- ① Identify helpful, weight-inclusive dietetic treatment approaches that align with Health At Every Size® principles.

Yasmin Porter is a HCPC registered Dietitian, Health at Every Size (HAES®) practitioner and certified Binge Eating Professional. She believes that everyone should have access to clear, evidence-based nutrition advice that is affordable when you need it. Equity and preventative healthcare are two values that shape her practice: Aligned Dietetics. She is trained to support clients with a range of clinical conditions, disordered eating and general nutrition health. Yasmin works in a trauma-informed manner as needed.

4.30PM UNITED INTERESTS: A UNION FOR THERAPISTS

presented by Liz Martin MSc MBACP AP APM



The [Psychotherapy and Counselling Union](#) is the only union in the UK for these professionals. It was created by practitioners for practitioners from a deep understanding and lived experience of the challenges those in the profession face. It supports members who encounter difficulties in their workplaces, while training or with membership bodies (eg, with client complaints). Both BACP and UKCP formally recognise that PCU is entitled to support members in complaints processes. PCU brings practitioners together and works to have voices of the profession heard through collective campaigning, to stand up for therapists and therapy.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Describe the practical support PCU provides to members facing challenges in the workplace, during training, or within professional membership bodies (including client complaints), including the formal endorsement of this role by both the BACP and UKCP
- ① Identify key professional challenges faced by therapists and counsellors that PCU was created to address, drawing on lived experience
- ① Discuss the value of collective voice and campaigning through union membership, and evaluate how PCU works to amplify practitioners' perspectives and advocate for the profession as a whole.

Liz Martin MSc MBACP AP APM is a psychotherapist, EMDR and EFT practitioner, specialising in alcoholism, addiction, trauma and codependency. Liz is a well-established psychotherapist with 20 years of professional experience. She has worked both in the private and public sector, including within the criminal justice system. She holds a Masters Degree in Addiction Psychology and Counselling, has trained with Pia Melody, and is also an EMDR and EFT practitioner. She was a volunteer UK delegate at the United Nation's Commission on the Status of Women earlier this year. She describes herself as an activist, helping to raise awareness of addiction and trauma within our political system. Liz believes developing a spiritual and loving connection within oneself is essential for our healing.



Dashing delegates and memories of DB Recovery +UKESAD

(click for yearbook)

5.00PM BEYOND DETOX: THE TRANSFORMATIVE BENEFITS OF RESIDENTIAL TREATMENT FOR MEDICALLY STABLE INDIVIDUALS

presented by Steve Clarke MSc, BSc, BACP tbc



Explore the unique advantages of residential treatment programmes for people with substance use disorders who do not require medical detoxification. Discover how a structured, immersive therapeutic environment - free from the distractions and triggers of daily life - fosters deeper healing, skill-building, and long-term recovery. Drawing on clinical outcomes, best practices, and real-world case examples, the session highlights why residential care often outperforms outpatient options for this population and provides practical guidance for referral decisions. The presentation also addresses common barriers to residential placement and offers strategies for overcoming them, empowering clinicians and referral partners to make more confident, individualised treatment recommendations.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Identify at least four key clinical and psychosocial benefits of residential treatment for clients who are medically stable and do not need detox
- ① Differentiate between appropriate candidates for residential versus outpatient care and recognize common misconceptions about residential programming
- ① Apply evidence-based strategies to improve client engagement, retention, and post-treatment outcomes when recommending or supporting residential placement.

Steve Clarke joined the Priory Group leadership team as managing director for its newly formed division, Residential Addictions, after four years as a hospital director at the group's flagship, Priory Hospital Roehampton. During his period of leadership at Roehampton, it regained its CQC rating of "good" as it supported adults, children, private and NHS patients with needs ranging from addiction, mood disorders, eating disorders and general psychiatric care. Steve began working for Priory in 2014, taking a break in 2017 to set up an Ultra High Net Worth Addiction service in Barbados. He returned to the UK as hospital director at Priory Group's private addictions/eating disorder service, Lifeworks, in 2018 before moving across to Roehampton. As a BACP accredited psychotherapist, Steve has an MSc in Addiction Psychology and Counselling, and a BSc in Integrative Therapy. He is passionate about supporting clients gaining access to high quality, market leading, affordable addiction treatment in the UK. Prior to joining Priory in 2014, Steve held a number of senior roles for organisations such as WH Smith, Philip Morris International and Elizabeth Arden.

7pm THURSDAY 25 JUNE 2026 - BY INVITATION ONLY, LIMITED SEATS

DB RECOVERY+ McLEAN DECONSTRUCTING STIGMA AWARDS DINNER 2024

They recognise, celebrate and encourage the lifesaving but under-recognised vocation of dedicated workers and, in so doing, help to remove stigma. The Awards identify and celebrate outstanding addiction treatment/recovery by organisations, individuals and teams. They recognise that high standards of quality and integrity are vital to successful outcomes, as well as rewarding the dedication and vocation of therapists, researchers and others at the cutting-edge of their profession.

Hundreds of entries exemplify the talent, dedication and creativity of individuals and organisations, giving countless reasons to take pride in our field.





Who, what: presenters, topics

A conference/training by people in recovery for people in recovery and anyone affected by addiction: therapists, politicians, psychiatrists, doctors, nurses, healthcare workers, educators, advocates, families. Learn, catch up with friends old + new, hone your skills, earn up to 14 NAADAC CEs /CPDs.

FRIDAY 26 JUNE (WORLD DRUG DAY) - GRAND BALLROOM

Delegates can participate in ALL 28 presentations – no difficult choices to limit your speaker/topic choices!
That's 14 intense presentations each day, enjoying the company of ALL your fellow delegates.

