

NEW HORIZONS

10TH

ANNIVERSARY CONFERENCE

This year, we are hosting the 10th anniversary of the BDD Foundation & new horizons. We will be taking the opportunity to reflect on how far we have come, whilst also looking ahead to the future of the charity.

Our conferences are an opportunity to bring together the wonderful BDD community in a supportive, inspiring and informative space. Individuals with BDD, their loved ones, as well as mental health professionals and students come together to learn about the condition, innovative approaches to treatment and hear inspiring stories from those in recovery.

There will be countless opportunities to hear from experts, and learn about varied perspectives in the treatment of BDD.

The conference is also a space for those living with BDD to find comfort in shared experience, know they are not alone by connecting with the BDD community.



DATE: 4th November 2023

VENUE: 20 Bedford Way,
London, WC1H 0AL

BD
BD
BODY
DYSMORPHIC
DISORDER
FOUNDATION

MAINSTAGE SCHEDULE

Logan Hall

09.30 - 09.45

Welcome Introduction - Dr Rob Willson, Chairman

09.45 - 10.15

'The Past, Present, & Future of CBT for BDD' - Dr Sabine Wilhelm

10.15 - 10.45

'Distorted Perceptions' - Dr Jamie Feusner

10.45 - 11.00

Inspirational Speaker - Liane Piper

11.00 - 11.30

'BDD within the LGBTQIA+ Community' - Chris Trondsen

11.30 - 12.30

'Compassion as a Transforming Approach' - Prof Paul Gilbert

12.30 - 13.25

LUNCH BREAK

13.30 - 14.00

'Unfair to Compare' - Prof David Veale & Dr Rob Willson

14.00 - 14.45

Fashion & BDD - Panel Discussion

14.45 - 15.15

AFTERNOON BREAK

15.15 - 16.00

'Perfectionism in BDD' - Prof Roz Shafran

16.00 - 16.30

JAAQ - Danny Gray

16.30 - 16.45

Inspirational Speaker - Kim Booker

16.45 - 17.00

Closing Comments - Dr Rob Willson, Chairman

BREAKOUT SCHEDULE

Elvin Hall

09.50 - 10.50

'Practical Tips for Parents & Carers'
with Dr Angie Lewis & Dr Lauren Peile

11.00 - 12.00

'Family & Carers Compassionate Support Session'
with Tracey Taylor

12.00 - 12.30

'Shedding Light on Shame & It's role in BDD'
with Dr Georgina Krebs

12.30 - 13.30

LUNCH BREAK

13.30 - 14.30

'BDD Across a Lifespan'
with Scott Granet

14.45 - 15.15

AFTERNOON BREAK

15.15 - 16.15

'What Good BDD Treatment Should Look Like'
with Dr Lauren Peile & Dr Katie Lang

RESEARCH SCHEDULE

Nunn Hall

10.50 - 11.00

Dr. Amita Jassi and Dr. Benny Monzani - Welcome and Introduction

11.00 - 11.15

Dr Daniel Rautio - PhD candidate, Karolinska Institute, Stockholm, Sweden.
'Therapist-guided, Internet-delivered CBT for adolescent BDD: A feasibility trial with long-term follow-up.'

11.20 - 11.35

Jennifer L. Greenberg – Professor, Massachusetts General Hospital/Harvard Medical School.
'Predicting response to a smartphone-based CBT app for BDD (online).'

11.40 - 11.55

Ivar Snorrason - Assistant Professor, Massachusetts General Hospital/Harvard Medical School. 'Long-Term Outcomes of Smartphone-Delivered CBT for BDD: A One-Year Naturalistic Follow-Up (online).'

12.00 - 12.15

Prof. Jamie Feusner – Professor, University of Toronto, ON, Canada.
'Measuring self-perceived body image distortions and dissatisfaction in BDD using a 3D digital avatar: Somatomap 3D.'

12.30 - 14.00

LUNCH BREAK

14.05 - 14.20

Dr Anne Möllmann - Bielefeld University, Germany.
'Effects of induced perceptual biases on body dissatisfaction & attractiveness evaluation an eye-tracking study.'

