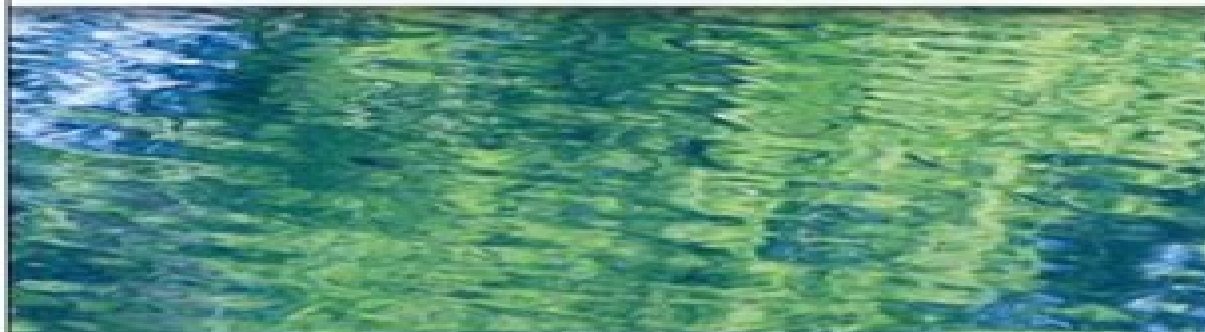

A T R E A T M E N T M A N U A L

COGNITIVE-
BEHAVIORAL
THERAPY *for*
BODY DYSMORPHIC
DISORDER



Sabine Wilhelm | Katharine A. Phillips | Gail Steketee

Cognitive Behavioral Therapy For Body Dysmorphic Disorder A Treatment Manual

Sabine Zange



Cognitive Behavioral Therapy For Body Dysmorphic Disorder A Treatment Manual:

Cognitive-Behavioral Therapy for Body Dysmorphic Disorder Sabine Wilhelm, Katharine A. Phillips, Gail Steketee, 2012-12-18 Presenting an effective treatment approach specifically tailored to the unique challenges of body dysmorphic disorder BDD this book is grounded in state of the art research The authors are experts on BDD and related conditions They describe ways to engage patients who believe they have defects or flaws in their appearance not a psychological problem Provided are clear cut strategies for helping patients overcome the self defeating thoughts impairments in functioning and sometimes dangerous ritualistic behaviors that are core features of BDD Clinician friendly features include step by step instructions for conducting each session and more than 50 reproducible handouts and forms the large size format facilitates photocopying See also the related self help guide by Dr Wilhelm **Feeling Good about the Way You Look** an ideal recommendation for clients with BDD or less severe body image problems **Body Dysmorphic Disorder** Sony Khemlani-Patel, Fugen Neziroglu, 2022-02-09 Learn how to assess and treat body dysmorphic disorder BDD Presents the best treatment practices Instructions for novel and advanced treatment strategies Tips for improving client engagement Illustrated with case studies Printable tools for clinical use More about the book This volume provides a user friendly evidence based guide to the diagnosis phenomenology etiology and treatment of body dysmorphic disorder BDD New and seasoned clinicians can learn about the foundations of CBT for BDD as well as the rationale and instructions for modifying the approach to meet the differences in symptoms found in this client group The book explores techniques for treatment engagement including adjusting therapeutic style appropriate utilization of behavioral and cognitive therapy family involvement and motivational interviewing techniques Other issues associated with BDD are also highlighted poor insight comorbidity concerning rates of suicidality and ambivalence regarding treatment The authors outline step by step instructions for numerous novel and advanced treatment strategies including perceptual re training attentional training acceptance and commitment approaches and ways to manage ongoing desire for cosmetic surgery Detailed case examples are presented with corresponding treatment guidelines to highlight the variety in clinical presentation and corresponding treatment approaches Printable tools in the appendices can be used in daily practice Watch a video interview with the authors [Understanding Body Dysmorphic Disorder](#) Katharine A. Phillips, 2009-02-20 In a world obsessed with appearance it is not surprising that body dysmorphic disorder or BDD an emotionally painful obsession with perceived flaws in one s appearance has manifested itself as a troubling and relatively common problem for many individuals In *The Broken Mirror* the first and most definitive book on BDD Dr Katharine A Phillips provided a comprehensive manual for patients and their physicians by drawing on years of clinical practice scientific research and professional evaluations of over 1 000 patients Now in *Understanding Body Dysmorphic Disorder An Essential Guide* the world s leading authority on BDD reaches out to patients their friends and their families with this concise and updated handbook BDD causes sufferers to be obsessed by

