Dr Sabine Wilhelm
Harvard Medical School
Thursday, 11th June 2020
Venue: University of Reading

Beauty and the Beast: The Nature and Treatment of Body Dysmorphic Disorder

Introduction:

Body dysmorphic disorder (BDD) is a severe body image disorder characterized by a preoccupation with a perceived flaw in appearance. The most common appearance preoccupations involve face or head (e.g., skin, hair), but any body part can be the focus of concern. BDD is a relatively common and often disabling illness with high suicide rates. Clinicians often do not recognize BDD, and very few are familiar with its treatment. The purpose of this workshop is to provide information on empirically-validated cognitive-behavioral treatment strategies designed to help individuals with BDD.

Content:

The presenter will first describe how to correctly recognize, diagnose, and conceptualize individuals with BDD. Participants will then learn a range of therapeutic techniques including: cognitive strategies for delusional and non-delusional BDD, metaphors and mindfulness exercises, strategies to address low self-esteem and over-importance of appearance, strategies to reduce common BDD behaviors (e.g., body checking, comparing themselves with others, avoidance behaviors), mirror retraining, and strategies for involving patients’ families. In addition, motivational interventions for helping patients overcome resistance to treatment will be presented. Finally, techniques for overcoming specific BDD symptoms such as cosmetic surgery seeking or skin picking, as well as relapse prevention strategies, will be discussed. This workshop is suitable for all those who are interested in working with patients suffering from Body Dysmorphic Disorder.

Learning objectives:

- How to recognize, diagnose, assess and conceptualize BDD
- How to engage a patient in CBT for BDD
- How to design various cognitive and behavioral treatment strategies, which will allow the patient to develop new ways of thinking as well as new ways of behaving

Training modalities:

In this workshop the assessment and treatment of BDD will be taught through instruction, interactive discussion of specific cases, modelling, and practice (role-plays).

Key references:

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for Adults with Body Dysmorphic Disorder: A Randomized Clinical Trial. JAMA Psychiat 2019; 76(4): 363-373. PMCID: PMC6450292


About the presenter:
Dr. Sabine Wilhelm is the Chief of Psychology and the Director of the Obsessive-Compulsive and Related Disorders Program at Massachusetts General Hospital. She is a Professor of Psychology (Psychiatry) at Harvard Medical School.

Dr. Wilhelm is recognized as a leading researcher in obsessive-compulsive and related disorders, and has published over 260 articles and reviews on cognitive functioning, prevalence and treatment outcomes of these disorders. She is especially interested in the development and testing of new technologies to treat illness and improve quality of life. She has also given more than 220 lectures on these subjects. Dr. Wilhelm has published seven books on OCD and related disorders. Dr. Wilhelm has been the principal investigator or site principal investigator of seven NIMH-funded research grants. She is also the principal investigator of several privately-funded clinical research studies investigating medication, cognitive-behavioral therapy, digital services, and other treatments for OCD and related disorders in children and adults.

Dr. Wilhelm is the Vice Chair of the Scientific Advisory Board of the International OCD Foundation, and she serves on the Scientific Council for the Anxiety and Depression Association of America as well as on the Tourette Syndrome Association Behavioral Science Consortium. Dr. Wilhelm is past President for the Association for Behavioral and Cognitive Therapies (ABCT). Dr. Wilhelm was an Associate Editor for the journals Depression and Anxiety and Behavior Therapy. She currently serves on eight editorial boards. In 2002, she was awarded the Claflin Distinguished Scholar in Medicine Award. She was named a Beck Institute Scholar in 2003, and was also the Scientific Program Chair of the World Congress of Behavioral and Cognitive Therapies held in Boston in June 2010. Additionally, Dr. Wilhelm is a fellow of the Association for Psychological Science. In 2018 Dr. Wilhelm received the Peter K. Ranney Innovation Award from the World Medical Innovation Forum at Partners HealthCare for her presentation “Bridging the Mental Health Treatment Gap.” In addition, she was awarded the Aaron T. Beck Award presented by the Academy of Cognitive Therapy in 2018.

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Cost of 1-day workshop:
£130 including lunch

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading