The Neysa Jane

Body Dysmorphic Disorder Fund

**ANNOUNCES** 

The 2nd Annual

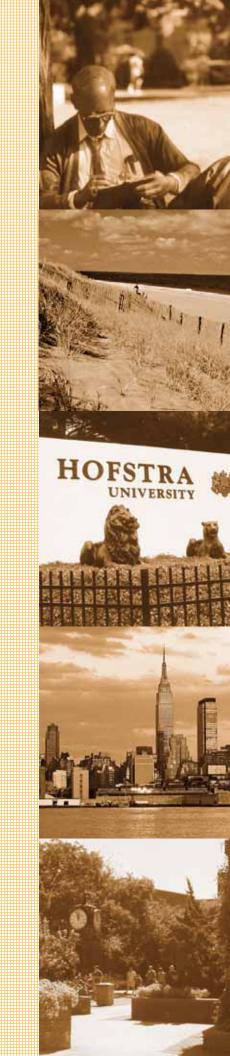
# BODY DYSMORPLIC DISORDER

CONFERENCE 2006

Saturday – October 21st Sunday – October 22nd

Co-sponsored by:





## **About**

#### What is BDD?

Body Dysmorphic Disorder is a serious psychiatric illness characterized by an intense preoccupation with a perceived defect or slight imperfection in one's appearance. This preoccupation can become overwhelming and lead to significant distress and impairment in one's social life, relationships, employment, schoolwork, and overall functioning. It is found equally in men and women and can occur at any age, but usually comes about in early adolescence. If left untreated, severe cases can lead to hospitalization or suicide.

#### Why You Should Attend:

Despíte ít's prevalence (about 1% of the general population, 2% to 13% of students, and 13% of people hospitalized in a psychiatric hospital), BDD is generally unknown or not understood by healthcare professionals, friends, family members, the general public, or even by sufferers themselves. BDD can be difficult to diagnose and may be mistaken for a number of other disorders, including OCD, major depression, social anxiety disorder, or an eating disorder. Sufferers are often secretive, embarrassed, or ashamed of their symptoms and thus do not reveal them to others. When they do reveal their concerns it is often by seeking dermatological or cosmetic procedures to try to improve the perceived defect. The conference will provide information on how to accurately identify BDD symptoms and it's effective treatment options. Topics include conceptualization, research, medication treatment, cognitive behavioral therapy, other treatment modalities, and resources for BDD education. By educating you, we hope to increase awareness about this under-recognized and severe psychiatric condition.

### Who Should Attend?

Psychiatrists, psychologists, therapists, social workers, counselors, physicians, other mental health professionals, dermatologists, cosmetic surgeons, BDD sufferers, family members, and friends.

#### What is the Neysa Jane Body Dysmorphic Disorder Fund?

NJBDD Fund is a 501c (3) non-profit consumer organization dedicated to serving the BDD population. It was founded in March of 2000 by the parents of "Neysa Jane" who suffered from BDD. It is the mission of the organization to promote BDD education, treatment, and research. Please visit the NJBDD literature booth the day of the conference. (Only cash or checks will be accepted for purchases.)

#### Conference Date & Location:

The conference will be held on Saturday, October 21st & Sunday, October 22nd, 2006 at the Sondra & David S. Mack Student Center on Hofstra University's North Campus. Hofstra's award winning arboretum campus is located in the city of Hempstead, on Long Island, N.Y. (Approximately 25 miles east of NYC.) It is easily accessible from both LaGuardía & JFK airports as well as by train to the Hempstead Station which is a short taxi ride to the auditorium.

The Long Island Marriott Hotel, Uniondale, is a stone's throw from Hofstra. Reservations: 516-794-3800 or 800-832-6255. For more travel & lodging information please visit: www. Hofstra.edu. (click on info center)

Questions: Email neysabdd@comcast.net or Phone 239-594-5421

Disclosure Statement: My registration constitutes agreement that I will not hold NJBDD Fund, Hofstra University, nor IPPA or any of their Board Members, employees, volunteers, speakers, or hired vendors, liable for any accident or injury incurred while attending the BDD conference, I further understand that all information presented is that of the individual speaker and does not constitute endorsement by NJBDD Fund, Hofstra University, nor IPPA.