perceived flaws in their appearance and may afflict as much as two percent of the population or nearly five million people. Many sufferers are able to function well in society but remain secretly obsessed by their hideous acne or horrible nose, sneaking constant peeks at a pocket mirror or spending hours at a time redoing makeup. Others find their lives disintegrate because of their appearance obsessions. It is not an uncommon disorder simply a hidden one since sufferers are often embarrassed to tell even their closest friends about their concerns. Using stories and interviews to show the many different behaviors and symptoms of BDD and a quick self assessment questionnaire, Dr Phillips guides readers through the basics of the disorder and through the many treatment options that work and don't work. With *Understanding Body Dysmorphic Disorder: An Essential Guide*, sufferers will find both helpful advice and much needed reassurance in a compact down to earth indispensable book.

The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy, Susan E. Sprich, Timothy Petersen, Sabine Wilhelm, 2023-07-18. This book provides a fully updated in depth overview of Cognitive Behavioral Therapy (CBT) which is the most widely disseminated evidence based psychotherapy utilized today. The *Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy* 2nd edition displays the constantly evolving nature of CBT due to the continuous research trials conducted by clinicians. This second edition presents updated information and literature to reflect the current clinical guidelines based on research studies that have been published in the past few years. Chapters cover applying CBT to common disorders such as depression, obsessive compulsive disorder and anxiety disorders as well as more specialized applications such as schizophrenia. Chapters also provide information on how to tailor CBT for specific populations and in specific settings. The book also features new chapters on the use of technology in treating psychiatric disorders and novel models of care and treatments for psychiatric disorders. The fully updated and expanded second edition of *The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy* will continue to be a go to resource for all psychiatrists, psychologists, social workers, licensed mental health counselors, primary care doctors, graduate students and psychiatry residents and fellows implementing cognitive behavioral therapy in their clinical practice. **The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy**, Timothy J. Petersen, Susan E.

Sprich, Sabine Wilhelm, 2015-09-29. Cognitive Behavioral Therapy (CBT) has a growing evidence base that supports its efficacy in treating a wide range of psychiatric disorders and has been adapted for use with more complicated patient populations and for different stages of psychiatric illness. As the first Massachusetts General Hospital branded text on the subject, this is a cutting edge tool that is unlike any current book on CBT. The authors for this handbook are among the world's foremost experts in their specialty area and are actively engaged in dynamic research evaluating the efficacy of CBT as well as identifying mechanisms of action for this treatment. This title provides in depth coverage of the historical background of the development of CBT, a comprehensive review of relevant outcomes data, a survey of mechanisms by which CBT exerts its effect and most importantly, a take away tool box of CBT strategies and techniques that can be immediately implemented in

