



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

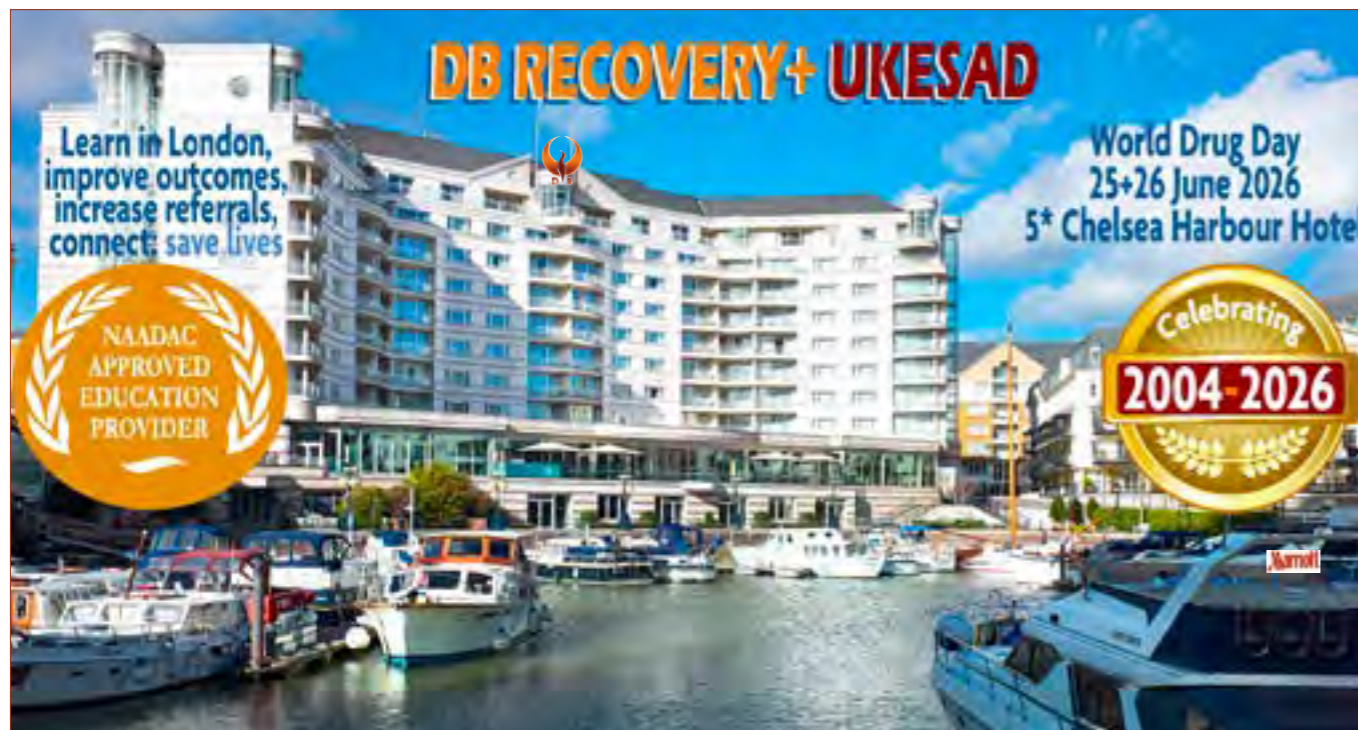




Where: the venue



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.

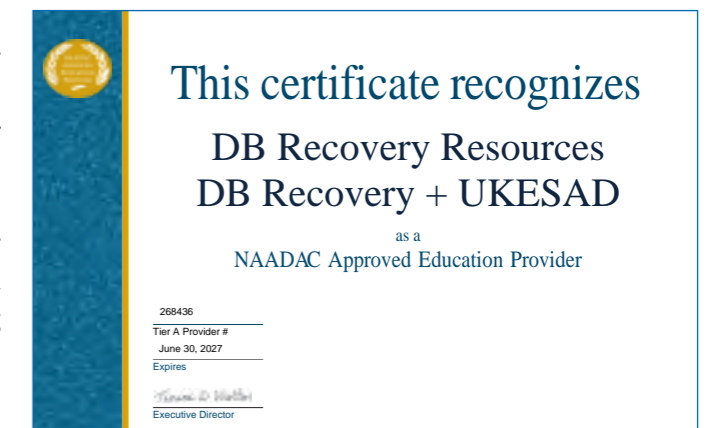
In response to demand, this year's DB Recovery+ UKESAD conference on how to help people recover from addictive substances and behaviours is dedicated to both experts (hello again!) and those who more and more often in the course of their work come face to face with people who have alcohol and drug problems, 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...