# millions of americans have a secret obsession

Most of us care about our appearance, thinking about it and, often, trying to improve it.

Perhaps we wish our stomach was flatter, our skin was smoother, that we had longer legs, or we had more hair.

Whereas the symptoms of Body Dysmorphic Disorder are similar, they are extreme and uncontrollable.

This brochure was funded by an educational grant from FOREST PHARMACEUTICALS.

# Program at a Glance "Saturday's General Session"

#### 8:25AM-8:30AM: Opening Statements

8:30AM-9:30AM: Session #1

Keynote Speaker:

"How Should BDD Be Conceptualized?"

OC Spectrum, Somatoform, or Affective Disorder?

Eríc Hollander, M.D.

Mt. Sinai School of Medicine NYC

9:30AM-10:30AM: Session #2

"An Update on Clinical Features & Medication

Treatment of BDD"

Katharine Phillips, M.D.

Brown Medical School & Butler Hospital

10:30AM-10:45AM: Break

10:45AM-11:45AM: Session #3

"Pathways to Recovery"

Patients Sharing Personal Experiences

Moderator: James Claiborn, Ph.D.

Independent Practice, S. Portland, ME

11:45AM-12:45PM: Lunch & Poster Session

12:45PM-1:45PM: Session #4

"Cognitive Treatment Strategies for BDD"

Sabine Wilhelm, Ph.D.

Harvard Medical School &

Massachusetts General Hospital

1:45PM-3:00PM: Session #5

"Behavioral & Perceptual Models of BDD:

Treatment Implications"

Fugen Nezíroglu, Ph.D.

Hofstra university & Bio-Behavioral Institute

"Perceptual & Somatosensory Changes in BDD"

Jose Yaryura-Tobias, M.D.

New York university & Bio-Behavioral Institute

3:00PM-3:15PM: Break

3:15PM-4:30PM: Session #6

"10 Steps for Treating BDD"

Arie Winograd, LMFT

Director, Los Angeles Body Dysmorphic Disorder Clinic

Jamie Feusner, M.D., Semel Institute UCLA

Scott Granet, LCSW, Palo Alto Medical Foundation

4:30PM-5:00PM: Questions & Answers

5:00PM-6:00PM: Poster & Dinner Break (on own)

6:00PM-7:15PM: Session #7

"Help, Education, & Resources"

For those with BDD, their Families, and Friends

Katharine Phillips, M.D.

Brown Medical School & Butler Hospital

Arie Winograd, LMFT

Director, Los Angeles Body Dysmorphic Disorder Clinic

Scott Granet, LCSW, Palo Alto Medical Foundation

# "Sunday's Workshops"

Four different workshops that will repeat a second time.

Attendees pick choices for First (a) Session [9:00AM-10:30AM] & Second (b) Session [11:00AM-12:30PM].

Workshop Sessions #1a and #1b

"CBT Workshop for Clinicians I"

Fugen Nezíroglu, Ph.D.

Hofstra University & Bio-Behavioral Institute

Sony Khemlaní-Patel, Ph.D.

Bío-Behavioral Institute

Arie Winoarad, LMFT

Director, Los Angeles Body Dysmorphic Disorder Clinic

Workshop Sessions #2a and #2b

"CBT Workshop for Clinicians II"

Sabine Wilhelm, Ph.D.

Harvard Medical School & Massachusetts General Hospital

Elizabeth Didie, Ph.D.

Butler Hospital

Workshop Sessions #3a and #3b

"How to Recognize & Manage BDD"

For Psychiatrists, Dermatologists, & Cosmetic Surgeons

Jamie Feusner, M.D., Semel Institute UCLA

Jose Yaryura-Tobías, M.D., NYU, & Bío-Behavíoral Instítute

K. Phillips, M.D., Brown Medical School & Butler Hospital

Workshop Sessions #4a and #4b

"CBT for BDD: Practical Information for Consumers"

Andrea Allen, Ph.D., Mt. Sínaí School of Medícíne NYC James Claíborn, Ph.D., Independent Practice, S. Portland, ME Scott Granet, LCSW, Palo Alto Medícal Foundation

9:00AM-10:30AM: Session (a)

10:30AM-11:00AM: Poster Session Break

11:00AM-12:30PM: Session (b)