14.25 - 14.40

Hannah Lewis – PhD Researcher, Queen Mary University of London.
'A systematic review of the similarities and differences in aetiology and psychopathology of BDD and eating disorders: can both be classed as 'body image disorders?'

14.45 - 15.05

AFTERNOON BREAK

15.10 - 15.25

Dr Georgina Krebs - Associate Professor, University College London. 'BDD in the young people: prevalence, comorbidity and psychosocial impairment.'

15.30 - 15.45

Dr Elizabeth Hogg – Trainee Clinical Psychologist, Kings College London.
'Maternal accommodation of Paediatric BDD: clinical correlates and Implications for treatment outcomes.'

15.50 - 16.05

Dr Lucy Hale & Miss Gemma Lumsdale - Clinical Psychologist & DClinPsy Trainee, Surrey University. 'Cheering on from the side-lines'; The perceived impact of romantic partner's commentary and behaviour on women's appearance anxiety.'

16.10 - 16.25

Dr Martina Grumpert – PhD candidate, Karolinska Institute, Stockholm, Sweden.
'Supervised digital training of clinicians to assess and deliver CBT for YP with BDD: a feasibility study.'

16.30 - 16.40

Dr. Amita Jassi and Dr. Benny Monzani - Closing Remarks

MAINSTAGE - Logan Hall



DR SABINE WILHELM

THE PAST, PRESENT, AND FUTURE OF CBT FOR BDD'

This keynote summarizes the current state of the field of cognitive behavioral therapy (CBT) for Body Dysmorphic Disorder (BDD) and offers a vision for the future. CBT is the most empirically supported psychotherapy for BDD. While this treatment has a lot of promise, we still have a long way to go. Currently, most individuals in need of treatment for BDD receive no mental health services at all, and even those who do often do not receive optimal care. New technology enhanced therapies have the potential to expand the reach of our interventions to those for whom traditional treatments are currently unavailable. Dr. Wilhelm will also discuss how we need to refine our interventions so that they are more precisely tailored to meet the needs of each individual.

Sabine Wilhelm is a Professor at Harvard Medical School (HMS), Chief of Psychology & Director of the Center for Obsessive Compulsive & Related Disorders (CORD) at Massachusetts General Hospital (MGH). She is also the Director of the Center for Digital Mental Health in Psychiatry at MGH. Dr. Wilhelm is recognized as a leading researcher in obsessive-compulsive & related disorders (OCRD). Her recent research focuses on using cutting-edge technology to improve & personalize mental health care for a range of mental health concerns. She is currently working on smartphone-based treatments for OCD, depression, & BDD. Dr. Wilhelm has published over 330 papers and chapters, as well as nine books.

She has also given more than 290 talks on these subjects, locally, nationally, and internationally.

Dr. Wilhelm is the Vice-Chair of the Scientific Advisory Board of the International OCD Foundation. She was the Scientific Program Chair of the World Congress of Behavioral and Cognitive Therapies held in Boston in June 2010. Dr. Wilhelm received many awards for her work, including the distinguished Aaron T. Beck Award from the Academy of Cognitive Therapy. She was also awarded the Peter K. Ranney Innovation Award from the World Medical Innovation Forum and she is the recipient of the 2023 NAMI Scientific Research Award.



PROFESSOR JAMIE FEUSNER

'VISUAL PROCESSING AND DISTORTED PERCEPTION OF APPEARANCE IN BDD'

People with Body Dysmorphic Disorder (BDD) misperceive that parts of their appearance are flawed and unattractive. Our brain imaging studies, and previous psychological studies, suggested abnormalities in how people with BDD process what they see. This could lead to distortions in how they view their appearance. Recently, we have made exciting discoveries using various techniques that suggest we can potentially change the way the brain perceives things in people with BDD. This could be a crucial step in helping people see themselves more accurately. This talk will take you through a journey from the early research into these differences to ongoing efforts to test methods that might one day become part of treatments for individuals with BDD.