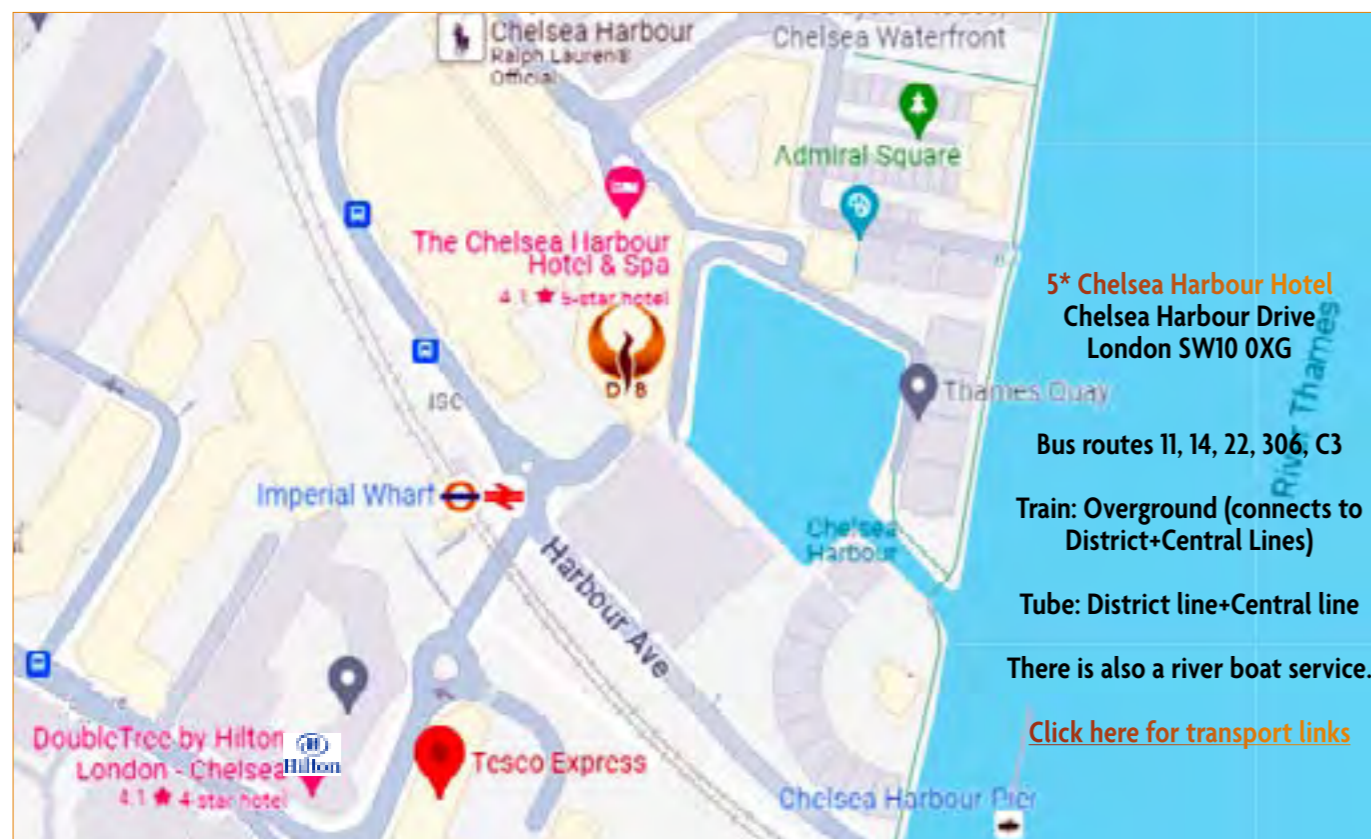
The days are packed with information and opportunities – but conferences are what you make of them. Conversations can be more valuable than the sessions, no matter how excellent. So, to nurture networking and help you forge contacts useful for your work, we are limiting DB Recovery+UKESAD to one stream 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



