

# The Broken Mirror Understanding And Treating Body Dysmorphic Disorder

## Katharine A Phillips

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In a world obsessed with appearance, it is not surprising that body dysmorphic disorder, or BDD -- an emotionally painful obsession with perceived flaws in one's appearance -- has manifested itself as a troubling and relatively common problem for many individuals. In *The Broken Mirror*, the first and most definitive book on BDD, Dr. Katharine A. Phillips provided a comprehensive manual for patients and their physicians by drawing on years of clinical practice, scientific research, and professional evaluations of over 1,000 patients. Now, in *Understanding Body Dysmorphic Disorder: An Essential Guide*, the world's leading authority on BDD reaches out to patients, their friends, and their families with this concise and updated handbook. BDD causes sufferers to be obsessed by perceived flaws in their appearance and may afflict as much as two percent of the population, or nearly five million people. Many sufferers are able to function well in society, but remain secretly obsessed by their "hideous acne" or "horrible nose," sneaking constant peeks at a pocket mirror, or spending hours at a time redoing makeup. Others find their lives disintegrate because of their appearance obsessions. It is not an uncommon disorder, simply a hidden one, since sufferers are often embarrassed to tell even their closest friends about their concerns. Using stories and interviews to show the many different behaviors and symptoms of BDD, and a quick self-assessment questionnaire, Dr. Phillips guides readers

through the basics of the disorder and through the many treatment options that work and don't work. With *Understanding Body Dysmorphic Disorder: An Essential Guide*, sufferers will find both helpful advice and much needed reassurance in a compact, down-to-earth indispensable book.

This book advances the development of phenomenological psychopathology and demonstrates its applicability to a spectrum of mental disorders.

The ease of accessibility, improvements in safety and technology, media attention, growing acceptance by the public, or an increasingly superficial culture: whatever the reason, cosmetic surgery is more popular today than ever. In 2005, in the United States alone, there were nearly two million aesthetic operations—more than quadruple the number from 1984, along with more than eight million non-surgical procedures. Innovative surgical methods have also brought cosmetic improvements to new areas of the body, such as the ribs, buttocks, and genitalia. Despite the increasing normalization of cosmetic surgery, however, there are still those who identify individuals who opt for bodily modifications as dupes of beauty culture, as being in conflict with feminist ideals, or as having some form of psychological weakness. In this ground-breaking book, Victoria Pitts-Taylor examines why we consider some cosmetic surgeries to be acceptable or even beneficial and others to be unacceptable and possibly harmful. Similarly, why are some patients considered to be psychologically healthy while others deemed pathological? When is the modification of our appearance empowering and when is it a sign of weakness? Drawing on years of research, her personal experience with cosmetic surgery, analysis of newspaper articles and television shows, and in-depth interviews with surgeons, psychiatrists, lawyers, judges, and others, Pitts-Taylor brings new perspectives to the promotion of "extreme" makeovers on television, the medicalization of "surgery addiction," the moral and political interrogation that many patients face, and feminist debates on the topic. While many feel that cosmetic surgery is a deeply personal choice and that its pathology is rooted in the individual psyche, Pitts-Taylor makes a compelling argument that the experience, meanings, and motivations for cosmetic surgery are highly social. A much needed "makeover" of our cultural understanding of cosmetic surgery, this book is both authoritative and thoroughly engaging.

Explores the symptoms and causes of BDD, in which a victim is obsessed with perceived flaws in her appearance, and describes therapies used to treat the disorder.