# Call for Posters!

# Professional Continuing Education

#### CE Information

This program is co-sponsored by IPPA, Inc. and the Neysa Jane BDD Fund. IPPA, Inc. is approved by the American Psychological Association to offer continuing professional education CE credit for psychologists. IPPA, Inc. maintains responsibility for the program. IPPA, Inc. is recognized by the California Board of Behavioral Sciences as a continuing education provider for Licensed Clinical Social Workers and Marriage and Family Therapists. Approval Number PCE 3487, Exp. 6/30/07. IPPA, Inc. is approved by the Department of Professional Regulation in Florida as a Continuing Education Provider for Licensed Clinical Social workers, Marriage and Family Therapists, and Mental Health Counselors. Contact hours include up to 9.5 CE's. Provider # BAP 260, Exp. 3/31/07. Application has been made to the National Board for Certified Counselors and the National Association of Social Workers.

#### **BDD Conference Learning Objectives:**

- Participants will understand how to diagnose and differentiate BDD from other disorders as well as recognize similarities and differences of the underlying biology.
- Participants will be able to identify clinical features, gain assessment tools, and understand the patient's experience associated with BDD.
- 3. Participants will understand current research findings on the etiology and treatment of BDD.
- Participants will learn about various factors to consider in the pharmacological treatment of BDD and the effects of non-psychiatric medical treatments in BDD.
- 5. Participants will be able to apply the principles of cognitive-behavioral therapy as well as utilize the behavioral and perceptual models of BDD in their practices and techniques for preventing relapse.

#### Cancellation/Refund Policy/Replacement Certificate

All cancellations and requests for refunds must be made by September 21, 2006. No refunds will be granted after that date.

A \$15 administrative fee will be charged for canceling your registration. The remainder of your payment will be refunded. For replacement of lost certificates after the conference, there will be a \$15.00 processing fee.

## CE Registration Form

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For information / special requests / special needs **concerning CE registration only**, write IPPA, Inc. or call (727) 586-0636 or e-mail IPPA, Inc. at agibson@tampabay.rr.com.

# Meet the Presenters

Eric Hollander, M.D. is the Esther and Joseph Klingenstein Professor, Chair of Psychiatry and Director of the Seaver & NY Autism Center of Excellence at the Mount Sinai School of Medicine NYC. He is principal investigator for a FDA funded treatment trial of pediatric Body Dysmorphic Disorder and has received grants from the National Institute of Mental Health to develop treatments for adolescent BDD.

**Katharine Phillips, M.D.** is Professor of Psychiatry at Brown Medical School & Director of the BDD Program at Butler Hospital in Providence, RI. For over fifteen years her groundbreaking scientific research and clinical work has greatly increased understanding of BDD. Her work focuses on many aspects of BDD, including its symptoms and other clinical features, assessment, prevalence, & treatment - both medication & cognitive behavioral. She is author of "The Broken Mirror", a comprehensive book on the subject.

Fugen Neziroglu, Ph.D. is a Professor of Psychology at Hofstra University and Clinical Director of the Bio-Behavioral Institute in Great Neck, NY. Dr. Neziroglu has been involved in treatment & research of BDD & OCD for many years and has published many articles and books on these topics. She is co-author of the soon to be released therapists' manual for BDD, "Body Dysmorphic Disorder, A Treatment Manual".

Jose Yaryura-Tobias, M.D. is Professor of Psychiatry at New York University & Medical Director at the Bio-Behavioral Institute in Great Neck, NY. He is involved in the treatment & research of OCD & BDD. He has written over eight books on these topics including the first book on BDD written in Spanish, "Dismorfia Corporal".

Sabine Wilhelm, Ph.D. is Associate Professor of Psychology at the Harvard Medical School. She is founder & director of the BDD Clinic & Research Unit, Director of the Cognitive-Behavior Therapy Program, and Director of Clinical Services at the OCD Clinic at the Massachusetts General Hospital. She is recognized as a leading researcher in BDD and has a soon to be released book "Feeling Good About the Way You Look, A Program for Overcoming Body Image Problems."

