

Beauty and The Beast

By Donna James

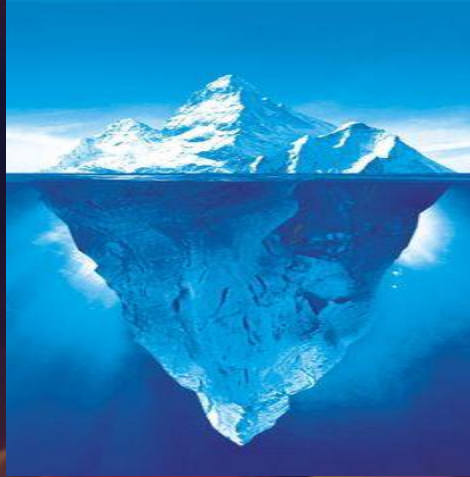


Mirror mirror on the wall... Who's the fairest of them all?



It is estimated that more than one in twenty females between the
ages of 17 and 19 are Body Dysmorphic

(Marcheselli, 2018)



A beautiful Iceberg

Above the water: The manifestation of 'symptoms'

Below the water: The emotions creating them

SYMPTOMS

(Mind, 2020)

Obsessively checking appearance in the mirror / Avoiding mirrors altogether

Adapting body posture, or disguising the shape of the body with bulky clothing

Continuously making comparisons with others via social media or even people in the street

Making use of heavy make-up in a manner in which to disguise a perceived area of concern

Styling or brushing hair excessively

Weighing frequently

Picking skin in order to make it 'smooth'

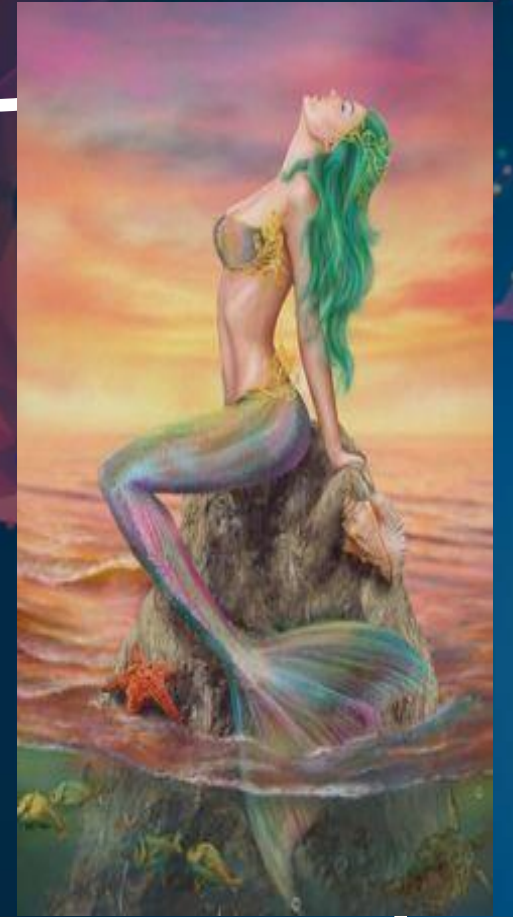
Use of tanning products to an excess

Seeking continuous or unnecessary cosmetic surgery in order to change the area of concern



Above the water

The tip of the iceberg





Below the water

Guilt, Shame & Rejection



Plaster on deep wound?

Nice (2005) guidelines suggest that directive therapeutic interventions such as CBT and exposure techniques are utilised in order to **control** and minimise or completely eradicate the **symptoms** of Body Dysmorphia.



Belle

Belle is 18 years old; she has been seeing a therapist for a few weeks now as she has been diagnosed with Body Dysmorphia.



Belle has entered the chat...
Typing...

Please click on Belles link, watch the video, and type
'seen' in [WhatsApp](#) when you are done!

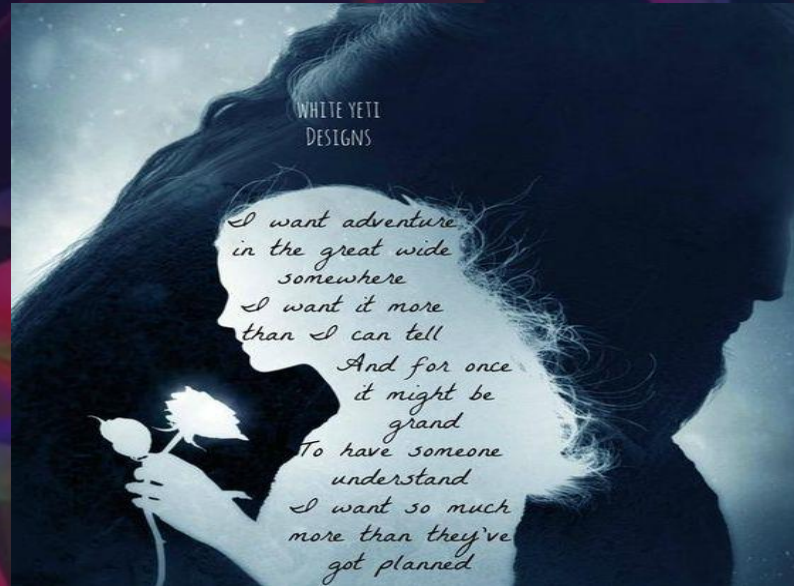


10:00

Is Beauty really the beast?