ARRIVAL 8.00-9.15AM: REGISTRATION + REFRESHMENTS

Have a coffee/tea and cookies, meet and greet friends old and new and/or join mindfulness and mutual-help meeting.

8.00AM 'OPEN' 12-STEP MEETING (1 hour)

chaired by a long-term member of 12-Step fellowships who is also a qualified therapist



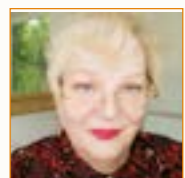
For people in recovery to get a sense of belonging right from the start, and for professionals and carers who want to witness how mutual-help works. Both the World Health Organisation and UK health watchdog Nice recommend mutual-help groups, particularly the 12-step based ones – and delegates will hear of their benefits in key presentations throughout the conference. But how do they work? This confidential but open meeting is for members of 12-step fellowships and for interested professionals who want to learn and experience more of what their clients are doing and feel more confident in recommending and understanding the processes.

Learning objectives: At the end of this meeting, delegates will be able to:

- ① Describe the procedures of a 12-step mutual-aid meeting, its organisation and facilitation
- ① Impart to others how mutual-aid 'fellowship' members share experience, strength and hope
- ① Explain to people in need of help how they can gain and sustain recovery from addictive behaviours through mutual-aid meetings.

9.15AM WELCOME, THANK YOU FOR JOINING US AND HELPING PEOPLE INTO RECOVERY

from Deirdre Boyd, owner of DB Recovery Resources



Recovery from addiction is possible; this symposium demonstrates it in action, and the research behind it.

For three decades, Deirdre Boyd has been a leader in the field of recovery from addiction, with an international reputation: she "inspires the inspirers". Based in the UK, she heads up DB Recovery Resources which supplies a daily news service to the international alcohol/drug-treatment field on addiction recovery, offers an archive of over 38,000 news+research items, publishes Recovery Plus journal, and organises the DB Recovery+ UKESAD international trainings on addiction recovery: the UK's largest event marking the UN's and WHO's World Drug Day. Most recently invited in 2021, by the deputy Prime Minister, to submit addiction treatment/recovery research and evidence, she has spoken at the All Party Parliamentary Drugs Misuse Group, the APPG Alcohol and the APPG on Children and Cannabis, was part of the dti Foresight Project on Brain Science, Addiction & Drugs which predicted drug scenarios for the next 25 years. Deirdre has been quoted in House of Commons and House of Lords debates on alcohol and drugs, and contributed to the Drug Policy 2010 and Select Committees. She authored Addiction & Recovery: self-help for friends, families and addicts, which was translated into 7 languages. Deirdre served on the board of the International Certification & Reciprocity Consortium UK & Europe CIC which had 45,000 members at the time. She served on the board of the National Association for Children of Alcoholics (UK) and sat on the Centre for Policy Studies' Addictions committee. Deirdre was voted by the public to receive the Directory of Social Change Influencer Of The Year Award 2012. The International Council on Alcohol & Addictions presented her with the 'Dr Vincent Bakeman Memorial Award for Outstanding Community Services'. She has also received a Sierra Tucson Award for Outstanding Achievement.

9.25AM FROM PERSONAL RECOVERY TO PUBLIC POLICY: BREAKING THE STIGMA OF ADDICTION

presented by Dan Carden MP tbc



In this powerful and personal keynote, Dan Carden MP shares his journey from denial and near-fatal alcohol addiction to sustained recovery, highlighting the critical role of family intervention, peer support, therapy, and community programmes like Alcoholics Anonymous. As a sitting MP who has spoken openly in Parliament about his experiences, Dan will explore how lived experience can drive better addiction policy, particularly in deprived communities where addiction is causing the greatest harm. He will challenge the shame and silence that prevent people from seeking help and make the case for a more compassionate, effective national response to addiction.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Identify personal and societal barriers to recovery – Understand how denial, suppressed emotions, stigma, and lack of early intervention contribute to the progression of addiction
- ① Recognise the value of lived experience in shaping policy – Explore how sharing recovery stories can reduce stigma, influence public discourse, and inform more effective addiction strategies at both local and national levels
- ① Apply practical insights for supporting recovery – Gain actionable understanding of the combination of family/friend support, professional therapy, counselling, and mutual-aid groups that supported sustained recovery, and how these can be integrated into community and policy responses, especially in high-deprivation areas.

Dan Carden is Member of Parliament for Liverpool Walton and a member of the UK government's Foreign Affairs Committee. He made the media headlines when he gave a moving speech in Parliament that he is in recovery from addiction, helping to reduce the stigma of recovery. Addiction is "killing more people and ruining more lives than ever... I hope my openness can help challenge the stigma that stops so many people asking for help," he said. "It took me a long time to admit that I was struggling with my mental health and alcohol addiction – actually it took repeated interventions from the people who really loved me," the MP said. "I denied I had a problem, I suppressed my emotions – as I'd learned to do as a kid – and I told myself things were fine." Carden said that "I twice nearly lost my life to alcohol" and was saved only by the actions of others. "Drinking was destroying my body, it was damaging me and my relationships in so many other ways". Carden said his family supported him and friends "quite literally saved my life", but that it took Alcoholics Anonymous meetings, psychotherapy and counselling to get to the point where he was healthy, loved life and had a wonderful partner. "I've gone from not recognising addiction in myself for so, so long to seeing it everywhere and doing its worst damage in the most deprived communities... Addiction is killing more people and ruining more lives than ever and had led to the deaths of several MPs – and yet many would still rather hide its ugly reality. "Pride is about celebrating who we are without shame. In the end, it's a simple choice: choose to hide or choose to live. My advice is choose to live." Dan's mother served in the National Health Service for over 40 years.

9.55AM FROM LIVED EXPERIENCE TO PROFESSIONAL: THE IMPORTANCE OF WORKING TOGETHER

presented by Stephen Campbell of OHID, Will Haydock of Collective Voice, Radha Allen of B3, Tim Sampey of BoB, Woody Albrow of CGL



Drawing from extensive experience with treatment providers, lived experience groups and the civil service, explore the significance of integrating human experiences into professional settings. Emphasise the importance of bringing together organisations with a range of perspectives and skills, breaking down barriers to collaborative working. This will be illustrated through the London Recovery Network project, with a progress report from last year to now.

Learning objectives: At the end of this meeting, delegates will be able to:

- ① Discuss the significance of integrating lived experiences into professional settings
- ① Determine the benefits of collaborative working and breaking down barriers to partnership
- ① Identify key strategies for fostering progressive partnerships in various sectors
- ① Gain insights into the London Recovery Network project and its impact on collaborative efforts.

Steve Campbell is a programme manager in the Drug and Alcohol Improvement Support Team at the Office for Health Improvement and Disparities (OHID). With 16 years of experience in the sector, Steve began his journey as a volunteer in early recovery at an open-access drop-in service. He has since held a range of roles, including associate director at a major treatment provider in Wales. Passionate about person-centred care, Steve believes that kindness and connection are fundamental to any therapeutic journey.

10.25AM STAY AHEAD IN A RAPIDLY EVOLVING LANDSCAPE

presented by Daniel Gerrard



Explore current and emerging approaches that are shaping the future of the industry. Drawing on real-world experience and forward-thinking perspectives, the presentation will highlight practical strategies, innovative tools, and key considerations for professionals seeking to enhance performance, overcome challenges, and drive meaningful progress.

The 3 learning objectives of the presentation and the presenter details are on the next page.



10.25AM STAY AHEAD IN A RAPIDLY EVOLVING LANDSCAPE

Continued from the previous page

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Identify key trends, opportunities, and challenges impacting the field and their professional practice
- ① Apply practical strategies and innovative solutions to improve outcomes and operational effectiveness
- ① Evaluate new tools, approaches, and partnerships that can support long-term success and organisational growth.

Daniel Gerrard is CEO of UKAT, the UK Addiction Treatment group. In 2009, he founded an online addiction treatment service then, in 2012, co-founded UKAT. He successfully led a huge growth expansion: UKAT is now the UK's largest residential treatment provider for behavioural conditions, operating 8 addiction treatment centres with 200 beds spanning the UK. In 2017/18, he led a sales process of the majority of shares in UKAT to a US corporation and again in 2024 to Sullivan Street Partners, where he remains a shareholder and the group's CEO. Daniel also invests in various opportunities through Gerrard Capital (Gcap). Previously, he had 15 successful years working as a derivatives trader for various organisations and continues to trade/invest. He also spent 8 years founding and running online digital media ventures.

10.55-11.15AM: REFRESHMENTS IN EXHIBITOR ROOM - THE GRAND FOYER - BESIDE THE PRESENTATION ROOM



Have a coffee/tea and cookies, visit exhibitors to see what they offer, enter free raffles for jewellery, USB storage and more.

11.15AM TURNING CLIENTS AND ALUMNI INTO ADVOCATES

presented by Cosmo Duff Gordon CPsychol, AFBPsS, Grad Dip Couns (SACAP), Grad Dip Psych (OU), MA (Edin), DPsych (London)



Pinpoint practical, ethical, and effective strategies for transforming people in recovery who have completed addiction treatment into powerful advocates for addiction treatment, recovery and policy change. Discover how the Barney Recovery app serves as a powerful platform for engaging alumni, providing ongoing support to prevent relapse, and mobilising them into advocacy roles. Attendees will quantify the benefits, navigate potential risks, and build sustainable alumni programmes that reduce stigma, influence legislation and strengthen recovery communities - all the while helping to sustain their healthcare providers.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Identify key indicators of readiness and appropriate timing for inviting clients and alumni to engage in advocacy activities while maintaining their personal recovery and safety
- ① Apply practical frameworks and training techniques to equip clients and alumni with the skills needed to share their stories effectively, engage with policymakers, and participate in public awareness effort
- ① Design or enhance an alumni advocacy programme in their organisation, including integration of digital tools such as the Barney Recovery app, to foster engagement, provide continuous support, and impact stigma reduction and recovery advocacy.

Cosmo Duff Gordon is a director of Barney Recovery, the 1st tech-driven solution of its kind to provide treatment centres with analytical data on their alumni. It is designed to reduce relapse rates through continuous engagement and support, enabling treatment centres to provide alumni the tools, connections and opportunities to seek help when needed. Cosmo also founded London's Start2Stop clinic in 2010. There, he pioneered intensive outpatient programmes and residential secondary treatment. He also worked for in the NHS service for treating problem gambling. Start2Stop was bought by the Nightingale Hospital in 2022 and Cosmo continues to clinically supervise the work undertaken there. He has published in [peer-reviewed literature](#), and is a chapter author in a book on recovery. His doctoral thesis was on the subject of the ideological dilemmas of 12-Step recovery. He was awarded the Bruner Prize by the Open University in 2011. He has been an invited speaker on addiction to the staff of Public Health England and has been interviewed on the subject of addiction by the media including Radio 4's Today, The Times, Telegraph, Evening Standard and Guardian.