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

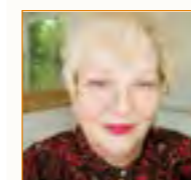


For people in recovery to get a sense of belonging right from the start, and for professionals and carers who want to witness how mutual-help works. Both the World Health Organisation and UK health watchdog Nice recommend mutual-help groups, particularly the 12-step based ones – and delegates will hear 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 HEALING THE ROOTS OF ADDICTION: A MODEL FOR THE FUTURE TREATMENT FIELD - THE NEW NEUROAFFECTIVE ADDICTION-CENTRED RELATIONAL MODEL (NARM-AC)

presented by James McNinch LCSW



Explores addiction through the lens of relational trauma, attachment disruption, shame and nervous system dysregulation. Drawing from both personal recovery experience and over a decade of clinical work in trauma-informed addiction treatment, trace the evolution from traditional cognitive and behavioural addiction models toward deeper relational and developmental approaches, including EMDR and the NeuroAffective Relational Model for Addiction (NARM-AC). Examine how addiction often functions not as a moral failing or isolated disease process, but as an adaptive strategy developed in response to disrupted attunement, emotional disconnection and unresolved developmental trauma. Delegates will leave with a deeper understanding of addiction as an adaptive survival strategy, the profound role relational trauma plays in compulsive behaviours and recovery outcomes, and how trauma-informed approaches such as NARM-AC can help create more effective and compassionate models of addiction treatment and therapist training.

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

- ① Discuss how addiction is not the primary problem, it is an adaptation to relational trauma and disconnection
- ① Explain why sobriety alone does not heal relational trauma
- ① Establish that healing happens through attunement, relational safety, and being deeply witnessed, not through shame.

James McNinch LCSW is the chief clinical officer and co-founder of Momentum Modalities, a clinical intelligence platform focused on scaling trauma-informed and addiction-focused treatment models through advanced training, supervision and experiential AI-supported learning systems. He is also the co-founder of NARM Addiction (NARM-AC) alongside Dr Laurence Heller and Deirdre Stewart, and co-author of the forthcoming NARM-AC book and experiential workbook scheduled for international release in 2027. His work sits at the intersection of clinical care, trauma treatment, technology, and large-scale therapist education. He has spent years instructing interns and clinicians in trauma-informed treatment approaches, including NARM and EMDR at the University of Southern California. He earned his Master's degree in Clinical Social Work from Arizona State University, where his research focused on attachment, complex trauma, and predictive factors underlying post-traumatic stress disorder among soldiers deploying to Iraq and Afghanistan. He was later selected as a Fulbright candidate under Dr Steve Farnfield at Roehampton University in London, briefly studying child attachment and developmental trauma. James later collaborated with NARM founder Dr Heller and clinical partners in developing and researching NARM-informed addiction treatment approaches, including training initiatives connected with the University of Southern California. His work focused on comparing relational and trauma-informed models with standard cognitive and motivational approaches in addiction treatment settings, contributing to the development of NARM Addiction (NARM-AC).

10.00AM HARNESSING NEUROSCIENCE & MEMORY RECONSOLIDATION FOR LASTING ADDICTION RECOVERY

presented by Mandy Cooper MSc (Psych), BSc (Hons) (Psych), HG.Dip (Psych), GradCert, PGCert, MBPsS, MACC (Reg), MNCS (Accred), RQTU (Psych)



Drawing on cutting-edge insights from neuroscience and the science of memory, explore how maladaptive memory networks underpin addictive behaviours and how targeted therapeutic techniques can facilitate memory reconsolidation. Examine practical, neuroscience-informed approaches that leverage the brain's natural plasticity. Attendees will discover how therapists and recovery programmes can move beyond symptom management to achieve deeper, more sustainable emotional re-balancing and long-term recovery outcomes.

