

## Chapter 8

### Mind and body

#### ADDITIONAL RESOURCES

##### BDD

YouTube as always provides some interesting insights:

- A number of young women's experience of BDD:  
<https://www.youtube.com/watch?v=5de6dP1bXXE>
- <https://www.youtube.com/watch?v=OVklwL5odLc>

An increasing male manifestation of BDD is the need to develop muscles: called bigorexia in this newsbeat video: <https://www.youtube.com/watch?v=pSzzWttdFuU>

More general YouTube channels with links to therapy include:

- The BDD Foundation has some excellent therapy and personal experience videos:  
<https://www.youtube.com/c/TheBDDFoundation/videos>

##### IAD/SSD

Todd Grande covers the range of disorders from IAD to 'conversion disorder' and is always a good listen. <https://www.youtube.com/user/RioGrande51>

How could you not like a channel called 'Dirty Medicine'? It is lecture0based but looks good, gets good reviews, and provides alternative in-depth reviews of issues in the lecture/chapter

A bit controversial these days, but Woody Allen provides a humorous view of IAD:  
<https://www.youtube.com/watch?v=N4BSJ7YGCIE>.

##### Conversion/Functional Neurological disorder

MassGeneralHospital's YouTube channel is aimed at medical professionals and covers a range of issues, including, in this case, FND:

<https://www.youtube.com/watch?v=SDRzIGfrDrQ>  
<https://www.youtube.com/watch?v=olU3onRPqYs>

### Try also reading...

These are just a selection of books outlining a range of differing approaches to the aetiology and treatment of the disorders considered in the chapter.

Phillips, K.A. (2005) *The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder*. New York: Oxford University Press. And ....

Wilhelm. S., Philips, K.A. and Steketee, G. (2013) *Cognitive-Behavioral Therapy for Body Dysmorphic Disorder: A Treatment Manual*. New York: Guilford. Two classic texts on understanding and treating body dysmorphic disorder.

O'Sullivan, S. (2016) *It's All in Your Head: Stories from the Frontline of Psychosomatic Illness*. London: Penguin. A Wellcome book prize winner. An exploration of psychosomatic illness from the perspective of those with the condition, with additional scientific explanations.

Owens, K. & Antony, M.M. (2011) *Overcoming health anxiety: letting go of your fear of illness*. Oakland, CA: New Harbinger Publications. So good, it was awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit.