

UNDERSTANDING BODY DYSMORPHIC DISORDER

Virtual Event

Hosted by Palo Alto Therapy

TUESDAY October 25th 2022 | 10:30 AM - 12:30 PM

2 HOUR - VIDEO PRESENTATION

PaloAltoTherapy.com
650-461-9026

EFFECTIVE THERAPY - STRONG CLIENT RELATIONSHIPS - SHORT-TERM & FOCUSED

This course will highlight both similarities and differences between the OCD and BDD, especially as it relates to assessment and treatment. Given that BDD may be twice as common as OCD, it is important that clinicians are aware of symptoms and risk factors and to be especially mindful of the high prevalence of suicidal ideation and suicide attempts. Through the use of didactic lectures, a class exercise and video segments, attendees will be able to identify symptoms most often associated with BDD, causal and prevalence factors, and to develop skills needed to effectively treat this complicated and often misunderstood disorder. Cognitive-behavioral therapy and the use of exposure therapy will be highlighted.

Educational Goals:

1. Although 5-10 million people in the U.S. are believed to have BDD, many clinicians lack the skills to assess for the presence of the disorder. A primary goal of this workshop is to assist those in attendance in developing those skills.
2. Many clinicians make the mistake of treating BDD as if it's just a variant of OCD and as a result simply apply OCD treatment protocols. A goal of this workshop is provide those in attendance with the tools needed to properly treat the disorder.
3. Approximately 80% of those living with BDD are believed to have experienced some childhood maltreatment, such as abuse, neglect, bullying and teasing. This workshop will highlight the importance of identifying and processing those factors in treatment.

Learning Objectives:

1. By the end of the workshop, attendees will be able to identify 5 symptoms most often associated with BDD.
2. By the end of the workshop, attendees will be able to explain 2 reasons for including BDD in the DSM 5 category of Obsessive Compulsive and Related Disorders.
3. By the end of the workshop, attendees will be able to utilize cognitive-behavioral therapy strategies in the treatment of BDD.
4. By the end of the workshop, attendees will be able to list risk factors most often associated with developing BDD. 5. By the end of the workshop, attendees will be able to develop exposure therapy hierarchies for patients with BDD.

Course Fee \$55.00:

Refund requests are available for cancellations outside of a 24 hour window prior to the beginning of the course.

Accommodations:

To request accommodations for special needs, please email Jessica Krcik at info@paloaltotherapy.com 24 hours in advance.

Certificates:

Registration and course completion certificates will be awarded at the completion of the course. Course meets the qualifications for 2 hours of continuing education credit for LMFT's, LCSW's, LPCC's as required by the California Board of Behavioral Sciences.

Registration includes 2 CEUs. To obtain your CE certificate, you must complete a program evaluation. You will be emailed a link to the evaluation following the event. Upon completion of the evaluation, you will receive the certificate. If you miss any of the presentations, you will not be eligible for CEU's.

PALO ALTO THERAPY (Provider 147143) IS APPROVED BY THE CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS TO SPONSOR CONTINUING EDUCATION FOR LMFT'S, LCSW'S, AND LPCC'S. PALO ALTO THERAPY MAINTAINS RESPONSIBILITY FOR THE PROGRAM AND ALL ITS CONTENT.

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