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

- ① Explain the neurobiological mechanisms of memory formation, consolidation and reconsolidation in the context of addiction, including the role of the amygdala, hippocampus, and prefrontal cortex in maintaining addictive patterns
- ① Identify evidence-based therapeutic strategies (such as memory-updating techniques and neuroscience-informed interventions) that target the reconsolidation window to weaken the emotional power of addiction-related memories and support healthier emotional regulation
- ① Apply practical clinical tools and considerations for integrating memory-focused approaches into addiction recovery programmes, with emphasis on ethical practice, client safety, and measuring meaningful outcomes in emotional wellbeing and relapse prevention.

Mandy is a senior psychotherapist and Bayberry's programme director. With over a 13 years' experience providing therapeutic treatment, she holds an MSc in Organizational Psychology, a 1st class honours' degree in Psychology, a Diploma in Psychotherapy and a Post-Graduate Certificate in Clinical Supervision. She was awarded a Graduate Certificate from Harvard University Extension School, Cambridge, MA, having specialised in the science of memory, biotechnology, philosophy and justice. She is an alumna of the 2019 cohort of the Transformative Technology Academy, focusing on neuroscience based solutions to support wellbeing, is a graduate member of the British Psychological Society, an international affiliate of the American Psychological Association, a registered counsellor with ACC, an accredited counsellor with the National Counselling Society and a Registered Test User (RQTU) with BPS for the delivery and interpretation of psychometric testing. Mandy is also an accredited clinical supervisor, registered with NCPS, having graduated from the University of Derby. Mandy has recently completed two years of further post-graduate specialist teaching/training in the field of clinical sexuality/psychosexual therapy. On top of all this, she is dual accredited in both faith-based and secular therapy. Mandy is interested in general psychotherapy themes with emphasis on memory and the use of the mind's own resources for the re-balancing and fulfilment of emotional needs.



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. Through her work, 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 THE HUMAN ALGORITHM: INTEGRATING AI INTO ADDICTION TREATMENT WITHOUT LOSING THE SOUL OF CARE

presented by Johan Sorensen



Artificial Intelligence is rapidly transforming the landscape of healthcare, but how does it fit into the deeply human-centric field of addiction and mental health? Get insights on how to bridge the gap between clinical practice and technological innovation. Drawing on extensive experience running leading treatment services (Portobello Behavioural Health, Cardinal Clinic), delegates can explore the practical applications of AI - from enhancing administrative efficiency and early detection to the complexities of AI-assisted therapy. The session provides a balanced look at the opportunities AI presents for improving client outcomes, alongside the critical ethical considerations, privacy concerns, and the irreplaceable value of human connection in recovery. 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. One of the most persistent myths is that AI aims to replace the clinician. This couldn't be further from the truth. So, how can AI practically support your day-to-day work and organisational operations?

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

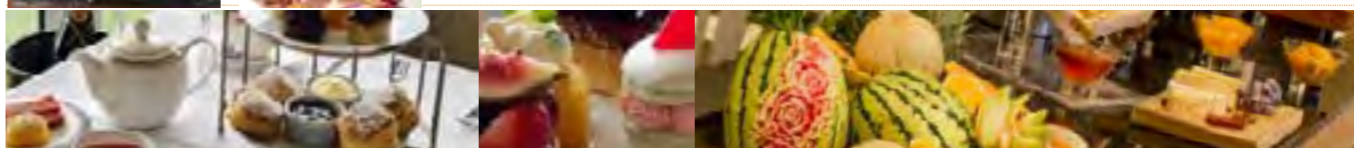
- ① Identify practical use cases: Delegates will be able to identify at least three practical applications of AI in addiction treatment settings, ranging from operational efficiencies to clinical support tools
- ① Evaluate ethical implications: Delegates will understand the primary ethical concerns surrounding AI in mental health, including data privacy, algorithmic bias, and the boundaries of AI in therapeutic relationships
- ① Integrate technology with human care: Delegates will learn strategies for integrating AI tools into clinical workflows without compromising the essential human element and continuity of care required for successful recovery.s.

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.

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

presented by Steve Clarke MSc, BSc, BACP



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.

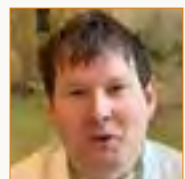
Learning objectives: At the end of this presentation, delegates will be able to:

- 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.

