

DAILY SCHEDULE

Venue Access: 8:00am

Morning Sessions: 9:00am - 12:00pm

Lunch Break: 12:00pm - 1:30pm

Afternoon Sessions: 1:30pm - 5:00pm

Note: All hours are in UK time.

FRIDAY, MAY 3

Note: All hours are in UK time.

ROOM ONE

Time	Activity Description	Presenter
9:00am - 9:30am	Welcome to London with Dr. Samantha Duggan	
9:30am - 12:00pm	Emotional sobriety workshops	<u>Dr Allen Berger</u> and <u>Herb Kaighan</u>
12:00pm - 1:30pm	Lunch Break	
1:30pm - 3:00pm	Trauma-Informed Recovery Pathways	<u>Dr Ingrid Clayton</u>
3:00pm - 3:30pm	Networking Break	
3:30pm - 5:00pm	Mindfulness-Based Emotional Sobriety	<u>Frank Liddy</u>

ROOM TWO

Time	Activity Description	Presenter
9:00am - 9:30am	Mindfulness & Meditation	
9:30am - 12:00pm	The Neuroscience and Experience of Addiction	<u>Dr Judith Grisel</u>
12:00pm - 1:30pm	Lunch Break	
1:30pm - 5:00pm	Internal Family Systems (IFS) For Addictions	With <u>Cece Sykes</u> (via Zoom) and <u>Claire van den Bosch</u> live in London

Time	Activity Description	Presenter
9:00am - 9:30am	Step 11 Practice	<u>Herb Kaighan</u>
9:30am - 12:00pm	Emotional sobriety workshops	<u>Dr Allen Berger</u> and <u>Herb Kaighan</u>
12:00pm - 1:30pm	Lunch Break	
1:30pm - 3:00pm	Trauma-Informed Recovery Pathways	<u>Dr Ingrid Clayton</u>
3:00pm - 3:30pm	Networking Break	
3:30pm - 5:00pm	Tapping Into Healing and a Higher Power for All Parts of Us	<u>Claire van den Bosch</u>

Time	Activity Description	Presenter
9:00am - 9:30am	Mindfulness & Meditation	
9:30am - 12:00pm	The Neuroscience and Experience of Addiction	<u>Dr Judith Grisel</u>
12:00pm - 1:30pm	Lunch Break	
1:30pm - 3:30pm	<u>Fallen Angel Dance Theater</u> Talk - Performance - Film	
3:30pm - 4:00pm	Networking Break	
4:00pm - 5:00pm	Dance & Movement Therapy	<u>Olivia Streater</u>

Time	Activity Description	Presenter
9:00am - 9:30am	Step 11 Practice	<u>Herb Kaighan</u>
9:30am - 12:00pm	Emotional sobriety workshops	<u>Dr Allen Berger</u> and <u>Herb Kaighan</u>
12:00pm - 1:30pm	Lunch Break	
1:30pm - 2:30pm	Trauma-Informed Recovery Pathways	<u>Dr Ingrid Clayton</u>
2:30pm - 3:00pm	Networking Break	
3:00pm - 5:00pm	Panel Discussion: Emotional Sobriety—Here and Now!	Dr Ingrid Clayton, Dr Samantha Duggan, Dr Allen Berger, Herb Kaighan.

ROOM TWO

Time	Activity Description	Presenter
9:00am - 9:30am	Mindfulness & Meditation	
9:30am - 12:00pm	The Neuroscience and Experience of Addiction	<u>Dr Judith Grisel</u>
12:00pm - 1:30pm	Lunch Break	
1:30pm - 5:00pm	To Be Determined We are actively working on some very exciting programming for this session - stay tuned, we will release an update soon!	

Disclaimer: While the workshops and presentations at this conference offer insights and perspectives on recovery, trauma, and emotional wellness, they are not intended as a substitute for therapy or professional mental health care. For those struggling with trauma, addiction, depression, anxiety or other mental health conditions, we encourage you to seek help from a licensed mental health professional such as a psychologist, psychiatrist, counselor or clinical social worker. There are many compassionate providers and evidence-based treatment options available. Our conference sessions can supplement formal therapy but should not replace individualized evaluation and care from a qualified provider. Attending this event should not be seen as a substitute for seeking standard medical or psychiatric care for significant life challenges. Please consult with your doctor or mental health provider if you have any concerns about specific needs you may have.