

# CONTENTS

List of Forms and Handouts	xi
<b>I. FUNDAMENTALS OF BODY DYSMORPHIC DISORDER AND ITS TREATMENT</b>	<b>1</b>
1. Introduction to BDD	3
2. Treatment Overview and Roadmap	15
3. Special Considerations in Treating Patients with BDD	31
4. Diagnosing and Assessing BDD and Associated Symptoms	42
5. Enhancing Motivation	60
<b>II. INTRODUCTORY SESSIONS: LAYING THE FOUNDATION FOR SUCCESSFUL TREATMENT</b>	<b>73</b>
6. Assessing BDD, Orienting the Patient to CBT-BDD, and Assessing Motivation	75
7. Education and Case Formulation	87
8. Setting Goals, Describing CBT-BDD, and Assessing Thoughts	105
<b>III. CORE TREATMENT COMPONENTS</b>	<b>125</b>
9. Evaluating Self-Defeating Thoughts	127
10. Introducing Exposure	146
11. Adding Ritual Prevention	175

12. Perceptual Retraining for Mirror Checking	201
13. Advanced Cognitive Strategies and Moving Forward	216
14. Termination Sessions, Relapse Prevention, and Booster Sessions	237
<b>IV. OPTIONAL MODULES FOR PATIENTS WITH RELEVANT SYMPTOMS</b>	<b>253</b>
15. Skin Picking and Hair Pulling	255
16. Weight, Shape, and Muscularity	267
17. Cosmetic Treatment	288
18. Depression	302
References	315
Index	319