Are young Body Dysmorphic teens being robbed of their own autonomy to make their own choices? Are they being made to feel **more shame, more guilt and more rejection** by demonising the obsessive compulsions via therapy?

Conclusion/ Own bias



Acknowledgement of bias

- *Advocate for the Humanistic approach
- *Dislike of power imbalances within therapy
- *Have strong beliefs that client autonomy should be upheld where possible
- *Utilise beauty practices myself
- *Belles dialogue was scripted by me



Belle is Typing...

THANK YOU FOR YOUR
PARTICIPATION!



REFERENCES/BIBLIOGRAPHY

- American Psychiatric Association. (2013) *Diagnostic and statistical manual of mental disorders* (5th ed.) DOI: 10.1176/appi.books.9780890425596
- British Association for Counselling and Psychotherapy. (2018) *Ethical Framework for Counselling Professions*. Leicestershire: BACP.
- Coleman, D. (2003) *Destructive emotions and how to overcome them*. London: Bloomsbury Publishing PLC.
- Cosmeticsinfo.org (2021) *A History of Cosmetics From Ancient Times*: Available at: <https://cosmeticsinfo.org/Ancient-history-Cosmetics>. (Accessed: 16th January 2021).
- DeCarvalho, R. J. (1991). *The founders of humanistic psychology*. Westport: Praeger Publishers.
- Dworkin, A. (1976) *Woman Hating*: Boston: Dutton Books.
- Feusner, J.D., Neziroglu, F., Wilhelm, S., Manousi, L., & Bohon, C. (2010) 'What causes BDD: Research finding and a proposed model', *Psychiatric Annals*, 40 (1), pp. 349-355. DOI: 10.3928/00485713-20100701-08
- Phillips, K. A., & Menard, W. (2006) 'Suicidality in body dysmorphic disorder: A prospective study', *The American Journal of Psychiatry*, 163, pp. 1280-1282. DOI: 10.1176/appi.ajp.163.7.1280.
- Finzi, E. (2013) *The Face of Emotion: How Botox Affects Our Moods and Relationships*. New York: Palgrave Macmillan.
- Fuch, T. (2002) 'The Phenomenology of Shame, Guilt and the Body in Body Dysmorphic Disorder and Depression', *Journal of Phenomenological Psychology*, 33 (2), pp. 223-243. DOI: 10.1163/15691620260622903.

REFERENCES/BIBLIOGRAPHY

- Harrison, A., Fernandez de la Cruz, L., Enander, J., Rada, J., & Mataix-Cols, D. (2016). 'Cognitive-behavioural therapy for body dysmorphic disorder: A systematic review and meta-analysis of randomized controlled trials', *Clinical Psychology Review*, 48, pp. 43-51. DOI: 10.1016/j.cpr.2016.05.007
- Jeffreys, S. (2015) *Beauty and misogyny: Harmful cultural practices in the west*. 2nd Ed. New York: Routledge.
- Lifestyle (2018) *Snapchat dysmorphia points to troubling new trend in plastic surgery*, Fox News, 22 February. Available at: <https://www.foxnews.com/lifestyle/2018/02/22/snapchat-dysmorphia-causing-young-people-to-see-plastic-surgery.html> (Accessed: 18th January 2021).
- Marcheselli, F. (2018) *England's first estimates of body dysmorphic disorder prevalence in children and young people*. London: NatCen Social Research.
- Maslow, A. (1943) 'A theory of human motivation', *Psychological Review*, (50), pp. 370-93.
- Mataix-Cols, D., de la Cruz, L. f., Isomura, K., Anson, M., Turner, C., Monzani, B., Krebs, G. (2015). A pilot randomized controlled trial of cognitive-behavioural therapy for adolescents with body dysmorphic disorder. *Journal of the American Academy of Child and Adolescent Psychiatry*. 54 (3), pp. 895-904. DOI: 10.1016/j.jaac.2015.08.011
- Mind (2021) *Mind for better mental health*. Available at: <https://www.mind.org.uk> (Accessed: 20th January 2020).
- NICE (2005) *Obsessive-compulsive disorder and body dysmorphic disorder: treatment Clinical guideline (CG31)*. Available at: <https://www.nice.org.uk/guidance/CG31/chapter/1-Guidance#stepped-care-for-adults-young-people-and-children-with-ocd-or-bdd>. (Accessed: 24 January 2021).

REFERENCES/BIBLIOGRAPHY

- Phillips, K.A., Menard, W., Quinn, E., Didie, E.R., & Stout, R. L. (2013). 'A 4-year prospective observational follow-up study of course and predictors of course in body dysmorphic disorder'. *Psychological Medicine*, 43, pp. 1109-1117. DOI: 10.1017/S0033291712001730
- Ramphul, K., & Mejias, S. G. (2018). Is "Snapchat Dysmorphia" a Real Issue?. *Cureus*, 10(3):e2263. DOI: 10.7759/cureus.2263

Music/Video credits:

- 'Mirror Mirror' by Stace & Donna James C/O Kobalt Music Publishing. Los Angeles
 - Vocal production (Lead and BVs)– Donna James
 - Video script written, produced and edited -Donna James

Partial Visual footage: (Copyright free)

<https://www.pexels.com/>