4.30PM RECONCEPTUALISE ADDICTION AS METABOLIC-AROUSAL DYSREGULATION

presented by Chris Lomas



Convergent evidence from neuroimaging, physiological and endocrine studies increasingly suggests that instability in energy mobilisation and utilisation might play a far more central role in addiction-related neuroadaptation than is currently recognised in mainstream models. This presentation explores how viewing addiction through the lens of metabolic-arousal dysregulation offers a fresh and clinically relevant perspective. It examines the implications of this reconceptualisation for recovery services, including how it could reshape service design, intervention priorities and long-term support strategies for people affected by addiction.

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

- ① Discuss why it could be more accurate and clinically useful to view addiction as a primarily metabolic disorder rather than solely a behavioural or neurochemical one
- ① Describe how this perspective impacts our broader understanding of addiction, including craving, tolerance, withdrawal, and relapse
- ① Determine how this reconceptualisation affects approaches to treatment and recovery, including service delivery models.

A psychotherapist and psychologist, Chris Lomas is head of Therapy & Programme at Delamere. He oversees the implementation, evolution and delivery of evidence-based therapeutic programmes, leading a team of skilled therapists and recovery mentors, always looking for ways to better support residents and their stay while at Delamere and afterwards. [Watch Chris talk about his work in this 4:50-minute video.](#)

5.00PM HELPING THE FAMILY TO RECOVER FROM THE TRAUMA OF ANOTHER'S ADDICTION AND STRATEGIES TO HELP THE FAMILY RECOVER.

presented by Patrick Maxwell MBACP and Francis Lickerish PGCert, PGDip, CAC



Watching a loved one struggle with addiction while feeling powerless to help is one of the most painful experiences a family can face. The instinct is to focus everything on getting them into treatment. But what if that focus is only part of what's needed? Family members often experience fear, grief and helplessness living with active addiction. This session holds both realities at once. It offers evidence-informed guidance on how families can respond to a loved one's addiction in ways likely to encourage treatment-seeking, while also making the case that family recovery is both a means to that end - and something families need and deserve

5.00PM HELPING THE FAMILY TO RECOVER FROM THE TRAUMA OF ANOTHER'S ADDICTION AND STRATEGIES TO HELP THE FAMILY RECOVER.

Continued from facing page

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

- ① Identify how addiction impacts a family system: Recognising that addiction functions as an organising principle within a family, and that everyone is drawn into dynamics that require their own acknowledgement and support
- ① Empowering the family to begin to set healthy boundaries, primarily for the well being of the family: Encouraging the family to step away from the powers of the addiction, with the likely collateral of increasing dissonance for the addict and making it increasingly difficult for the addiction to continue
- ① Distinguish between family involvement as a tool for change and family recovery as a destination in itself: Understanding why supporting families to find their own recovery is vital, independent of the addicted person's choices.

Patrick Maxwell is lead therapist- addictions at Nightingale Hospital London. His professional qualifications, accreditation and memberships include: Registered mental nurse course, Diploma in Addiction Studies, Diploma in Counselling, BSc (Hons) Counselling & Psychotherapy, Post Graduate Psychology Diploma with Merit, EMDR Training Parts 1 & 2, MBACP (Accred), MFDAP. He has had clinical and management experience in the NHS and private mental health settings for the past 30 years, initially as a psychiatric nurse and then as a psychotherapist specialising in addiction. He worked extensively on a dual diagnosis programme in acute and community settings. He is experienced in supporting clients with various psychological difficulties including substance abuse, mood difficulties, interpersonal issues and trauma. He provides relapse prevention along with short- and long-term therapy.

Francis Lickerish PGCert, PGDip, CAC has been an addiction counsellor for over 20 years, specialising in working with families in addiction. He has run family programmes and services in Clouds House, The Priory Roehampton, North London Priory, Farm Place and Nightingale Hospital London. He runs workshops in schools and colleges on the nature of addiction and how it can be managed in such systems. He also works internationally in America, South Africa, Dubai and Spain as a consultant and an interventionist. His book on the historical and social context of addiction has just been published - it's called [Dark Sun: A new approach to families and addiction](#) and is available through Amazon, Waterstones and otheronline outlets.

