

**BODY DYSMORPHIC DISORDER:
Invisible Ugliness - How Body Dysmorphic
Disorders Work and How to Beat It**
3rd April 2019



The Anxiety Disorders Association of Victoria, Inc presents an Information
Session on Body Dysmorphic Disorder

This info session will be an overview of characteristics and treatment of Body Dysmorphic Disorder (BDD), which is defined as a preoccupation with a perceived defect in one's appearance. People with the disorder might look in the mirror for 8 hours per day, and be very distressed by their perceived ugliness. Given the disorder often does not respond to standard treatment approaches, this workshop will focus on pathways around blocks to BDD recovery. This workshop is ideal for clinicians who occasionally encounter clients with BDD symptoms or members of the public with an interest in BDD.

- Identify diagnostic criteria for BDD
- Learn the key differences between BDD and eating disorders
- Understand mirror checking, safety behaviours and reason for self-focus
- Get up-to-date with the latest treatment evidence and guidelines and learn key dos and don'ts for BDD

About the presenter

Dr Ben Buchanan is a Clinical Psychologist with clinical focus in Body Dysmorphic Disorder (BDD). His ground-breaking research with Monash University on the neurobiological characteristics of BDD established clear links with obsessive compulsive disorder, and in 2014 he published the world's largest neuroimaging studies on BDD's brain mechanisms. Dr Buchanan treats BDD in his Melbourne private practice using an evidence-based cognitive behaviour therapy approach.

www.Foundationpsychology.com.au

Target audience:

General public and clinicians, especially clinicians working with eating disorders



Date	Wed, 3 rd April 2019
Time	7.30 pm – 9.00 pm
Location	The University of Melbourne, Hawthorn Campus, Conference Room 422 Auburn Road, Hawthorn. Vic. 3122
Cost	\$20 for general entry FREE for ADAVIC members
Bookings	Phone: ADAVIC (03) 9853 8089 Email: adavic@adavic.org.au Website: www.adavic.org.au BOOKINGS ESSENTIAL! Monies non-refundable (no credits available)



**This event and associated information
resources are supported by
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PAYMENT AND REGISTRATION FORM

Anxiety Disorders Association of Victoria, Inc.
ABN 70 607 186 815 | Ph: (03) 9853 8089

I would like to attend the Information Session on **Body Dysmorphic Disorder** presented by **Dr. Ben Buchanan** on **Wednesday 3th April, 2019**.

PLEASE COMPLETE THE FOLLOWING DETAILS

Total No. of people attending: _____

Name / s: _____

Address: _____

Phone: _____ Email: _____

Would you like to receive free Enews & Email updates? Yes / No

How did you hear about this event? _____

PAYMENT (please tick)

\$20 - General Entry

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