

EAST KENT COASTAL BRANCH

Treating Body Dysmorphic Disorder (BDD) and Body Image Problems

Presented by Professor David Veale
Thursday 21 February 2019

Times: 9.30am to 4.30pm (Registration from 9.00am)

Venue: The Alexander Centre, 15-17 Preston Street, Faversham, ME13 8NZ

Abstract

Body Image problems relate to disfigurement or perceived defects. Disfigurements from accidents or surgical procedures may lead to significant distress or handicap. Body Dysmorphic Disorder (BDD) is defined as a preoccupation with a perceived defect in one's appearance, which is not noticeable to others. The preoccupation is associated with a distorted felt body image with many "safety seeking" behaviours such as mirror gazing, skin-picking, ruminating or constant comparing of one's perceived defect to others. People with disfigurements and BDD use strategies to camouflage and avoid situations and activities. They may have a poor quality of life, are socially isolated and people with BDD are at high risk of committing suicide. Cognitive behaviour therapy and SSRI medications are recommended for treating BDD. CBT can be used for the body image problems in disfigurement and eating disorders. Habit reversal is recommended for skin picking. Disfigurement may require additional modules for dealing with ongoing teasing and unwanted comments.

By the end of the workshop participants will

1. Recognize and diagnose BDD, a body image problem of eating disorders or disfigurement in DSM5 and planned ICD11.
2. Understand a cognitive behavioural model of body image problems and the factors that maintain the symptoms including the function of processes such as comparing self with others; being excessive self-focused; camouflaging one's appearance; monitoring and avoiding social threats such as shame, rejection and ridicule from others.
3. Use various assessment scales and conduct a functional analysis of cognitive processes and behaviours that are used as safety seeking.
4. Assess and help clients wanting cosmetic procedures
5. Devise strategies for engagement and change with a focus on ceasing ruminating and comparing, dropping of avoidance and safety seeking behaviours; imagery rescripting for aversive memories; habit reversal for skin-picking and role-playing for ongoing teasing.

About the presenter

Professor David Veale is a Consultant Psychiatrist and leads a national outpatient and residential unit service for people with severe treatment refractory Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD) at the South London and Maudsley Trust and at the Priory Hospital North London. He is a member of the group revising the diagnostic guidelines for ICD11 for OCD and Related Disorders for the World Health Organisation. He was a member of the group that wrote the NICE guidelines on OCD and BDD in 2006 and chaired the NICE Evidence Update on OCD and BDD in 2013.

David has authored or co-authored 85 empirically based articles, 6 books, 13 book chapters, and 35 teaching articles or reviews. He is an Honorary Fellow of the British Association of Behavioural and Cognitive Psychotherapies, a Fellow of the British Psychological Society and Fellow of the Royal College of Psychiatrists. He is a Trustee of the national charities, OCD Action and the BDD Foundation. He is also a member of the band Bedlam!

References

- Phillips, K (2017) Body Dysmorphic Disorder: Advances in Research and Clinical Practice. Oxford.
- Veale, D. & Neziroglu (2010) Body dysmorphic disorder: a treatment manual Wiley: Chichester.
<http://dx.doi.org/10.1016/j.jocrd.2013.11.005>
- Veale, D., Willson, R, Clarke, A. (2009) Overcoming Body Image Problems (including BDD). Robinson

Registration Information

BABCP Member: £65 Non Member: £75

Lunch and refreshments will be provided. A CPD certificate for 6 hours will be issued.

Closing date for registrations is Thursday 14th February 2019

Venue Information

Please see website - <https://www.thealexandercentre.com/>