11.45AM GLP-1 RECEPTOR AGONISTS: ADDICTION, CRAVING

presented by Caron expert, name tbc



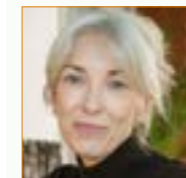
Originally developed for diabetes and weight loss, GLP-1 medications appear to help quiet the brain's reward circuitry, muting the intense craving signals associated with substance use disorders. While the science is still emerging, ongoing studies suggest significant potential across alcohol, stimulant, and compulsive behavior disorders. One of these is of particular interest as it is led by a rehab: Caron Treatment Centers. It received national attention, including from the *Washington Post* for its innovative use of GLP-1 medications such as Zepbound and Ozempic to help reduce cravings for alcohol and illicit drugs in over 130 patients with promising early results.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Describe the neurobiological mechanism by which GLP-1 receptor agonists modulate the brain's reward circuitry to reduce intense craving signals associated with substance use disorders
- ① Evaluate the emerging clinical evidence for the use of GLP-1 medications (such as Ozempic and Zepbound) in treating alcohol use disorder, stimulant use disorder, and other compulsive behaviour disorders
- ① Analyse the design, early outcome, and significance of the Caron Treatment Centers' study involving GLP-1 medications to reduce cravings for alcohol and illicit drugs, including implications for addiction treatment.

12.15PM WHAT RECOVERY TEACHES US ABOUT PARENTING

presented by Samantha Duggan BA, MA, PhD



Many parents in recovery share a powerful aspiration: "The cycle stops with me". They want to do better than their own parents, avoid repeating past harm and raise children who will not face the struggles they did. Yet parenting often proves more emotionally demanding than expected, confronting parents with guilt, perfectionism and unresolved feelings about their own upbringing. This talk introduces The Parenting Mirror, a simple framework for understanding how the way adults judge their own parents shapes the way they judge themselves as parents. Drawing on behavioural psychology, addiction recovery and lived experience, explore how we can help parents move beyond shame and perfectionism toward a more sustainable path: compassionate accountability and repair.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Identify two common parenting traps - shame-based prosecution and defensive idealisation - that can emerge in recovery families
- ① Specify how unresolved resentment toward one's own parents can intensify parental guilt and perfectionism
- ① Explain how the standards adults apply to judging their parents shape the standards they apply to themselves as parents
- ① Apply recovery-informed concepts such as accountability, amends and repair to support healthier parenting in addiction recovery..

Dr Samantha Duggan is a behavioural psychologist, author and speaker specialising in parenting, family relationships and emotional recovery. Her work integrates behavioural science, attachment theory and insights from addiction recovery to help parents build calmer, more resilient family systems. She is the author of *Channels of Peace: Using Psychology & Spirituality to Transform Your Family* and speaks internationally on parenting, emotional development and the psychology of repair in relationships.

12.45PM RECOVERY AS A SOCIALLY SUPPORTED PROCESS

presented by Ryan Erispe



Explore the evolving understanding of addiction recovery beyond a solely clinical lens. Drawing on trauma-informed research, harm reduction, and systems thinking, Ryan Erispe highlights the essential role of treatment in stabilisation and safety, while also examining the limits of what clinical services can achieve in isolation. By connecting clients' lived experiences with the realities of service delivery and the broader social systems that influence outcomes, the talk reveals a gap between what the evidence shows about trauma, retention, and community, and how recovery pathways are often structured. It reframes relapse not as individual failure, but as a predictable outcome when substances are removed without adequately restoring regulation, identity, and belonging. Ultimately, it positions

recovery as a long-term, socially supported process, where effective treatment serves not as a standalone solution, but as a critical bridge to sustainable community integration and connection..

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Explain why relapse isn't failure; it's what happens when regulation, identity and support aren't replaced
- ① Discuss how treatment can stabilise, but only community sustains recovery
- ① Justify why the challenge isn't the client; it's a system not designed for long-term recovery.

Ryan Erispe's bio is on the following page.



12.45PM RECOVERY AS A SOCIALLY SUPPORTED PROCESS

Continued from the previous page

Ryan Erispe is clinical director of The Cabin Chiang Mai, where he oversees clinical programming and multidisciplinary teams delivering evidence-based addiction treatment. With over a decade of experience in addiction treatment, he has worked across multiple countries, providing counselling, leading clinical teams, and developing innovative treatment programmes. With lived experience in 12-step-based treatment, he works to preserve its therapeutic value while integrating current, evidence-based modalities into a more comprehensive model of care. Over the course of his career, he has worked across South Africa and Thailand, founded and led his own treatment centre, and played a key role in developing and implementing the first inpatient addiction treatment programme in Seychelles. In addition to residential treatment, his experience includes complex harm reduction cases and systems-level programme development. He is known for his progressive, critically engaged approach to treatment, continually working to improve his treatment programmes while remaining grounded in clinical integrity and client-centred care. His work is driven by a commitment to social justice and a deep interest in examining the broader systems that impact addiction recovery. He is passionate about contributing to meaningful change in the field and believes in community-focused aftercare models as an essential aspect of addiction treatment.

1.10-2PM A HOT LUNCH AND SALADS PREPARED BY 5*HOTEL CHEF WILL BE PROVIDED, IN EXHIBITOR AREA, WITH SEATING IN GRAND BALLROOM



Choose your meal, check out exhibitors, enter free raffles, browse through books, sit and chat at ease.

