



About our Group

This support group is **Peer led** – this means that it will be run by a person with lived experience of BDD or someone who has personal experience of the disorder.

Please note that we **do not provide therapy** in our meetings and if you are currently in crisis, it may not be suitable to you. Information about available crisis services can be found here: [Need help now](#)

The group is open to adults **aged 18 or over**.

The group is designed to provide confidential and non-judgmental peer support, where people who are struggling with Body Dysmorphic Disorder can talk openly, connect and feel heard.

Support Group Guidelines

These guidelines are to help ensure that our groups run smoothly.

We ask that all participants agree to follow these guidelines. We are here to create a safe space for people to talk about what's going for them and how they're feeling.

To act with integrity:

- Please respect one another's confidentiality and anonymity.
- Do not talk about what happened in other meetings.
- Due to the nature of the conversations taking place, we do not allow anyone under the age of 18 into the meeting.

Let everyone have a voice:

- Please respect one another by giving everybody the chance to contribute without interruption and by not dominating or disrupting the conversation.
- If you see a facilitator holding up their hand, it is to let you know that someone else might be wanting to speak. Please feel free to finish your sentence.
- Please focus your contribution on personal experience and not political/thematic concepts or what we may be seeing in the news.
- When talking please speak from your own experience.

To be kind to ourselves and each other:

- This is NOT therapy and no-one should feel under pressure to say anything.
- We do hope that in hearing other's experiences you will feel encouraged to share your own.
- Whether you would like to speak or not, please treat each other in a supportive and considerate way.
- We welcome people from all backgrounds and points of view.
- We have no religious, political or commercial affiliations and ask that participants refrain from promoting any that they might have.

Language:

- We understand that with BDD experiences of suicidality are common, however, please refrain from detailed discussions about past suicide attempts as this will be distressing for other participants.
- We ask that you do not reassure participants about their physical appearance as evidence shows this is not helpful for BDD.
- Often individuals with BDD will consider or actively seek cosmetic treatments. Please be mindful about how you discuss this in the group. We know that it is a difficult topic so if a conversation is becoming unsupportive a facilitator may step in and move the group on to another topic.
- Please try to refrain from using bad language/swearing.

And lastly, it is typical that there will be periods of silence and some people enjoy these, some don't; both of those are ok.