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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
