

Timetable CFS/ME course November 1st 2018

9.15-9.25	Welcome	<i>Dr Terry Segal, Consultant Paediatrician Chair</i>	
9.30-10.10 lecture	CFS; definitions, comorbidities, medication <i>title</i>TBC	<i>Dr Lee Hudson Consultant Paediatrician</i>	
10.15-10:55 lecture	Why not CBT, or why NOT CBT- the case for practice based evidence over evidence based practice	<i>Professor Deborah Christie, DipClinPsych, FSAHM, Hon.FRCPCH, Professor of Paediatric and Adolescent Psychology</i> <i>Dr Halina Flannery, Clinical Psychologist</i>	
10:55-11:15	Coffee and networking		
11:15-11:55 lecture	Sleep and CFS/ME Title TBC	<i>Dr Michael Farquhar, Consultant in sleep medicine, Evalina</i>	
12:00-12:45	Young People's panel	<i>Laura O'Connell, Adolescent CNS Halina Flannery Anna Gregorowski, Nurse Consultant</i>	
12:45-13:30	Lunch		
	Parallel workshops		
13:30-14:15 WORKSHOP	Introduction to pacing workshop <i>Anna Gregorowski Daisy Bashton Senior Occupational therapist</i>	Pacing for experts or for the more experienced! workshop <i>Catherine Carey Consultant Occupational therapist Glenda Dalton Specialist Senior Physiotherapist</i>	
14:20-15:05 WORKSHOP	Witnessing outsider witnessing: A reciprocal witnessing workshop with young	Sleep workshop <i>Dr Michael Farquhar Catherine Carey</i>	Workshop: Education Anna Gregorowski Daisy Bashton Sangna Unadkat (senior Physiotherapist)
15:05-15:20 15:20-16:05 WORKSHOP	people reclaiming their lives back from pain and fatigue <i>Deborah Christie and Halina Flannery</i> Coffee and comfort break mid-session	coffee Workshop: Complexity <i>Farrah Quintyne Senior Social Worker Gill Hardman Consultant Social worker Dr Jo Begent Consultant</i>	coffee Workshop: Graded exercise Sangna, Glenda
16:10-16:30	Panel discussion TS/FQ/GH/AG/GD/JB/LH/DC/CC etc		