2.00PM HOW AND WHY TO ADAPT ADDICTION THERAPY FOR ADHD AND AUTISTIC CLIENTS

presented by Castle Craig expert



Neurodivergent (ADHD and autistic) clients are significantly overrepresented in addiction treatment settings but standard addiction therapies are rarely designed with their cognitive, sensory, and emotional profiles in mind. Explore the neurological and psychosocial reasons why conventional approaches often fall short for these clients and acquire practical, evidence-informed adaptations to improve engagement, retention and recovery outcomes. Attendees will leave with a clear framework for modifying motivational interviewing, CBT, relapse prevention, and group work to better serve neurodivergent clients while maintaining fidelity to core addiction treatment principles.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Explain key neurobiological and experiential factors (executive function differences, sensory processing, emotional dysregulation, masking) that increase addiction vulnerability and reduce effectiveness of standard addiction therapies for ADHD and autistic clients
- ① Identify specific limitations in common addiction interventions (eg, traditional CBT, 12-step facilitation, unstructured group process) when applied to neurodivergent populations
- ① Apply practical adaptations and tailored strategies across assessment, individual therapy, relapse prevention planning, and group facilitation to increase relevance, reduce dropout, and improve long-term recovery rates for ADHD and autistic clients.

Castle Craig presenter details to follow.

2.30PM DESIGNING RECOVERY: LESSONS FROM THE UK'S FIRST PURPOSE-BUILT ADDICTION REHAB

presented by Martin Preston



This session shares the end-to-end journey of developing the UK's first purpose-built addiction treatment rehab facility. It examines how lived-experience input from patients and frontline staff was captured and translated into a therapeutic design brief, the rigorous process used to select the architect, and the practical adaptations required when the same core model was rolled out at a 2nd site in a different location. Attendees will discover how intentional, evidence- and experience-informed design can transform outcomes in addiction recovery environments.

The 3 learning objectives of the presentation and the presenter details are on the facing page.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Identify and prioritise the key environmental, therapeutic and operational requirements expressed by patients and staff in addiction treatment settings, and explain how these shaped an architectural brief
- ① Describe a robust, values-driven process for selecting and collaborating with an architect on a specialised healthcare facility
- ① Evaluate the design adaptations needed when replicating a successful rehab model in a new geographical and contextual setting while preserving clinical and experiential integrity.

Martin Preston is founder and CEO of Delamere – the UK's only purpose-built addiction treatment clinic, which was voted Best Amazing Space in the Northern Design Awards. "Stepping into Delamere is a little like walking into a modern boutique hotel. Intimate, imaginative and impressively well equipped. En-suite bathrooms in attractively designed bedrooms are complemented by comfortable communal spaces with more unexpected amenities like our art studio, gymnasium, yurt and movie theatre."

3.00PM CURRENT THEMES ON GAMBLING HARMS: STATISTICS, CROSS-ADDICTION, TREATMENT

presented by Cheryl Williams BA



This is an in-depth exploration of the current UK landscape in terms of gambling harms, treatment available and latest developments in care. Gambling-related harm represents one of the most significant and rapidly evolving public health challenges in the UK today. Gain a comprehensive overview of the current UK gambling landscape, examining the scale and nature of gambling harms, their intersection with other addictions, and the evolving response from treatment providers, regulators, and support services. Delegates will gain up-to-date insight into the latest statistics on gambling prevalence and its strong links with alcohol dependency and cross-addiction. Particular attention will be given to treatment models for people experiencing gambling disorder, with a focus on those living

with complex comorbidities such as substance use disorders, mental health difficulties, and trauma. Attendees will leave with a clear understanding of the strengths and gaps in existing service provision, alongside emerging best practices and innovations in gambling harm treatment and prevention. This session is essential for clinicians, commissioners, and policymakers working in addiction services who wish to strengthen their knowledge and response to this growing area of need.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Discuss the issues facing society as a result of gambling harms
- ① Cite the statistics around gambling and alcohol dependency, and the role of cross-addiction
- ① Describe the approach taken by the sector in terms of tackling this issue
- ① Define the treatment available to vulnerable people dealing with gambling disorder and other complex comorbidities.

Cheryl Williams is the head of service for Gambling Harms at Adferiad, where she leads strategic and operational efforts to support people affected by gambling-related harm. With a background in mental health, substance misuse and addiction services, Cheryl has dedicated her career to working with some of the most vulnerable and marginalised populations in Wales. She is passionate about person-centred recovery and champions a holistic approach that addresses the complex interplay between gambling, mental health and substance use. She has a BA from Bangor University in Psychosocial Studies (substance use). Cheryl is an advocate for the expansion of high-quality, trauma-informed rehabilitation services and works tirelessly to ensure that support is accessible, inclusive, and responsive to the needs of diverse communities.

3.30PM NARM: THE NEUROAFFECTIVE RELATIONAL MODEL FOR COMPLEX TRAUMA

presented by Maya Vaughan and colleague



Complex trauma and unresolved developmental wounds are major underlying drivers of addiction, yet many traditional addiction treatments focus mainly on symptom management and relapse prevention without directly addressing the root neurobiological and relational disruptions. The NeuroAffective Relational Model is a powerful, trauma-informed psychotherapy that integrates bottom-up nervous system regulation with top-down relational and identity work. Discuss NARM's core principles and learn how it can be effectively integrated into addiction treatment to resolve the emotional, physiological and relational patterns that fuel addictive behaviours.

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Explain how complex trauma and developmental disruptions contribute to the neurobiological and relational roots of addiction
- ① Describe the key principles and therapeutic stance of the NeuroAffective Relational Model (NARM) and how it differs from traditional trauma and addiction approaches
- ① Apply practical NARM-informed strategies in addiction treatment settings to support nervous system regulation, resolve shame and identity distortions, and improve long-term recovery outcomes for clients with complex trauma histories.

Maya Vaughan is director of the Trauma Training Institute UK and is a NARM therapist and relationship coach whose work centres on complex trauma and attachment issues. As a NARM Master Practitioner with extensive training in Emotionally Focused Therapy (EFT), she integrates these approaches in her work with individuals and couples to support emotional safety, self-awareness, and authentic connection. She is arranging an expert colleague to join her for this presentation.