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

DB RECOVERY+ McLEAN DECONSTRUCTING STIGMA AWARDS DINNER 2026

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



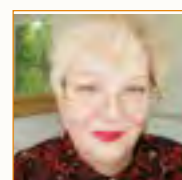
For people in recovery to get a sense of belonging right from the start, and for professionals and carers who want to witness how mutual-help works. Both the World Health Organisation and UK health watchdog Nice recommend mutual-help groups, particularly the 12-step based ones – and delegates will hear 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 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.

9.55AM CO-EXISTING PROBLEMS WITH MENTAL HEALTH AND ADDICTION: HOW CAN WE HELP?

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



Addiction goes hand-in-hand with mental health problems: problems with substances or behaviours can develop as a result of poor mental health; addiction can lead to mental health disorders; or the two issues could develop simultaneously. This presentation will re-visit the enduring challenge of helping people manage co-existing health problems. In particular, we will consider what the research evidence tells us, and how services are best organised to help. Get findings from 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.

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

- ① Give a description of how mental health disorders and addiction interact
- ① Review what the research evidence tells us about the best way to help
- ① Discuss how best to configure treatment services to ensure the best outcomes.

Dr Ed Day was for 6 years the UK government's drug Recovery Champion and is 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 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. 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.

10.25AM WHAT IF ADDICTION ISN'T THE PROBLEM, BUT THE SOLUTION: A NERVOUS-SYSTEM PERSPECTIVE ON REGULATION, RELAPSE, AND RECOVERY

presented by Lou Lebenitz



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 - or attempting to access or sustain?
- ⇒ What does this reveal about their regulatory capacity?

Learning objectives and the presenter's bio are on the next page>>



10.25AM WHAT IF ADDICTION ISN'T THE PROBLEM, BUT THE SOLUTION

Continued from the previous page

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.

10.55-11.15AM: 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), DPpsych (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.

11.45PM 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.

12.15PM 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.

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."

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.

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



12.45PM RECOVERY AS A SOCIALLY SUPPORTED PROCESS

Continued from the previous page

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 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 passionate about contributing to meaningful change in the field and believes in community-focused aftercare models as a vital 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 QUEER RECOVERY CAPITAL: REGENERATING SOURCES OF SUPPORT AND HEALING

presented by Assoc Professor David Patton



Explore Queer Recovery Capital, an innovative framework that extends the concept of recovery capital (personal, social, and community resources supporting long-term recovery from addiction) to address the unique experiences of LGBTQ+ people. Drawing on lived experience narratives and participatory research, examine how queer communities regenerate sources of support and healing by building affirming identities, relational networks, and creative spaces that challenge heteronormative recovery systems. Gain insights into decolonial, inclusive approaches that centre authenticity, belonging and collective transformation in recovery pathways.

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

- ① Define and differentiate Queer Recovery Capital from traditional recovery capital models, identifying how LGBTQ+ identities and experiences shape personal, social, and community resources for healing and sustained recovery
- ① Recognise barriers and generative opportunities in mainstream recovery systems for queer individuals, and affirming strategies
- ① Apply key principles from queer recovery capital to professional practice, policy or community initiatives in addiction recovery.

Dr David Patton is an associate professor in criminology at the University of Derby. His work focuses on creating a different way forward, one that avoids either fighting systems head-on or submitting to them through compliance. He is a senior fellow of the Higher Education Academy with over 25 years of experience in higher education. He is an international keynote speaker and has presented at the United Nations on several occasions as well as consulting with government departments. His current research includes international collaborations with the World Federation of Therapeutic Communities and partners across Latin America and Africa. His broader academic and community work seeks to transform systems of recovery and justice into spaces of healing, inclusion, and hope.

2.30PM NARM: THE NEUROAFFECTIVE RELATIONAL MODEL FOR COMPLEX TRAUMA

presented by Maya Vaughan



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.

Continued on next page

2.30PM NARM: THE NEUROAFFECTIVE RELATIONAL MODEL FOR COMPLEX TRAUMA

Continued from previous page

This presentation is an accompaniment to James McNinch's NARM presentation on 25 June, focusing here on practical applications.

