



Cognitive-Behavioral Therapy for Body Dysmorphic Disorder: A Treatment Manual

Sabine Wilhelm PhD, Katharine A. Phillips MD, Gail Steketee PhD

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Presenting an effective treatment approach specifically tailored to the unique challenges of body dysmorphic disorder (BDD), this book is grounded in state-of-the-art research. The authors are experts on BDD and related conditions. They describe ways to engage patients who believe they have defects or flaws in their appearance. Provided are clear-cut strategies for helping patients overcome the self-defeating thoughts, impairments in functioning, and sometimes dangerous ritualistic behaviors that characterize BDD. Clinician-friendly features include step-by-step instructions for conducting each session and more than 50 reproducible handouts and forms; the large-size format facilitates photocopying.

See also the related self-help guide by Dr. Wilhelm, *Feeling Good about the Way You Look*, an ideal recommendation for clients with BDD or less severe body image problems.

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