Jamie Feusner, M.D. is a psychiatrist at the Semel Institute of Neuroscience & Human Behavior & the UCLA OCD Intensive Treatment Program and is a consultant to the Los Angeles Body Dysmorphic Disorder Clinic. His areas of specialty include Body Dysmorphic Disorder, Obsessive-Compulsive Disorder, and other Anxiety Disorders. His current neuroimaging research investigates visual information processing in BDD. He was co-organizer of the first BDD Conference held in the U.S. at UCLA in 2005.

Arie Winograd, L.M.F.T. is a cognitive behavioral psychotherapist who in 1998 initiated the first BDD studies at the University of California, Los Angeles. Since these initial studies he has worked extensively with individuals with BDD. In 2003 he founded the first BDD support group in CA and in 2005 coorganized the first BDD conference in the United States. Mr. Winograd is also the director of the Los Angeles Body Dysmorphic Disorder Clinic.

Scott Granet, L.C.S.W. is an adult & adolescent psychotherapist specializing in the treatment of anxiety disorders. He currently facilitates treatment groups for OC Spectrum Disorders and Panic Disorder at the Palo Alto Medical Foundation in Northern CA along with having a private practice in San Mateo. He has presented on BDD at psychology and dermatology conferences worldwide & is President & Co-Founder of the OCF of the San Francisco Bay Area. He helped coordinate the first BDD Conference in North America at UCLA in 2005.

Elizabeth R. Didie, Ph.D. is a licensed clinical psychologist at Butler Hospital. She completed a clinical research fellowship in the Dept. of Psychiatry & Human Behavior at Brown Medical School & Butler Hospital with a specialization in treatment development for BDD. Dr. Didie's clinical & research background is in disorders of body image-specifically BDD, obesity, bulimia, and binge eating disorders. Her current clinical & research focus includes developing new treatments for BDD including interpersonal & cognitive-behavioral therapies for BDD and understanding the interface between Eating Disorders and BDD.

Andrea Allen, Ph.D. is Assistant Professor of Psychology in Psychiatry at Mount Sinai School of Medicine NYC, the Compulsive & Impulsive Disorders Program. She is a Licensed Psychologist and has been actively involved in the treatment & research of BDD for many years.

James Claiborn, Ph.D. is a Board Certified Psychologist in private practice in South Portland, Maine. He is author of "The BDD Workbook" with Cherry Pedrick and has presented nationally on topics including CBT, OCD, and Body Dysmorphic Disorder. He is a Diplomat of the American Board of Professional Psychology in Counseling Psychology, a Founding Fellow of the Academy of Cognitive Therapy and a member of the Scientific Advisory Board of the OC Foundation.

Sony Khemlani, Ph.D. is a licensed clinical psychologist at the Bio-Behavioral Institute in Great Neck, NY where she specializes in the treatment & research of OC Spectrum Disorders. She has presented & published extensively on BDD and has provided treatment to many patients, who are her source of inspiration to continue in research. She has just co-authored the book, "When Your Child is Cutting", on self injurious behavior.

# Conference Scholarships

A limited number of educational scholarships are available to medical/psychology students and consumers with need for assistance to attend. The scholarships will include entrance to all conference sessions on both days and a \$250 allowance for those having to travel more than 150 miles to the conference site. (It will not include the \$50 continuing education filing fee.) To qualify for a scholarship, applicant must be nominated by their clinical director, college professor/advisor, or healthcare provider. Applications will be assigned a number upon arrival and will be awarded by random drawing on August 12, 2006. **Awardees** will be notified by mail no later than August 20, 2006.

To request a scholarship application, please email: neysabdd@comcast.net. or fax 239-594-5421 Scholarships are funded by an educational grant from Forest Pharmaceuticals.

# Registration Fees

Please print clearly & complete ALL information requested. Copy this form for each additional person. Payment in full must accompany registration. Return to NJBDD Fund, 679 92nd Avenue North, Naples FL 34108 or Fax to: 239-594-5421.

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Cancellations/Refunds: If notice of cancellation is postmarked by Sept. 21, 2006, the registration fee will be returned, less a \$40 administration fee. NO REFUNDS AFTER SEPTEMBER 21, 2006. Refunds will be paid by check only and will be issued after November 8, 2006.

(I authorize the NJBDD Fund to charge my credit card. I acknowledge & accept the registration policy.)