

Verity Workshop – PCOS and Emotions The Priory Rooms, 40 Bull Street, Birmingham, B4 6AF Saturday 28 March 2009 http://www.verity-pcos.org.uk/news/events	
09:30 – 9:50	Registration & Coffee - network with fellow delegates
Session 1	
9:50 – 10:00	Welcome and Overview of the day <i>Rachel Hawkes, Verity Chair</i>
10:00 – 10:30	What is PCOS – how does it affect women? <i>Anna Cassin, Registered Nurse, Verity Trustee</i>
10:30 – 11:00	Question & Answer / Group Discussion <i>Rachel Hawkes, Verity Chair</i>
Coffee & Tea	
Session 2	
11:15 – 11:45	Psychological aspects of PCOS <i>John Barry, Psychologist, University of Westminster</i>
11:45 – 12:15	Question & Answer / Group Discussion <i>Facilitator – Anna Cassin, Verity Trustee</i>
Lunch	
Session 3	
12:45 – 13:15	Using hypnosis to help with the symptoms of PCOS <i>Peter Field, Hypnotherapist</i>
13:15 – 13:45	Question & Answer / Group Discussion <i>Facilitator – Rachel Hawkes, Verity Chair</i>
13:45 – 14:15	Strategies for positive thinking and managing your emotions <i>Laura Budden, Therapy Services Manager, Cygnet Healthcare</i>
14:15 – 14:45	Question & Answer / Group Discussion <i>Facilitator – Anna Cassin, Verity Trustee</i>
Coffee & Tea	
Session 4	
15:00 – 15:30	West Midlands Group Get Together <i>Angela Shrivastava, Verity Local Group Leader</i>
15:30 – 15:40	Summary and close
Workshop End	