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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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Members attend from
£125+VAT

Programme monitored by:



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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



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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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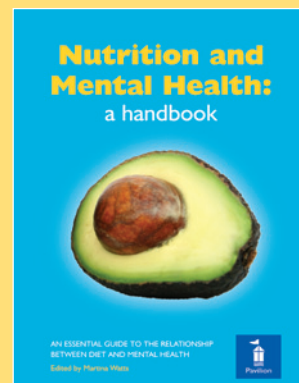
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Promotional opportunities

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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Venue

ORT House Conference Centre, 126 Albert
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(a map of the venue will be sent with
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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
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