*The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder* Oxford University Press, USA

Included in the *New York Times*' preview of 2019 international literature "A wise, lonely novel . . . [and an] honest reflection of exile." —*The New Yorker* In the tradition of Roberto Bolaño's *Savage Detectives*, a celebrated classic and heart-wrenching story of a family torn apart by the forces of history, by one of Latin America's most celebrated writers. The late Mario Benedetti's work was often ranked with "such esteemed Latin American writers as Gabriel García Márquez, Carlos Fuentes and Julio Cortázar" (*The Washington Post*) and his novel *The Truce* has sold millions of copies around the world. His extraordinary novel *Springtime in a Broken Mirror* revolves around Santiago, a political prisoner in

Uruguay, who was jailed after a brutal military coup that saw many of his comrades flee elsewhere. Santiago, feeling trapped, can do nothing but write letters to his family and try to stay sane. Far away, his nine-year-old daughter Beatrice wonders at the marvels of 1970s Buenos Aires, but her grandpa and mother—Santiago's beautiful, careworn wife, Graciela—struggle to adjust to a life in exile. Published now for the first time in English, *Springtime in a Broken Mirror* tells with tenderness and fury of the indelible imprint politics leaves on individual lives. Generous and unflinching, it asks whether the broken bonds of family and history can ever truly be mended. Written by one of the masters of the Latin American novel, this is the story of a fractured continent, chronicled through the lives of a single family.

Karim Chammas returns to Lebanon, his family, and his past after ten years of establishing a new life in France. Back in Beirut, Karim reacquaints himself with his brother Nassim, now married to his former love Hind, and old friends from the leftist political circles within which he once roamed under the nom de guerre Sinalcol. By the end of his six-month stay, he has been reintroduced to the chaos of cultural, religious and political battles that continue to rage in Lebanon. Overwhelmed by the experiences of his return, Karim is forced to contemplate his identity and his place in Lebanon's history. The story of Karim and his family is born of other stories that intertwine to form an imposing fresco of Lebanese society over the past fifty years. *Broken Mirrors* examines the roots of an endemic civil war and a country's unsettled past.

?: Peter M. Senge

This landmark book is the first comprehensive edited volume on body dysmorphic disorder (BDD), a common and severe disorder. People with BDD are preoccupied with distressing or impairing preoccupations with non-existent or slight defects in their physical appearance. People with BDD think that they look ugly -- even monstrous -- although they look normal to others. BDD often derails sufferers' lives and can lead to suicide. BDD has been described around the world since the 1800s but was virtually unknown and unstudied until only several decades ago. Since then, research on BDD has dramatically increased understanding of this often-debilitating condition. Only recently, BDD was considered untreatable, but today, most sufferers can be successfully treated. This is the only book that provides comprehensive, in-depth, up-to-date information on BDD's clinical features, history, classification, epidemiology, morbidity, features in special populations, diagnosis and assessment, etiology and pathophysiology, treatment, and relationship to other disorders. Numerous chapters focus on cosmetic treatment, because it is frequently received but usually ineffective for BDD, which can lead to legal action and even violence toward treating clinicians. The book includes numerous clinical cases, which illustrate BDD's clinical features, its often-profound consequences, and recommended treatment approaches. This volume's contributors are the leading researchers and clinicians in this rapidly expanding field. Editor



contents, health maintenance schedules, algorithmic flowcharts for diagnosis and treatment, and summaries for over 900 conditions. Summaries comprise basics, diagnosis, treatment, ongoing care (including complications and patient education), references, readings, codes and clinical pearls.

Over the decades, research has demonstrated that in categories of life deemed to be important, beautiful people achieve more desirable outcomes, are judged more favorably, and receive preferential treatment. An understanding of the historical aspects, science, and implications of what the human mind finds aesthetically pleasing is quintessential for dermatologists, plastic surgeons, and others who practice aesthetic medicine as the importance of beauty in today's society is what brings patients into clinics. While an element of dissatisfaction with one's appearance is commonplace, clinicians should remain vigilant for individuals who seek cosmetic procedures to quell excessive body image concerns that are out of proportion to objective physical findings. Body dysmorphic disorder (BDD) is a disorder of self-perception; it is the impairing preoccupation with a nonexistent or minimal flaw in appearance. According to recent statistics, BDD occurs in 0.7–2.4% of the general population; however, multiple studies have suggested an incidence of 6–16% in patients seeking aesthetic medical treatments. Moreover, a vast majority will at some point seek dermatologic treatment and cosmetic surgery. Such patients are unlikely to be satisfied with corrective procedures, and only 15% of dermatologists surveyed thought that they could successfully treat BDD. Therefore, *Beauty and Body Dysmorphic Disorder* aims to assist dermatologists, plastic surgeons, and other aesthetic providers in recognizing key characteristics as well as providing treatment strategies to help in caring for those with BDD.