Dr. Jamie Feusner is a Professor of Psychiatry at the University of Toronto, a Senior Scientist at the Centre for Addiction and Mental Health, and Director of the Brain, Body, and Perception Research Program. His research focuses on perceptual and emotional processing in conditions related to body image and obsessions/compulsions, including body dysmorphic disorder (BDD), eating disorders, and obsessive-compulsive disorder (OCD). Dr. Feusner is renowned for his pioneering functional brain imaging studies in BDD, uncovering key insights into its neurobiology, including the discovery of visual perceptual abnormalities related to appearance distortions. He is currently developing and testing innovative interventions and their mechanisms to address imbalances in global and local visual processing that underlie distorted self-perception in BDD and body image disorders. Additionally, he has created digital tools for assessing appearance distortions and body dissatisfaction. With two decades of clinical expertise, Dr. Feusner also provides psychiatric care to people with BDD.

CHRIS TRONDSEN, LMFT

'LGBTQIA+ COMMUNITY AND BDD'

Individuals suffering from BDD all experience appearance fixations. However, people with BDD who are also members of the LGBTQIA+ community are impacted by additional & unique challenges when suffering from this condition. BDD's impact is more pronounced in LGBTQIA+ individuals, with research showing higher BDD, body dissatisfaction, eating disorder rates, and increased substance use disorder & suicidality than heterosexual individuals. This presentation will focus on how BDD affects all identities in the LGBTQIA+ community. Topics discussed will include high rates of muscle dysmorphia found in gay men, how transgender and gender nonconforming individuals may struggle with both BDD & gender dysphoria, & how people who are bisexual may receive mixed messaging on what potential partners find attractive. Additionally, there will be a focus on how social media, dating apps, LGBTQIA+ representation in the media, & queer culture contribute to the presentation of BDD. Attendees will walk away with a better understanding of how the LGBTQIA+ community is impacted by BDD, highlighting the need for researchers to do additional studies on this population and, finally, what we can do to address the epidemic of BDD in the LGBTQIA+ community.



Chris Trondsen suffered from undiagnosed, severe OCD, BDD, major depressive disorder, & anxiety & panic attacks beginning as a young child. It was not until his early 20s that Chris received both a formal diagnosis & specialised treatment. Once he concluded treatment, Chris began advocating publicly for mental health and shared his story of recovery on TV, including the Dr. Drew Show, the Montel Williams Show, NBC, as well as in newspapers and websites. Additionally, Chris began speaking at the annual IOCDF conference about OCD and BDD. He helped start the Young Adult Track at the annual conference. No longer under the control of the disorders, Chris now works as a clinician, treating OCD, BDD, & related disorders at The Gateway Institute in California. He also serves as the Vice President of OCD Southern California, an official affiliate of the IOCDF. He is a leader of the IOCDF's BDD and LGBTQ+ Special Interest Groups & the newest member of the IOCDF Board of Directors. As a lead advocate, Chris's passions include expanding BDD awareness and education, addressing LGBTQ+ issues in mental health treatment, & expanding the IOCDF's services to the young adult community.



PROFESSOR PAUL GILBERT OBE
'COMPASSION AS A TRANSFORMING APPROACH'

This presentation will give a brief overview of the core features of compassion, how it is rooted in a particular evolved system with psychophysiological properties that are very useful for helping us with mental health difficulties. We will contrast that with the processes of harsh forms of self-criticism. A brief outline of some of the practises will be offered, and then depending upon volunteers or the audience, there will be a demonstration of how to bring compassion to one's self-criticism. This will unfold in a series of stages. First we will begin to generate some concepts of a compassionate self. Then we will invite volunteers to explore the nature of their self critical process, and in particular how it functions for them and what would be their fear of giving it up. We then explore the critic in detail but only to the extent that people feel comfortable to do that. We see what sits behind the self critic the fear that it's covering and then we bring compassion to that fear that sits behind or underneath the critic.