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

- ① Explain how relational trauma/developmental trauma, impacts our sense of self and physiology
- ① Impart knowledge on the survival patterns we develop as a result of developmental trauma, including addictive behaviours
- ① Ascertain the principles of the NARM model and how NARM works with these survival patterns to heal the impact of relational trauma.

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.

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

presented by Cheryl Williams BA



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.

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 SWEAT PATCHES FOR DRUG TESTING: SCIENCE, APPLICATIONS, PRACTICAL CONSIDERATIONS

presented by Gary McCutcheon



This presentation will provide an overview of sweat patch technology as a non-invasive, continuous drug monitoring method. It covers the scientific principles of sweat-based drug detection, real-world applications in treatment programmes, criminal justice and workplace settings, as well as the advantages, limitations and best practices for implementation. Examples of commercially available systems, such as the PharmChek® Sweat Patch, will be referenced to illustrate current capabilities.

Continued on next page

FIND OUT MORE





3.30PM UNCOUPLING WEIGHT FROM HEALTH: DIETETIC APPROACHES TO DISORDERED EATING

Continued from facing page

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

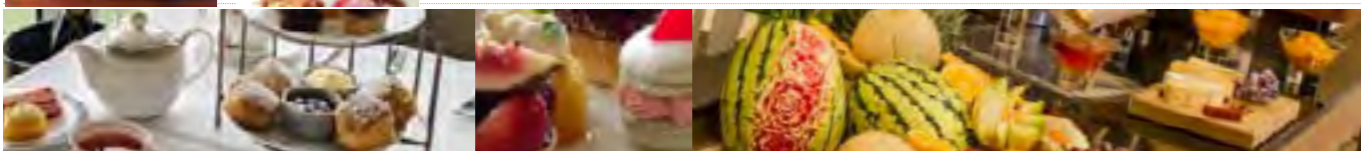
- ① Explain the pharmacokinetic and technical principles of how sweat patches collect and detect drugs of abuse over extended periods
- ① Compare sweat patch testing with traditional urine, oral fluid, and blood testing methods, including key advantages, challenges, and appropriate use cases
- ① Describe best practices for proper patch application, wear, removal, and result interpretation, along with strategies to address common practical and interpretive issues.

Presenter details will follow by Friday.

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 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 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 addressed 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 and chair of Valle Management Associates Inc addictions consultancy. He is the author of journal articles and of *Alcoholism Counseling: Issues for an Emerging Profession*, and was 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.



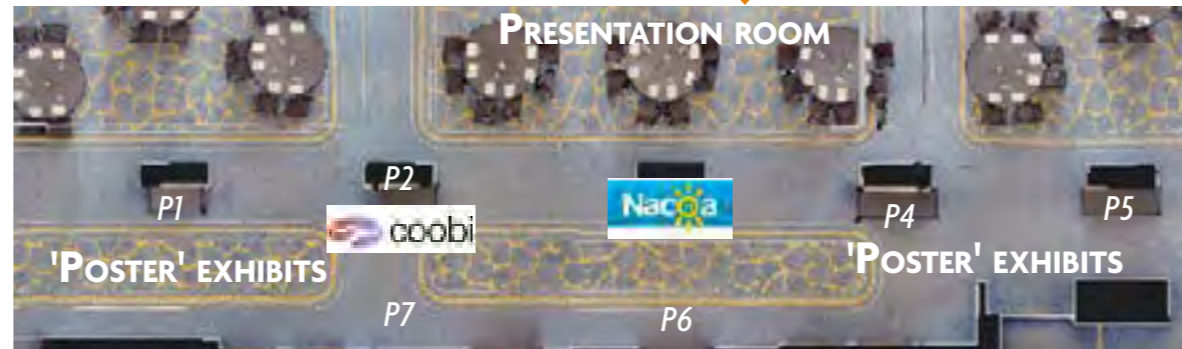
Guide to exhibitors Chelsea Harbour Hotel London SW10

Click logos to see exhibitor services

Click: virtual tour



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



Key to symbols

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

Click: virtual tour

EXHIBITOR ROOM: SOLD OUT
4' POSTER TABLES NOW 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 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

