

Information Handout

Professional Version | US English

Cognitive Behavioral Model Of Body Dysmorphic Disorder (BDD: Veale, 2004)



Description

This is a *Cognitive Behavioral Model Of Body Dysmorphic Disorder (BDD)* adapted from Veale (2004). The model identifies the key maintenance mechanisms which serve to prolong distress and preoccupation in BDD. This information handout can be used as an aid to the development of individualized case formulation in BDD.

Instructions

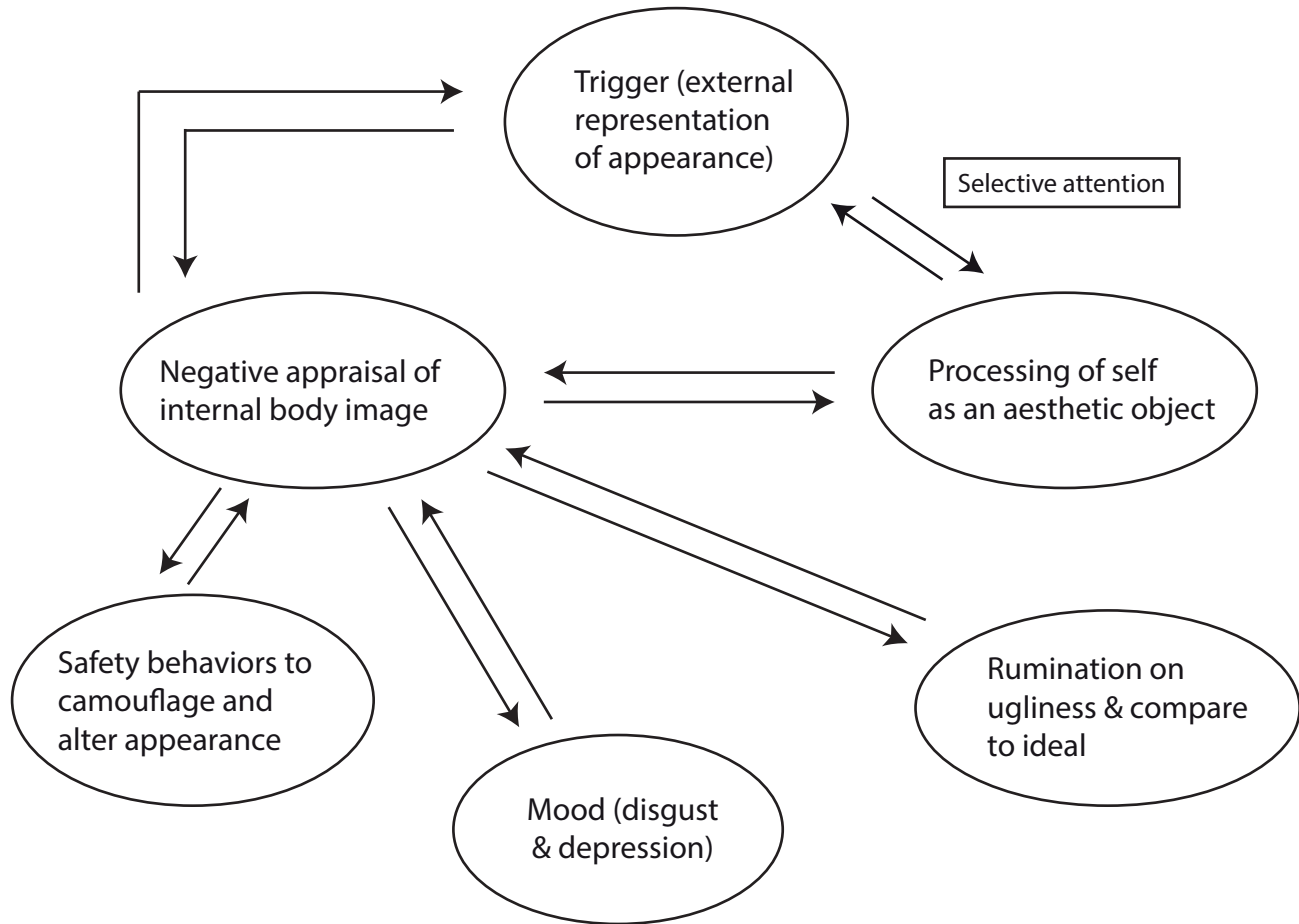
This is a Psychology Tools information handout. Suggested uses include:

- Client handout – a psychoeducation resource.
 - Discussion point – to provoke a discussion and explore your client's beliefs.
 - Therapist learning tool – to improve your familiarity with a psychological construct.
 - Supervision tool – to develop formulations and knowledge.
 - Teaching resource – a learning tool during training.
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References

- Veale, D. (2004). Advances in a cognitive behavioural model of body dysmorphic disorder. *Body Image*, 1, 113-125
- Veale, D. (2001). Cognitive-behavioural therapy for body dysmorphic disorder. *Advances in Psychiatric Treatment*, 7, 125-132
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Resource details

Title: Cognitive Behavioral Model Of Body Dysmorphic Disorder (BDD: Veale, 2014)
 Type: Information Handout
 Language: English (US)
 Translated title: Cognitive Behavioral Model Of Body Dysmorphic Disorder (BDD: Veale, 2014)

URL: <https://www.psychologytools.com/resource/cognitive-behavioral-model-of-body-dysmorphic-disorder-bdd-veale-2004/>
 Resource format: Professional
 Version: 20230721
 Last updated by: EB

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