Paul Gilbert, FBPsS, PhD, OBE is Professor of Clinical Psychology at the University of Derby and honorary visiting Prof at the University of Queensland. Until his retirement from the NHS in 2016 he was Consultant Clinical Psychologist for over 40 years. He has researched evolutionary approaches to psychopathology with a special focus on mood, shame and self-criticism in various mental health difficulties for which Compassion Focused Therapy was developed. He was made a Fellow of the British Psychological Society in 1993, president of the BABCP 2002-2004, and was a member of the first British Governments' NICE guidelines for depression. He has written/edited 23 books and over 300 papers and book chapters. In 2006 he established the Compassionate Mind Foundation as an international charity with the mission statement: To promote wellbeing through the scientific understanding and application of compassion (www.compassionatmind.co.uk). There are now a number of sister foundations in other countries. He was awarded an OBE by the Queen in March 2011 for services to mental health. He established and is the Director of the Centre for Compassion Research and Training at Derby University UK. His latest book is a major edited book with Prof G Simes (2022) *Compassion: Clinical practice and Applications* (Routledge).



PROFESSOR DAVID VEALE & DR ROB WILLSON
'UNFAIR TO COMPARE'

A key process in maintaining the preoccupation and distress of Body Dysmorphic Disorder is that of comparing one's perceived defect(s) against another person's feature(s) (usually of the same age and sex). It is made worse by frequent comparing against others on social media and the internet. This sets in train the ranking of one's feature(s) as being uglier than the other person's. It strengthens the view of the self to be defined by one's features and leads to constant doubts of exactly how one looks and more checking in reflective surfaces. In this session we will explore the motivation behind comparing and whether it really works in your best interests. We will consider if comparing can ever be helpful, alternatives to comparing, and strategies that will help you break out of the pattern of behaviour.



Prof David Veale is a Consultant Psychiatrist in Cognitive Behaviour Therapy at the South London and Maudsley NHS Trust, where he directs a national specialist service for people with BDD & The Nightingale Hospital London in Marylebone. He is a Visiting Professor at the Institute of Psychiatry, King's College London. He has co-authored a self-help book on *Overcoming Body Image Problems* including BDD and a treatment manual for BDD for professionals. He was a member of the World Health Organization's International Advisory group for writing the new diagnostic criteria for OCD and related disorders such as BDD. He has been researching BDD for nearly 20 years and has published about 40 scientific and teaching articles in BDD. He was motivated to improve the care of people with BDD after the suicide of one of his in-patients with BDD in 1991. David is a long standing and highly Valued Trustee of the BDD Foundation.

Dr Rob Willson PhD is a CBT therapist based in North London, with a special interest in BDD, OCD and Health Anxiety. He currently divides the majority of his work time between seeing patients, conducting research, writing and teaching. He is chair of the BDD Foundation. Rob has co-authored several books, including the bestselling 'Cognitive Behavioural Therapy for Dummies' and 'Overcoming Obsessive Compulsive Disorder'. His main clinical interests are anxiety and obsessional problems, and disseminating CBT principles through self-help. He has featured in numerous newspaper and magazine articles and had made several TV and radio appearance



LIANE PIPER
INSPIRATIONAL SPEAKER

Liane Piper, recognisable for her role in the BBC documentary 'Ugly Me,' will be sharing an update on her recovery journey. Her talk will include insights into her current status and the progress she's made with recovery, drawing from her personal battle with Body Dysmorphic Disorder. She aims to provide valuable perspectives to those grappling with similar challenges.



ALEX LIGHT



NICHOLAS MAZZEI



TILLY KAYE



JENNIFER SAVIN



DAVID VEALE

'BDD & FASHION PANEL'

Panelists will discuss whether the way we market and sell fashion plays a role in the increasing prevalence of BDD, with a conversation around the connections between consumerism, body image, and mental health. We'll share insights around how clothing can sometimes become an unhelpful safety behaviour in BDD. We'll hear from those with lived experience, to understand the reality of clothing related safety behaviours, and explore approaches which may help shift your relationship with fashion into a more empowering tool. With so much dialogue around the impact of filtered imagery in the current media, we'll be exploring how this affects our mental health, and how filters might shape our self-perception. Crucially, we'll be considering ways the fashion industry can be a catalyst for change, and the role of diversity and inclusion in reshaping the industry's standards.