4.00-4.30PM: REFRESHMENTS IN EXHIBITOR ROOM - THE GRAND FOYER - BESIDE THE PRESENTATION ROOM



Have a coffee/tea and cookies, visit exhibitors to see what they offer, enter free raffles for jewellery, USB storage and more.

4.30PM PROFESSIONALS: BENEFIT FROM INTERNATIONAL ACCREDITATION

presented by Steve Valle ScD, MBA (tbc)



Are you an addiction therapist who moves from country to country or wants to be able to do so? Are you a therapist who helps clients online from a variety of countries and wants the credentials to evidence your competencies? Do you want formal globally-recognised- certification if you are from a country that does not otherwise recognise addiction therapists? Or do you just want gold-standard universally-recognised certification? Do you want benefits to match your needs as an addiction professional? NAADAC, the Association for Addiction Professionals, has the solution!

Learning objectives: At the end of this presentation, delegates will be able to:

- ① Discuss the benefits and reach of international NAADAC membership and access NCC AP tests or credentials, accepted in over 44 states and 60 countries
- ① Join the NAADAC online community through NAADAC membership and reach around the world for resources
- ① Gain access to over 380 free CE hours of addiction-specific education online on demand and 24x7
- ① Expand your portfolio of skills and quality therapy standards to benefit your clients and yourself
- ① Start the application process to join NAADAC's 85,000 constituents, including over 13,000 addiction professionals around the world..

Stephen K Valle ScD, MBA (tbc), is a recognised leader and international expert in the addiction, criminal justice, and mental health fields. In 1993, he was nominated by Senator Harold E Hughes to serve as director of the Federal Substance Abuse and Mental Health Services Administration (SAMHSA) in the Clinton administration. In 2010, he was invited to address Parliament's House of Lords All-Party Parliamentary Group on Drug Misuse regarding prison reform and addiction issues in the UK and the US. He is a recipient of the NAADAC's prestigious Mel Shulsted award. Dr Valle is also the founder of Accountability Training, a behaviour change model for offenders with addiction. In 1996, he converted his former home in Massachusetts, into a sober residence and founded Grace House. Grace House was the first Oxford House for men and women without a home and recently released offenders with addiction and co-occurring problems in the state. The conceptual framework of his Accountability Training model grew out of his unique connection with the residents of Grace House and with other offenders in the many programmes he established throughout the US. A licensed psychologist and licensed alcohol and drug abuse counsellor, Dr. Valle was president and CEO of AdCare Criminal Justices Services, an affiliate of AdCare Hospital, in MA for 25 years. He is currently chairman of Valle Management Associates Inc, an international addictions and behavioural health consulting company. He is the author of over a dozen journal articles and of *Alcoholism Counseling: Issues for an Emerging Profession*, and was the editor of *Drunk Driving in America: Strategies and Approaches to Treatment* and an associate editor of *Alcoholism Treatment Quarterly*.

DELEGATES WHO COMPLETE AND RETURN EVALUATION FORMS PROVIDED WILL BE AWARDED INTERNATIONALLY RECOGNISED 'GOLD STANDARD' CES / CPDS FROM NAADAC, THE ASSOCIATION FOR ADDICTION PROFESSIONALS.



Our friendly team...



CHRIS CORDELL BA, PG CERT is ambassador and business development manager for DB Recovery Resources/ DB Recovery+UKESAD. He continues the rich legacy of Philip Fisher. Chris brings over 25 years of specialist experience in addictions and mental-health recovery, spanning frontline practice and senior leadership roles including hospital director, operations manager and managing director across the UK and internationally. Most recently COO at Bespoke Treatment Barbados and an independent consultant, he has founded pioneering low-cost outpatient services, advised on national UK drug policy, and delivered the UAE's first state-funded extended-primary care house. A Certified International Recovery Specialist, senior associate of the Royal Society of Medicine and member of ISAM, Chris also has a BA in Social psychology and anthropology, a Post Grad Cert in Business and proven expertise in addictions business development. He is already well-known to the DB Recovery+UKESAD community, including as a presenter, and his role (as David) in the political satire *The Great British Lock-In* as well as other film and theatre roles.



LAURA GRAHAM will greet delegates at Registration, volunteering as ambassador for DB Recovery+UKESAD and ensuring you get your delegate bags, delegate badges, pocket programme and floorplan. She is an independent researcher, writer and consultant, working on strategy and policy development in the fields of addiction recovery, mental health and carer's issues. She is the founder of Cure the NHS-Lambeth and is passionate about improving patients' experiences of NHS care. Laura previously worked at the Ministry of Justice.. She has been in recovery from addiction for over 19 years.



MICHAEL RAWLINSON is compere / MC during DB Recovery+UKESAD. He is principal and treatment director of Psychinsight. Michael has over 30 years of experience in abstinence-based behaviour, coupled with more than 20 years of clinical practice. As a writer, broadcaster, and public speaker, Michael is known for his expertise in addiction counselling and his dedication to helping people overcome the challenges of addiction and mental health struggles. He spent 11 years at Action on Addiction's Clouds House where he was promoted to lead practitioner, managing clinical staff. He was chosen to represent Clouds House in person, online, and in the media. Before joining the addiction-therapy field, he was VP of Q4i.com, a web-based leading financial services business, and business development manager at United Press International for UK and Europe, promoted to VP for Europe, Middle East, Africa.



