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Supported by:



Nutrition and addiction

Promoting recovery through nutritional
and lifestyle interventions

Date: Wednesday 5 May 2010

Venue: ORT House Conference Centre, London NW1

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31 March 2010



Members attend from

£125+VAT

Programme monitored by:



Nutrition and addiction

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About the conference

Drug and alcohol-related deaths have tripled in the last three decades, while substance misuse in the workplace remains a significant cause of accidents, lowered productivity and absenteeism. Addiction treatment centres in the UK combine medication, counselling and behaviour modification to tackle cravings and aid recovery. Relapse rates, however, remain alarmingly high. Many addiction centres lack a nutritional component in their treatment approaches. This conference examines the importance of nutrition in prevention, and the potential underlying nutritional and biochemical factors involved in addictive behaviour. Nutritional and lifestyle interventions, in combination with counselling and other support programmes, offer positive additional approaches for successful, cost effective treatment and sustainable recovery.

Aims of the conference

- Explore ways of introducing nutritional approaches to treatment programmes
- Restore nutritional and biochemical imbalances affecting neurotransmitters and reward pathways in the brain
- Support liver detoxification and repair digestive function
- Improve blood sugar regulation and reduce excessive cravings
- Encourage discussion between participants and presenters and develop networking opportunities

Key themes

- Current developments in the treatment of drug and alcohol dependence in the UK
- The influence of genetic and environmental factors on craving and reward systems in the brain
- Can diet and eating patterns encourage addictive behaviour? Reviewing the scientific evidence
- The role of food addictions, eating disorders and food intolerances
- Developing safe and effective evidence-based nutritional interventions alongside traditional care options
- Emotional support in treatment and recovery

Who should attend?

- Addiction psychiatrists and psychologists
- Staff from drug and rehabilitation centres
- Health and social care professionals
- Nutritionists and dieticians
- Teachers and educators
- Complementary therapists
- Specialists working in primary care trusts, local authorities and the criminal justice system
- Providers of voluntary sector services to mental health service users
- Local and national health and social policy makers
- Catering managers and staff
- Health writers and researchers
- People who use services, parents and carers

BANT

(British Association for Applied Nutrition and Nutritional Therapy)

BANT is the professional body for Nutritional Therapists. It's primary function is to assist its members in attaining the highest standards of integrity, knowledge, competence and professional practice as well as to protect the client's interests, nutritional therapy and the Nutritional Therapist.

It promotes high standards of education in Nutritional Therapy and acts as a professional body overseeing the activities, training and Continuing Professional Development of its practitioners.



Programme

9.30am Registration and refreshments

10.00am Welcome and introduction

Chair: Heather Rosa Principal Lecturer and Course Leader Nutritional Therapy, School of Life Sciences, University of Westminster, London

10.05am Overview of treatment for substance misuse

Dr Marcus Roberts Director of Policy and Membership, Drugscope

10.35am Biochemistry of addiction and implications for nutritional management

Oscar Umahro Cadogan Nutrition Consultant and Author, Nordic Clinic, Copenhagen

11.20am Refreshments

11.50am Confectionary consumption in childhood and adult violence

Dr Simon Moore Violence and Society Research Group, Cardiff University

12.20pm Cutting out junk: healthy eating project at a secure unit for juvenile offenders

Jan Baxendale Support Services Manager, Redbank Community Home, St Helens, Merseyside

12.50pm Review of morning presentations

Questions and answers

1.00pm Lunch

2.00pm Healthy eating advice as part of drug treatment in prisons

Helen Sandwell Nutritionist working in the drugs treatment field

2.30pm Is food addictive? Perspectives from the research and the patient

Jane Nodder Senior Lecturer and Clinic Tutor, School of Life Sciences, University of Westminster, London

3.15pm Refreshments

3.30pm Allergy, addiction and avoidance

Antony Haynes Nutritional Therapist and Lecturer, The Nutrition Clinic, London

4.00pm Emotional aspects of addiction

Dr Bob Johnson Consultant Psychiatrist, James Nayler Foundation, Ventnor

4.30pm Review of afternoon presentations

Questions and answers

4.45pm Close



Continuous professional development

Professionals within the social care sector are required to undertake Continuous Professional Development (CPD) by the General Social Care Council (GSCC). Delegates can gain CPD points from attending our conferences and exhibitions.

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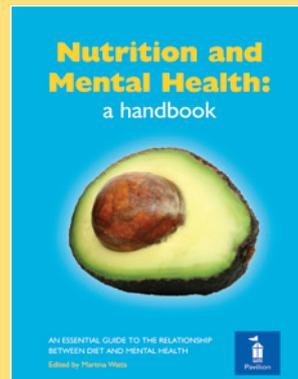
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For more information about promotional opportunities at this conference, such as exhibiting and including your promotional materials in the conference delegate packs, please contact: Graham Hoare Customer Relationships Manager, Pavilion: **Tel:** 01273 666703 **Email:** grahamh@pavpub.com

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Nutrition and addiction

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Date: Wednesday 5 May 2010 **Venue:** ORT House Conference Centre, London NW1

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Venue

ORT House Conference Centre, 126 Albert Street, London NW1 7NE

(a map of the venue will be sent with confirmation of your booking)

Date

Wednesday 5 May 2010

Conference fees

The fee includes lunch, refreshments and conference materials. Please note accommodation is not included.

Conference papers

Conference papers will be sent out a week after the conference, please fill in the 'Your details' section.

Group discount

Group discounts are available, please call 0844 880 5061 for more information.

Free bursaries for people who use services and unwaged carers may be available. Write to the address above stating why you would like to attend and your contact details.

Confirmation of booking

When booking, please wait for written confirmation before arranging travel.

Terms and conditions

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Payment

30 days either from date of invoice or before the conference (whichever sooner). Payment must be received prior to the conference.

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We may also make your details available to carefully screened organisations working in the health and social care field. If you DO NOT wish to receive information from these companies, please tick here:

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