Alex Light is a body acceptance advocate, journalist, chart-topping podcast host & founder of Light LDN. After battling with eating disorders in her earlier life, Alex has successfully created a platform that encourages body acceptance and champions women's unfiltered bodies. Her Sunday Times Bestseller 'You Are Not A Before Picture' has empowered women across the globe to talk about their struggles with body image whilst also encouraging self-love. Brands such as Gillette Venus, Dove and Ann Summers have joined Alex in her quest to tackle weight stigma and body acceptance. Alex's journalism background and online profile have enabled her to raise awareness of body image's impact on physical and mental health; in March 2022, she gave evidence at the House of Commons to improve NHS services for eating disorders. More recently, Alex co-hosts chart-topping podcast Should I Delete That, inviting experts to explore social media's polarising daily conversations.

Nicholas is an experienced social responsibility & sustainability leader, having worked in senior roles at BT, Rothschild and Co, Zalando & ASOS. Nicholas focuses on helping make companies more responsible & purposeful, ensuring they develop policies & strategies which help them improve the communities & environments they operate in. He has a passion for physical wellbeing which is deeply connected to mental & emotional wellbeing. Opening opinion: Fashion bears a lot of responsibility when it comes to the emotional wellbeing of consumers. The pressure to sell more clothing, particularly in an economic downturn, means they will often resort to powerful advertising methods which drive a "must have" desire. Techniques on social media create a rush to buy something we feel will address gaps in emotional wellbeing. The images used are deeply affecting, using a variety of desirable images, body shapes, skin types and physiques to get the impact they want. This can skew customers idea of what is normal.

Tilly is an East London based clothes maker for her own fledgling brand Fine Tilt, she has many years lived experience of BDD. She started out her career in the mainstream fashion sector but was quickly disillusioned with the realities of the industry. After a few years she stepped back to explore an alternative route less at odds with her environmental concerns and worsening BDD. She's worked closely with All Walks Beyond the Catwalk during its time campaigning for more diversity and inclusion in the fashion industry. Tilly recalls feelings of disgust and shame about her appearance as far back as her early teens. Diagnosed age 27 she has since worked hard to loosen its grip on her life, including a 16 week course of CBT for BDD, the 20 week Overcoming BDD programme with the BDDF as well as facilitating the most recent cycle of that programme. She has spoken in depth about her experiences on the BBC podcast Room 5 and more recently on the BDDF podcast Beating BDD.

Jennifer Savin is Cosmopolitan UK's multiple award-winning Features Editor, who specialises in writing about issues most important to young women and investigative reports. She also heads up the Body content on the Cosmopolitan UK website, which includes mental health, body image, nutrition, fitness, pregnancy and more. Jennifer is an author, women's rights campaigner and documentary consultant, most recently working on – and appearing in – BBC Three's 'Deepfake Porn: Could You Be Next?'

Prof David Veale is a Consultant Psychiatrist in Cognitive Behaviour Therapy at the South London and Maudsley NHS Trust, where he directs a national specialist service for people with BDD & The Nightingale Hospital London in Marylebone. He is a Visiting Professor at the Institute of Psychiatry, King's College London. He has co-authored a self-help book on Overcoming Body Image Problems including BDD and a treatment manual for BDD for professionals. He was a member of the World Health Organization's International Advisory group for writing the new diagnostic criteria for OCD and related disorders such as BDD. He has been researching BDD for nearly 20 years and has published about 40 scientific and teaching articles in BDD. He was motivated to improve the care of people with BDD after the suicide of one of his in-patients with BDD in 1991. David is a long standing and highly Valued Trustee of the BDD Foundation.



PROFESSOR ROZ SHAFRAN

'THE RELATIONSHIP BETWEEN BDD AND PERFECTIONISM: STRATEGIES FOR CHANGE'

Many people with BDD would consider themselves highly perfectionist. The need for symmetry and exactness, accompanied by 'Not Just Right' experiences can characterise both BDD and perfectionism. However, there are also important differences. BDD is characterised by an intense preoccupation with one or more nonexistent or slight defects or flaws in physical appearance whereas this is not a fundamental part of perfectionism. Similarly, negative appraisals of the internal body image and processing the self as an aesthetic object are central to understanding and treating BDD but are less important when addressing perfectionism. This presentation will define and describe perfectionism. It will discuss similarities and differences between perfectionism and BDD, including with respect to checking and repetitive behaviour. The treatment of perfectionism and BDD will be discussed so that participants can see key areas of overlap but also areas that are distinctive.