ALEX FONTAINE MBE is compere / MC during DB Recovery+UKESAD. She is a personal sober companion and CCAR-trained recovery coach. In her experience working with high net worth individuals, over the past 26 years, she encountered families facing multifaceted challenges such as psychiatric issues, addiction rehabilitation, dual diagnosis, post traumatic stress disorder, anxiety disorders and more. Guiding these families through the intricate journey of recovery and medical care, she offers personal understanding, empathetic assistance, and non-judgmental compassion. She also founded a charity, The Yellow Heart Trust, to help those suffering from PTSD, addiction and dual diagnosis. For more information go to <http://www.yht.org.uk>



STEVE BROUGHTON will greet delegates at Registration, volunteering as ambassador for DB Recovery+UKESAD and ensuring you get your delegate bags, delegate badges, pocket programme and floorplan. He is expert at troubleshooting possible delegate issues, with over a decade of UKESAD conferences in his portfolio.



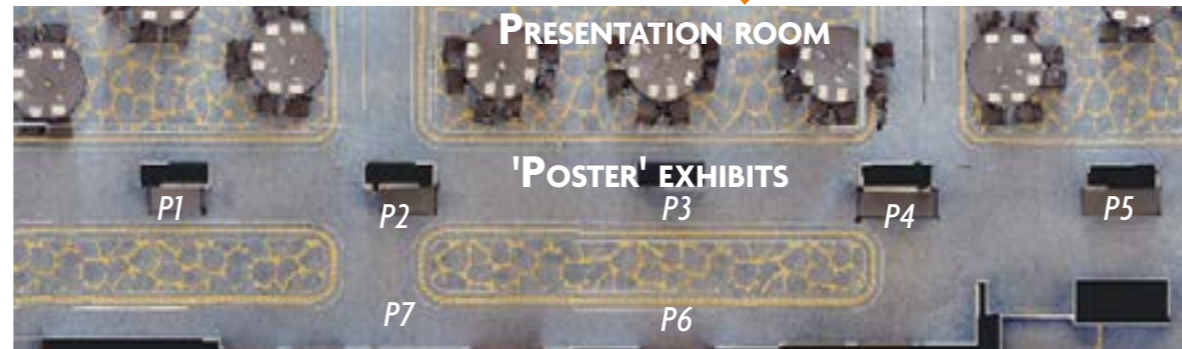
Guide to exhibitors Chelsea Harbour Hotel London SW10

Click logos to see exhibitor services

Click: virtual tour



Everything on one floor:
♥ presentations,
♥ exhibitors,
♥ refreshments, lunch,
♥ loos,
♥ seating areas -
♥ and views.



Click: virtual tour

Key to symbols

- 9' SITE FOR EXHIBITOR POPUP STAND & TABLE:
- 6' EXHIBITOR TABLE:
- CHAIRS:

9' EXHIBITOR SITES: only #10,27 available!
6' EXHIBITOR TABLES: only #24 available!
 NB: Ceiling height is 2.34m.
 If exhibitors prefer, there is the option of (8) smaller 1.2m tables and round 'cocktail' tables.
 NO chairs against walls; they are tucked into tables from the front or sides.



A brief history of UKESAD (by Grok)

The most popular conference on how to recover from addiction has evolved from a visionary conversation into a global platform to enhance therapeutic standards and connections.

“ The UK and European Symposium on Addictive Disorders (UKESAD) is the premier annual conference dedicated to advancing addiction treatment and behavioural healthcare in the UK and Europe. As the largest event of its kind, UKESAD unites healthcare professionals, researchers, clinicians, peer recovery and policymakers to share innovative, evidence-based practices and global perspectives on treating substance use disorders, behavioural addictions, and co-occurring mental health conditions. Since its establishment in 2004, UKESAD has been a pivotal platform for fostering collaboration, driving progress in addiction recovery, and shaping the field through education and networking.

UKESAD was founded in 2004 by Deirdre Boyd, Fred French (founder of the Cape Cod Symposium on Addictive Disorders) and Mike Trace, who envisioned a platform to unite addiction treatment professionals and address the multifaceted challenges of addictive disorders. Boyd, a distinguished leader with over three decades of international influence in addiction recovery, served as the key organiser and driving force behind the symposium's creation. As then-CEO of the Addiction Recovery Foundation and editor of *Addiction Today*, she leveraged her expertise and extensive network to establish UKESAD as a transformative event. French and Trace, both prominent figures in the addiction treatment field, provided critical insights and support to launch the inaugural symposium.

The genesis of UKESAD stemmed from a conversation between Deirdre Boyd and Fred French in 2002, and they then organically collaborated with Mike Trace in 2003.

The aim was to bridge polarised schools of thought in addiction treatment that had persisted since the 1980s, fostering a collaborative, inclusive approach to recovery. At the core of this was validation and dissemination of abstinence-based treatment techniques for tackling addictive behaviours, which were not adequately recognised at the time by the government nor the media.

Boyd's organisational leadership, combined with French and Trace's strategic contributions, ensured the success of the first UKESAD in 2004, as the largest event in the UK and Europe on how to recover from addiction. The Addiction Recovery Foundation, under Boyd's direction, played a vital role in supporting the symposium's organisation and promotion, setting the stage for its growth.

From its inception, UKESAD distinguished itself by offering a comprehensive programme of keynote speeches, workshops, individual papers and networking opportunities. The symposium addressed a broad spectrum of topics, including substance use disorders (eg, alcohol, opioids), behavioural addictions (eg, gambling, sex), and dual diagnoses. Its inclusive approach attracted international experts, fostering global alliances that advanced treatment methodologies and strengthened the therapeutic relationship. By the 10th UKESAD in 2014, the symposium had grown significantly, attracting over 1,000 participants, including attendees of exhibitions and workshops. Celebrating its milestone 20th year in 2024 - now under the aegis of DB Recovery Resources - underscored Boyd's pivotal role as the key organiser, ensuring a high-caliber program that meets the evolving needs of the addiction treatment community.



UKESAD operates in a critical public health context, addressing the high prevalence of substance use disorders in the UK (over 5,500 per 100,000 population among young people in 2019, according to the Global Burden of Disease Study) and the complexities of co-occurring mental health conditions. The symposium's focus on evidence-based practices, integrative care, and professional collaboration aligns with national policies, such as the UK's 2010 Drug Policy, which emphasised “freedom from dependence” and its successor [From Harm to Hope](#) in 2022.

UKESAD has also contributed to societal awareness through engagement with high-profile figures, such as Duran Duran's John Taylor, who spoke at the 2013 event about his recovery journey. Partnerships with organisations like the National Association for Children of Alcoholics and alignment with global initiatives, such as the UN's World Drug Day, underscore UKESAD's broader impact on addiction policy and practice.

UKESAD has continued to expand its influence, becoming a cornerstone for professionals dedicated to improving addiction treatment outcomes. The 20th anniversary of UKESAD, celebrated 1-2 July 2024, at the 5* Chelsea Harbour Hotel in London, marked two decades of collaboration and innovation. Trace, who in 2004 had become the CEO of RAPt now the Forward Trust, delivered the opening plenary speech, reflecting on UKESAD's humble beginnings and its profound impact on the field. Trace paid tribute to Boyd for her instrumental role in uniting clinicians, ideologues, and humanists, fostering relationships that have supported countless individuals in their recovery journeys.

As of 2025, UKESAD, organised by DB Recovery Resources under Deirdre Boyd's leadership, remains the UK's foremost addiction conference. Recent events have addressed emerging issues, such as the treatment of co-occurring disorders like ADHD and addiction, and the integration of innovative therapeutic approaches. Future symposia are expected to tackle evolving challenges while maintaining UKESAD's commitment to plenary sessions that foster networking and knowledge-sharing. The symposium's programming has consistently emphasised cutting-edge research, practical workshops and global perspectives, addressing both traditional and emerging challenges in addiction treatment. Its inclusive representation of diverse sectors - residential and outpatient treatment centres, counselling services, advocacy organisations and politicians - has solidified UKESAD's role as a universal platform for the addiction treatment industry.

Through DB Recovery Resources, Boyd provides additional support to the field with a daily news service, a journal and an archive of over 42,000 research items, complementing UKESAD's mission to deliver cutting-edge knowledge. Her international recognition, including the Dr Vincent Bakeman Memorial Award and the Sierra Tucson Award for Outstanding Achievement, reflects her profound impact on addiction treatment. Trace, with his extensive experience in government, the EU and the UN, contributed strategically to UKESAD's mission of uniting diverse perspectives in addiction treatment, helping to shape the symposium's early direction, fostering a legacy of innovation and collaboration. It is a transformative force in the field with an enduring legacy on addiction treatment and improving lives.





Memories...



WHAT BENEFITS CAN YOU GAIN BY JOINING NAADAC?

EDUCATION

Over 360 hours of FREE CEs (worth over \$4,500) available online and on demand.

Reduced rates for NAADAC conferences, public policy events, NAADAC regional meetings, and workshops.

Discounted rates on eight NAADAC independent study courses, including the U.S. DOT SAP Qualification & Requalification course.

Reduced rates for all NAADAC publications.

PROFESSIONAL IDENTITY

A professional identity and association that helps preserve and honor the unique talents of addiction professionals.

Networking opportunities through national and state conferences and workshops.

A nationally recognized and newly updated Code of Ethics to promote professional ethics.

Dues that include membership in NAADAC and your state affiliate.

PROFESSIONAL SERVICES

Reduced rates for malpractice and liability insurance for individuals, agencies, peer recovery support specialists, and students through APA, Inc.

Free first-time listing in Psychology Today's Therapy Directory for six months (\$180 value).

Discounted access to the Clocktree telehealth platform and other telehealth support.

Access to NAADAC's Online Community.

ADVOCACY

An influential and effective voice for addiction professionals before Congress and the federal administration.

Advocacy at the national level that affects your funding and policy at the state level.

Support from a D.C.-based government relations firm on national legislation for funding for treatment and recovery support, education and tuition/loan forgiveness, workforce initiatives and national credentialing.

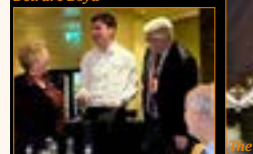
DB Recovery+ McLean Deconstructing Stigma Awards



The McLean-DB Recovery+ Awards are the 'Oscars' celebrating 'stars' in the field of recovery from addictive behaviours. They recognise, celebrate and encourage the lifesaving but underrecognised vocation of dedicated workers and thus help remove stigma. The Awards identify and celebrate outstanding addiction treatment/recovery by organisations, individuals and teams. They recognise that high standards of quality and integrity are vital to successful outcomes, as well as rewarding the dedication and vocation of therapists, researchers and others at the cutting-edge of their profession. This 3rd year again attracted outstandingly high-quality nominations that exemplify the talent, dedication and innovation of individuals and organisations across all aspects of recovery life, showing us countless reasons to take pride in our field. [Click for info.](#)



Jim Holsomback of McLean Hospital which generously sponsored the Recovery Awards Ceremony and Dinner



Dan Carden MP receives his award from co-hosts Jim Holsomback and Deirdre Boyd



The view at the end of the night



And the winners were:

LIFETIME ACHIEVEMENT ~ DOCTOR
Professor Sir Ian Gilmore
POLITICIAN OF THE YEAR
Dan Carden MP

RESEARCHER OF THE YEAR
Emily Alden Hennessy
THERAPIST OF THE YEAR
Paula Hall

GRASSROOTS ACTIVISTS OF THE YEAR
Dot Smith for her work with recovery colleges
Annemarie Ward for the Right to Recovery Bill
JOURNALIST OF THE YEAR
Dr David McCartney

