

BDD Self-Help Resources

The Centre for Clinical Interventions (CCI) of Australia has made available their materials for Overcoming Body Dysmorphia. This self-help resource can be worked through either independently, or with your therapist or counsellor (recommended).

This resource is divided into seven modules and is intended to be worked through in chronological order. These modules provide information on BDD, inform you on how it is maintained and aim to get you closer to building body acceptance.

Module 1: Understanding Body Dysmorphic Disorder

http://www.cci.health.wa.gov.au/docs/BDD%20Module%201_understanding2.pdf

Module 2: What Keeps BDD going?

http://www.cci.health.wa.gov.au/docs/BDD%20Module%202_maintenance2.pdf

Module 3: Reducing Appearance Preoccupation

http://www.cci.health.wa.gov.au/docs/BDD%20Module%203_preoccupation2.pdf

Module 4: Reducing Checking and Reassurance Seeking

http://www.cci.health.wa.gov.au/docs/BDD%20Module%204_checking2.pdf

Module 5: Overcoming Negative Predictions, Avoidance & Safety Behaviours

http://www.cci.health.wa.gov.au/docs/BDD%20Module%205_predictions%20&%20avoidance2.pdf

Module 6: Adjusting Appearance Assumptions

http://www.cci.health.wa.gov.au/docs/BDD%20Module%206_assumptions2.pdf

Module 7: Self-Management Planning

http://www.cci.health.wa.gov.au/docs/BDD%20Module%207_SMP2.pdf

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