Treating Disgust Across the Disorders with Dr David Veale

Disgust is a core emotion and its derivatives such as self-disgust (shame and contempt) has been neglected area in research. Disgust is part of the threat system that keeps a person safe. It is associated with phobic avoidance but standard exposure may be less effective for disgust than for anxiety. Furthermore beliefs associated with disgust are often inaccessible. Disgust elicitors include eating/food; excreting; sex and death but there is also inter-personal disgust and moral disgust. We will focus on the treatment of disorders that have a large component of disgust or self-disgust, namely fears of contamination and mental contamination in obsessive-compulsive disorder, specific phobias of vomiting and body dysmorphic disorder (BDD).

David Veale is a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust and a Visiting Reader in Cognitive Behavioural Psychotherapies at the Institute of Psychiatry, Institute of Psychiatry, Psychology and Neuroscience, King’s College London. He is past President of The British Association of Behavioural and Cognitive Psychotherapies. He is co-director at the Centre for Anxiety Disorders and Trauma at the Maudsley and the Anxiety Disorders Residential Unit at the Bethlem. He has published about 80 peer-reviewed articles (mainly in OCD and BDD) and four self-help books.

This workshop is suitable for all health professionals including clinical and counselling psychologists, doctors, counsellors, social workers, general and mental health nurses, CBT practitioners, and coaches.

21st April 2016, 9.30 am – 4.30 pm
Keyworth Conference Centre
London Southbank University

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