

Beating BDD Episode 9 – Omari Eccleston-Brown, part 2

In the second part of his interview, Omari describes the things that helped him most in treatment and beyond, and gives some valuable advice to anyone trying to help a loved one with BDD.

“BDD can and will get better. It might not be at the speed and in the way you’d like it to, but it will get better.”

What kind of help did Omari get for his BDD?

[00:00.47] Going to a support group was the first time he’d been with anyone else with BDD.

[00:01.39] He found out about a trial taking place at the Maudsley using CBT specifically for BDD and put himself forward.

[00:03.10] He was given very practical tasks, including moving his attention from himself to the outside world and tracking his anxiety during exposure activities.

[00:05.26] Omari found Theory A and Theory B very useful in understanding how BDD works and how to change his thought processes and beliefs.

What else has he done that’s helped?

[00:08.07] Practising mindfulness has helped him to understand that what he sees is how he feels, not how he looks.

[00:09.26] He’s also read about BDD and other topics and has some recommendations for listeners.

[00:10.25] An Instagram campaign he did for a year, called ‘In the face of BDD’, led to amazing conversations with friends and strangers.

What would Omari recommend to listeners who want to support someone with BDD?

[00:16.28] The BDD Foundation is a first port of call and runs support groups as well as offering lots of information on its website.

[00:17.03] Giving someone reassurance isn’t going to help in the long run, however much they may ask for it.

What does he know now that might help sufferers?

[00:20.23] There’s help out there, including OCD Action. Omari facilitates a monthly call for sufferers, for example.

[00:22.13] Visit your GP and see what help you can get; BDD-specific CBT is best.

Resources

- The BDD Foundation: bddfoundation.org