

MAINSTAGE - SCHEDULE

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



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.compassionatemind.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.