

Beating BDD Episode 12 – Debbie and Daniel Butcher

Episodes 10 and 11 featured an interview with Oliver Butcher, who spoke publicly for the first time about his struggle with BDD. In this episode, you'll hear how his experience affected the lives of his mum Debbie and his older brother Daniel.

"We can't put into words how life has changed... When we look at Oliver now, we see a strong, determined, brave young man that has a future and can live the best life he can."

How is life for the family now?

[00:11.56] They're all reclaiming their lives and doing things they haven't been able to do for years.

[00:16.40] For the first time in a decade, they can come home knowing it's calm in the house.

[00:18.14] When they look at Oliver now, they can see a future. He's even put a helmet on to go climbing!

How did they first realise the scale of Oliver's BDD?

[00:02.03] Debbie describes how Oliver wasn't able to leave the house on his 21st birthday.

[00:03.03] Despite repeatedly trying to get Oliver to talk, it took many years for him to share what was going on.

[00:14.08] Oliver would shout and scream at himself for 10-12 hours, sometimes through the whole night.

What impact has Oliver's BDD had on the family?

[00:04.58] It took Debbie six months to be able to tell her now-husband (Oliver's stepdad) that family life revolved around making sure Oliver was okay.

[00:06.59] Daniel struggled for quite some time to understand BDD – he was fairly critical of it at first.

[00:08.55] There was a lot of conflict, anger and confusion in the family for many years.

How has Oliver responded to treatment?

[00:10.32] He's been in CBT therapy for a year. Progress is good but recovery isn't a straight line.

[00:16.11] Since Christmas something has 'fallen away' from Oliver and he's come on huge amounts.

[00:22.20] The family now sees a strong, determined, brave young man that has a future and can live the best life he can.

What advice do they have for families and sufferers in the same position?

[00:09.50] The BDD Foundation Conference is a great source of information and comfort.

[00:13.42] It's about celebrating the small wins.

[00:17.07] Recovery means figuring out what works and what doesn't – that will be different for everyone.

[00:25.18] Be persistent, recognise the signs and don't take no for an answer.

[00:26.35] If you're suffering yourself, never give up and talk to someone; if you're a family member, listen to the person who's suffering and learn about the disorder.

Resources

- The BDD Foundation: bddfoundation.org