

EASTERN COUNTIES BRANCH

Treating Disgust across the Disorders

Presented by Professor David Veale

Thursday 21st March 2019

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

Venue: Holiday Inn Ipswich- Orwell, The Havens, 2 Ransomes Europark, Ipswich, IP3 9SJ

About the Disgust

Disgust is a core emotion and its derivatives such as self-disgust / shame, have been a neglected area in research. Disgust is part of the threat system that keeps a person safe. It is associated with phobic avoidance but exposure may be less effective for disgust than for anxiety. Furthermore, beliefs associated with disgust are often inaccessible. Disgust elicitors include eating/food; excreting; sex and death but there is also inter-personal disgust and moral disgust. We will focus on the treatment of disorders that have a large component of disgust or self-disgust, namely fears of contamination and mental contamination in obsessive-compulsive disorder, specific phobias of vomiting and body dysmorphic disorder (BDD).

Learning Objectives

By the end of the workshop, participants will

- 1) Be knowledgeable about the emotion of disgust and derivatives such as self-disgust (shame), guilt, contempt and its measurement
- 2) Understand latest findings in research on inhibitory learning conducting exposure and response prevention/ behavioural experiments
- 3) Assess and treat a specific phobia of vomiting
- 4) Assess and treat fears of contamination in OCD
- 5) Assess and treat BDD

For each disorder, participants will learn a) the appropriate assessment scales and conduct a functional analysis of cognitive processes and behaviours, b) strategies for engagement with a focus on conducting exposure/ behavioural experiments, ceasing ruminating, dropping of avoidance and safety behaviours and re-scripting imagery

Workshop leader

David Veale is a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust and the Priory Hospital North London and a Visiting Professor in Cognitive Behavioural Psychotherapies at the Institute of Psychiatry, Institute of Psychiatry, Psychology and Neuroscience, King's College London. He is past President of The British Association of Behavioural and Cognitive Psychotherapies. He is co-director at the Centre for Anxiety Disorders and Trauma at the Maudsley and the Anxiety Disorders Residential Unit at the Bethlem. His website is www.veale.co.uk. He has published about 100 peer-reviewed articles and four self-help books.

References

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- Veale, D & Gilbert, P. (2014) Body Dysmorphic Disorder: the functional and evolutionary context and a compassionate mind. *Journal of Obsessive Compulsive and Related Disorders*
- Veale, D. & Neziroglu (2010) Body dysmorphic disorder: a treatment manual Wiley: Chichester
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- Veale, D (2009) Treating a Specific Phobia of Vomiting. *The Cognitive Behaviour Therapist*, 2, 272–288.
- Veale, D, Murphy, P, Ellison, N, Kanakam, N, Costa, A (2012). Auto-biographical memories in people with a specific phobia of vomiting. *Journal of Behaviour Therapy and Experimental Psychiatry* 44, 14-20
- Veale, D, Willson, R, (2006) Overcoming Obsessive Compulsive Disorder. Robinson.
- Willson, R, Veale, D. (2009) Overcoming Health Anxiety. Robinson. Chapter on Overcoming fears of vomiting

Registration Information

BABCP Member: £80 Non Member: £100

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

Closing date for registrations is midday Friday 8th March 2019

Venue Information

Please see website - <https://www.hiipswichorwell.co.uk/>