

1. Record Nr.	UNINA9910780875403321
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Titolo	Body Dysmorphic Disorder [[electronic resource]] : A Treatment Manual
Pubbl/distr/stampa	Hoboken, : Wiley, 2010
ISBN	1-282-48227-0 9786612482274 0-470-74378-6
Descrizione fisica	1 online resource (490 p.)
Altri autori (Persone)	NezirogluFugen
Disciplina	616.85/2 616.852
Soggetti	Body dysmorphic disorder - Treatment Body dysmorphic disorder -- Treatment -- Handbooks, manuals, etc Body Image Obsessive-Compulsive Disorder - therapy Obsessive-Compulsive Disorder -- therapy Self Concept Somatoform Disorders - therapy Somatoform Disorders -- therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Body Dysmorphic Disorder A Treatment Manual; Contents; About the authors; Preface; Acknowledgements; Part A: Knowledge and Theory of Body Dysmorphic Disorder; Chapter 1: The diagnosis of body dysmorphic disorder; Chapter 2: History of body dysmorphic disorder; Chapter 3: Epidemiology and presentation of BDD; Chapter 4: Descriptive psychopathology of BDD; Chapter 5: Psychogenic excoriation; Chapter 6: Psychological aspects of cosmetic procedures; Chapter 7: Risk factors in the development of BDD; Chapter 8: Neurobiological aspects of BDD; Chapter 9: Learning theory models of BDD Chapter 10: A cognitive behavioral model of BDDChapter 11: Evidence for cognitive behavior therapy in BDD; Chapter 12: Evidence for pharmacotherapy in BDD; Part B: Assessment and Therapy; Chapter 13:

Assessment; Chapter 14: Engagement and formulation; Chapter 15: Advice on cosmetic procedures; Chapter 16: Imagery rescripting; Chapter 17: Modifying attentional biases; Chapter 18: Modifying cognitive processes in BDD; Chapter 19: Avoidance, compulsive, and safety-seeking behaviors; Chapter 20: Modifying appraisals; Chapter 21: Habit reversal for psychogenic excoriation
Chapter 22: Behavioral activation for depression in BDD
Chapter 23: Pharmacotherapy; Appendix 1: Diagnostic interviews and assessment scales; Appendix 2: Leaflets and forms used during therapy; Appendix 3: Resources for BDD; References; Index

Sommario/riassunto

This book is a unique treatment manual which looks at the assessment of BDD, offering an treatment model in the form of CBT and pharmacotherapy
Summarises the current knowledge and theoretical perspectives about BDD
Covers the practical aspects of assessment, engagement, and therapy
Uses a number of practical resources, including client handouts