Roz Shafran is Professor of Translational Psychology at the UCL Great Ormond Street Institute of Child Health. She is an honorary Consultant Clinical Psychologist, a member of the Health Professions Council and Fellow of the British Association of Behavioural and Cognitive Psychotherapy. She jointly leads the ICH GOS Mental-Health Strategic Initiative. She founded the Charlie Waller Institute of Evidenced Based Psychological Treatment in 2007 at the University of Reading and was its director until 2012. She is an advisor for the Charlie Waller Memorial Trust, Patron of 'No Panic' and recipient of prizes such as the BMJ Mental Health Team of the Year, Positive Practice 'Making a Difference' Award, British Psychological Society Award for Distinguished Contributions to Psychology in Practice and Marsh Award for Mental Health for research that has made a difference to clinical practice. In addition to academic clinical research publications, she has co-authored and co-edited four self-help books, the most recent is 'How to Cope When Your Child Can't: Comfort, help and hope for parents'.



DANNY GRAY

FOUNDER OF MENTAL HEALTH PLATFORM 'JAAQ'

Danny is founder of Warpaint for Men, a men's make up brand he founded due to his own experience of BDD. BDD has been a part of Danny's life since he was 12 after being bullied in school. Although this has shaped his life and still affects him to this day he wants to try and help others when it comes to the illness and spread awareness. Speaking about the BDD Foundation, Danny says, "The Foundation and the vital work they do sit very close to my heart, I understand the daily struggle of living with BDD. There's isn't enough awareness out there about BDD, so I'm eager to help and thankful to be a part of the Foundation's important work". He is the founder of JAAQ (just ask a question), an idea he had in response to the hundreds of people he gets contacting him looking for quality, accessible help on mental health. Danny is a passionate mental health advocate speaking to thousands of people every year.



KIM BOOKER

INSPIRATIONAL SPEAKER

Kim Booker, a yoga teacher from the South coast, is a passionate media volunteer for the charity. Her willingness to share her experience has led to national news stories. In 2022, Kim gave evidence to the Health & Social Care Committee at the House of Commons. Her testimony focused on the vulnerability associated with aesthetic procedures & the profound impact of body image on both physical & mental health. Her suggestions directly influenced proposed legislation aimed at raising safety standards within the aesthetics industry. Kim's advocacy efforts extended beyond that as she collaborated with MP Dr. Luke Evans to campaign for transparency regarding filtered images. In 2023, she participated in the 'More Than My Reflection' campaign for the fashion brand Monki, elevating discussions & awareness about BDD on a global scale. Kim is dedicated to sharing her story & promoting a holistic approach to healing from BDD. Her experience as a mother has fortified her resolve to shield her daughter from the harmful effects of toxic beauty culture, dismantle the cycle of perfectionism, and work towards a safer and more inclusive online environment for people of all ages and body types.

BREAKOUTS - Elvin Hall



DR ANGIE LEWIS & DR LAUREN PEILE

'PRACTICAL TIPS FOR PARENTS AND CARERS'

Lauren and Angie will be facilitating a session for parents and carers, with a focus on supporting a child with BDD. The session will cover some key themes, such as knowing when and how to challenge BDD from a parental perspective, how to talk about BDD and how to support a young person with BDD to engage with therapy. Lauren and Angie will be joined by a parent who has lived experience of caring for a child with BDD and who will be sharing their own perspective. There will be lots of time set aside for questions and discussion.



Dr Angie Lewis is a Principal Clinical Psychologist at the National and Specialist OCD, BDD and Related Disorders Service for Children and Young People (South London and Maudsley NHS Foundation Trust). She has worked at the service since 2013, providing specialist assessment and evidence-based treatment to children and young people with BDD across the country. Angie is a peer-reviewed author and has contributed chapters to books on both OCD and BDD. She is involved in leading multi-disciplinary specialist assessments and delivering weekly, intensive and home-based interventions. Angie has a particular interest in improving access to treatment. She has been programme lead for CBT training on the Children and Young People's Improving Access to Psychological Therapies framework at Exeter university and is currently leading on setting up a satellite service in the south west of England.