clinicians practices The Massachussetts General Hospital Handbook of Cognitive Behavioral Therapy reaches and improves the clinical practices of a broad base of front line mental health practitioners including psychiatrists and therapists Body Dysmorphic Disorder David Veale,Fugen Neziroglu,2010-04-05 This book is a unique treatment manual which looks at the assessment of BDD offering an treatment model in the form of CBT and pharmacotherapy Summarises the current knowledge and theoretical perspectives about BDD Covers the practical aspects of assessment engagement and therapy Uses a number of practical resources including client handouts **Handbook on Obsessive-Compulsive and Related Disorders** Edited by Katharine A. Phillips M.D.,Dan J. Stein M.D. Ph.D.,2015-03-19 Handbook on Obsessive Compulsive and Related Disorders is the first book of its kind to reflect the new DSM 5 classification which no longer identifies obsessive compulsive disorder OCD as an anxiety disorder but instead groups it with related conditions which are now known as obsessive compulsive and related disorders OCRDs This pivotal change recognizes the increasing evidence that these disorders are related to one another and distinct from other anxiety disorders and is intended to help clinicians better identify and treat individuals with OCRDs Many of the book s authors participated in the development of DSM 5 and the editors were chair the DSM 5 work group and chair of the sub work group respectively that studied these disorders ensuring that the text is utterly consistent with the classification and provides cutting edge coverage from body dysmorphic to tic disorders Key clinical points and case studies contribute to the book s hands on usefulness as do the many differential diagnosis tables and other charts Handbook on Obsessive Compulsive and Related Disorders is authoritative but it is also written and structured to be accessible and should appeal to a broad range of readers **Body Dysmorphic Disorder** Katharine A. Phillips,2017 This landmark book is the first comprehensive edited volume on body dysmorphic disorder BDD a common severe and underrecognized disorder Its contributors are leading researchers and clinicians in the field This book fills a major gap in the literature by providing clinicians and researchers with cutting edge indispensable information on all aspects of BDD and its treatment

Optimizing Evidence-Based Treatment for Body Dysmorphic Disorder Jennifer L. Greenberg,Hilary Weingarden,2024-12-01 This book provides an understanding of body dysmorphic disorder BDD a psychiatric classification that is characterized by a preoccupation with a perceived or slight imperfection in physical appearance This disorder lowers quality of life due to time consuming compulsions intended to hide fix or check appearance concerns Although relatively common BDD is often not treated appropriately When untreated BDD is chronic severe and associated with substantial psychosocial impairment and morbidity including unemployment rates of roughly 40 50% suicide attempts in 22 28% and lifetime housebound rates of roughly 30% This book provides an overview of body dysmorphic disorder BDD a psychiatric classification that is characterized by excessively impaired perception of physical attributes that can lead to acute disruption of life activities BDD is a common disorder but few clinicians are trained in its assessment and treatment This volume provides an evidence based review of the literature for a greater understanding of the nature of the disorder Most important

it demonstrates how to effectively assess and treat BDD Evidence based psychological and pharmacological treatments are presented and importantly ineffective treatments are also reviewed To optimize CBT for BDD guidelines are provided to address the most common challenges in diagnosis and treatment including common comorbidities differential diagnoses with similar disorders safety management addressing low insight or motivation and modifying treatment for special populations including youth patients from under represented backgrounds and BDD variants Case examples throughout illuminate for practitioners the theoretical and clinical aspects of this complex problem This an essential volume for practitioners and clinicians in training for gaining perspective on the disorder and its efficacious treatment Integrating research and clinical wisdom of some of the world s leading BDD experts this book comprehensively covers the foundational as well as more nuanced approaches to treatment Clinicians from all experience and skill levels who treat BDD will find this book to be a go to guide to delivering high quality evidence based and individually tailored care Jamie Feusner MD Professor of Psychiatry University of Toronto

Handbook of Lifespan Cognitive Behavioral Therapy Colin R. Martin, Vinood B. Patel, Victor R. Preedy, 2022-12-05 Mental illness and the variety of conditions disorders and phobias associated with it impact not only the individual but also the family unit the community and society at large Handbook of Cognitive Behavioral Therapy by Disorder Case Studies and Application for Adults will better readers understanding of a variety of these conditions in adults specifically and the applicability of CBT therapy as a treatment Featuring chapters on schizophrenia bipolar disorder dysmorphia depression and anxiety the book discusses in detail the use of cognitive behavioral therapies in the treatment of these issues in adults With expert authors from the clinical field the book has applicability for behavioral scientists psychologists cognitive and behavioral neuroscientists and anyone working to better understand and treat using cognitive behavioral therapies Summarizes cognitive behavioral therapies for a variety of conditions Contains chapter abstracts practice and procedures applications to other areas key facts dictionary of terms and summary points Covers anxiety depression posttraumatic stress disorder schizophrenia and bipolar disorder among others

The Enigmatic Realm of **Cognitive Behavioral Therapy For Body Dysmorphic Disorder A Treatment Manual**: Unleashing the Language is Inner Magic

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