This scholarly work is the most comprehensive existing resource on human physical appearance—how people's outer physical characteristics and their inner perceptions and attitudes about their own appearance (body image) affect their lives. The encyclopedia's 117 full-length chapters are composed and edited by the world's experts from a range of disciplines—social, behavioral, and biomedical sciences. The extensive topical coverage in this valuable reference work includes: (1) Important theories, perspectives, and concepts for understanding body image and appearance; (2) Scientific measurement of body image and physical attributes (anthropometry); (3) The development and determinants of human appearance and body image over the lifespan; (4) How culture and society influences the meanings of human appearance; (5) The psychosocial effects of appearance-altering disease, damage, and visible differences; (6) Appearance self-change and self-management; (7) The prevention and treatment of body image problems, including psychosocial and medical interventions. Chapters are written in a manner that is accessible and informative to a wide audience, including the educated public, college and graduate students, and scientists and clinical practitioners. Each well-organized chapter provides a glossary of definitions of any technical terms and a Further Reading section of











gender role conflict and self-compassion as mediators of this relation. A total of 154 college-aged heterosexual men completed counterbalanced measures pertaining to the aforementioned constructs and results suggested that gender socialization (i.e., traditional masculine ideology and GRC) was positively related to body dissatisfaction, drive for muscularity, and MD characteristics. Also, self-compassion was found to be negatively related to body dissatisfaction, drive for muscularity, and MD characteristics. However, both self-compassion and GRC did not mediate the relationship between traditional masculine ideology and body dissatisfaction, drive for muscularity, and MD characteristics. Implications for mental health practitioners and researchers, limitations of the study, and directions for future research are provided.

Depuis les premières descriptions cliniques datant de la fin du XIXe siècle, montrant l'intérêt médical relativement récent pour l'anxiété, les symptômes anxieux et les troubles anxieux, les concepts ont considérablement évolué au cours du XXe siècle pour aboutir aux classifications syndromiques en vigueur dans la nosographie actuelle. Pourtant, un certain nombre de questions demeurent, par exemple sur l'existence d'un continuum entre une anxiété normale et adaptative et une anxiété pathologique, la nature de la réactivité émotionnelle dans les troubles anxieux par rapport à celle décrite dans les troubles bipolaires, etc... La première partie d'ouvrage présente les diverses approches actuelles pour comprendre les troubles anxieux : modèles émotionnels, approche évolutionniste, psychodynamique, théorie de l'attachement, génétique, neurobiologie, neuropsychologie, électrophysiologie et neuro-imagerie. Sont ensuite exposés les différents troubles anxieux (attaque de panique, phobie sociale, trouble anxieux généralisé, hypocondrie, état de stress post-traumatique, TOC, etc.) et les associations co-morbides (dépression, conduites suicidaires, troubles bipolaires, addictions, etc...). Réunissant plus d'une quarantaine de spécialistes reconnus, riche d'une trentaine tableaux et schémas explicatifs et d'un index détaillé, cet ouvrage offre un état des connaissances et des recherches sur les troubles anxieux. Jean-Pierre Lépine, Professeur des Universités, Praticien hospitalier, service de Psychiatrie Adultes, hôpital Lariboisière, Paris. Jean-Philippe Boulenger, Professeur des Universités, Praticien hospitalier, service de Psychiatrie Adultes, CHU, Montpellier.

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