Dr Lauren Peile is a Principal Clinical Psychologist at the National & Specialist OCD, BDD and Related Disorders Service for Children & Young People (South London and Maudsley NHS Foundation Trust). She has worked at the service since 2012 and provided assessment & treatment to young people diagnosed with BDD or experiencing appearance-based distress for around 10 years. Prior to this she worked in a number of other Child and Adolescent Mental Health Services and also at the NSPCC. Within the team she takes a lead in developing work with inpatient services and other enhanced treatment and overseeing the delivery of the NHS England Highly Specialist Services pathway for children and young people. She is involved in leading multi-disciplinary specialist assessments, and delivering weekly, intensive, home-based and inpatient treatment approaches, as well as consultation and joint work with other clinicians.



TRACEY TAYLOR & HÉLÈNE LOMENECH

'COMPASSIONATE SUPPORT SESSION FOR PARENTS AND CARERS'

Tracey & Hélène will facilitate a compassionate & supportive session for individuals who play a crucial role in supporting someone with BDD, with a focus on how they can compassionately look after themselves in the process of helping their loved one. This session is aimed at parents of adult children, partners, siblings, carers, & friends. The session will offer guidance on how to effectively communicate about BDD, strategies to support your loved one & ways to prevent BDD from negatively impacting your relationship with them. The session aims to foster an environment of open sharing, where participants can exchange tips & helpful ideas. Emphasis will be placed on embracing compassionate approaches, understanding the emotional challenges involved, & developing effective coping skills. Attendees will be guided on the importance of self-care, encouraging a holistic approach that considers not only the wellbeing of the person with BDD, but also the supporter.



Tracey is a BABCP Accredited Cognitive Behaviour Therapist and Supervisor who has worked at CADAT for over 20 years, & is Service Lead for the Highly Specialist Service for OCD & BDD. Her professional background is mental health nursing. She has been privileged to have been involved in research into OCD / BDD with some of the foremost experts in the country. She worked in a variety of settings before specialising in the area of severe, treatment resistant OCD, which is her main area of expertise. She joined Professor Paul Salkovskis' team at CADAT in 2000, & now works with Professor David Veale. She is committed to improving, updating & developing clinical practice. She has taught on various CBT programmes, including the Institute of Psychiatry / KCL, and has presented at BABCP & charity conferences. She has supervised numerous and varied professionals, & is keen to engage trainees to enjoy working and become skilled at working with OCD/BDD.

Hélène is a HCPC accredited Occupational Therapist currently working at ADRU. The unit provides intensive and highly specialised CBT to residents mostly affected by OCD and BDD, with ERP - more commonly known as exposure therapy - and Compassion Focused Therapy at the core of the treatment programme. Hélène co-runs an online Carers Group once a month (ADRU being a national service) and she is herself the primary carer to someone affected by anxiety and depression for many years. Prior to this, Hélène's professional background is in nursing for 12 years and complementary therapies - Deep Tissue Massage, NeuroSkeletal Realignment Therapy, Reflexology, Aromatherapy - for 11 years. Hélène has always been drawn to exploring the concept of life and death and health and well-being - body mind / mind body connection - and she has a particular interest in mental health, prevention, and healing.



DR GEORGINA KREBS

‘SHEDDING LIGHT ON SHAME AND IT’S ROLE IN BDD’

Over a century ago, early accounts of body dysmorphic disorder (BDD) described it as “an obsession with shame of the body”. This talk will discuss the nature of shame, positioning it as a powerful emotion that is intimately linked with an individual’s self-concept. The presentation will outline contemporary research, highlighting evidence for a connection between BDD and not just body shame but also a broader, more generalized sense of shame. We will explore the important question of whether shame serves as a risk factor for the development of BDD and/or arises as a consequence of living with BDD. The talk will also discuss the impact of shame within the lives of those experiencing BDD, demonstrating its clinical significance. Lastly, we will address the crucial question of whether shame has implications for BDD treatment, highlighting gaps in knowledge and future research directions.

Georgina is an Associate Professor at University College London (UCL), where she co-leads a research group called the Anxiety, self-Image and Mood (AIM) Lab. Much of her research is focused on body dysmorphic disorder (BDD), with the goal of better understanding the phenomenology, mechanisms and treatment of this condition in young people in particular. She has published around 90 peer-reviewed papers and book chapters, many of which have focused on BDD. Georgina is also an Honorary Consultant Clinical Psychologist. She co-leads the Anxiety, self-Image and Mood (AIM) Clinic, which is a specialist NHS service for young people and young adults with body dysmorphic disorder (BDD) and related problems. Prior to working at AIM, she trained as a Clinical Psychologist at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN), King’s College London (KCL). After this she worked for over 15 years in a National and Specialist Clinic for Young People with Obsessive-Compulsive and Related Disorders. Alongside her clinical work, she undertook a range of research including leading clinical trials of cognitive behaviour therapy.



SCOTT GRANET

‘BDD ACROSS A LIFESPAN’

Given the significance placed on physical appearance during the teen and young adult years, it only makes sense that BDD would be thought of as just a young person’s problem. While much of the related literature does in fact concentrate on that demographic, BDD doesn’t somehow weaken as people age. If left untreated, it will in all likelihood just continue to worsen. This presentation will address the many difficulties associated with living with BDD across the lifespan, from childhood to old age. The presenter will also draw upon his own personal experience of living with this disorder for 5 decades and discuss how each stage of life brings with it unique challenges.

Scott Granet, LCSW specialises in the treatment of body dysmorphic disorder, OCD, and anxiety disorders. He has taught continuing education classes at universities and other institutions throughout the U.S., and presented on BDD at conferences worldwide, including those in Manchester and Glasgow. In 2008, he opened the OCD-BDD Clinic of Northern California. Mr. Granet is the author of Body Dysmorphic Disorder, Mine and Yours: A Personal and Clinical Perspective and The Complete OCD Workbook: A Step-by-Step Guide to Free Yourself from Intrusive Thoughts and Compulsive Behaviors. In addition to his clinical work, Mr. Granet is a founding member of the board of directors for the Obsessive-Compulsive Foundation of the San Francisco Bay Area. He also has lived experience with BDD, having first developed symptoms of it when he was a college student, more than a decade before it was formally recognised as a psychiatric condition.

DR LAUREN PEILE & DR KATIE LANG

‘WHAT GOOD BDD TREATMENT (CBT) SHOULD LOOK LIKE’

Lauren and Katie will be facilitating a session for individuals and their carers, as well as professionals, which sets out what we know about what makes CBT for BDD effective. This will include a summary of what we have learned by studying the measurable outcomes of therapy, in research and everyday therapy sessions, as well as information directly from those who have made use of CBT for BDD. We hope that this session will be helpful for those wishing to access CBT for BDD or to advocate for themselves or their loved ones when navigating services. We anticipate that the session will also provide a space for both individuals with BDD and professionals supporting them, to discuss and reflect on how to get the most out of CBT when this is offered.



Dr Lauren Peile is a Principal Clinical Psychologist at the National & Specialist OCD, BDD and Related Disorders Service for Children & Young People (South London and Maudsley NHS Foundation Trust). She has worked at the service since 2012 and provided assessment & treatment to young people diagnosed with BDD or experiencing appearance-based distress for around 10 years. Prior to this she worked in a number of other Child and Adolescent Mental Health Services and also at the NSPCC. Within the team she takes a lead in developing work with inpatient services and other enhanced treatment and overseeing the delivery of the NHS England Highly Specialist Services pathway for children and young people. She is involved in leading multi-disciplinary specialist assessments, and delivering weekly, intensive, home-based and inpatient treatment approaches, as well as consultation and joint work with other clinicians.

Dr Katie Lang is a Clinical Psychologist at the National and Specialist OCD, BDD and Related Disorders Service for Children and Young People (South London and Maudsley NHS Foundation Trust). Katie has worked at the service since 2020 and provides assessment and evidence-based treatment to young people diagnosed with BDD or appearance anxiety. Katie completed her doctorate in Clinical Psychology at the Institute of Psychiatry, Psychology and Neuroscience (IoPPN), and prior to this completed a PhD in Psychological Medicine also at the IoPPN. Much of her research has focused on improving existing or developing new psychological treatments.