# Beating BDD Episode 9 – Omari Eccleston-Brown, part 2

In the second part of his interview, Omari describes the things that helped him most in treatment and beyond, and gives some valuable advice to anyone trying to help a loved one with BDD.

"BDD can and will get better. It might not be at the speed and in the way you'd like it to, but it will get better."

# What kind of help did Omari get for his BDD?

[00:00.47] Going to a support group was the first time he'd been with anyone else with BDD.

[00:01.39] He found out about a trial taking place at the Maudsley using CBT specifically for BDD and put himself forward.

[00:03.10] He was given very practical tasks, including moving his attention from himself to the outside world and tracking his anxiety during exposure activities. [00:05.26] Omari found Theory A and Theory B very useful in understanding how BDD works and how to change his thought processes and beliefs.

### What else has he done that's helped?

[00:08.07] Practising mindfulness has helped him to understand that what he sees is how he feels, not how he looks.

[00:09.26] He's also read about BDD and other topics and has some recommendations for listeners.

[00:10.25] An Instagram campaign he did for a year, called 'In the face of BDD', led to amazing conversations with friends and strangers.

What would Omari recommend to listeners who want to support someone with BDD? [00:16.28] The BDD Foundation is a first port of call and runs support groups as well as offering lots of information on its website.

[00:17.03] Giving someone reassurance isn't going to help in the long run, however much they may ask for it.

# What does he know now that might help sufferers?

[00:20.23] There's help out there, including OCD Action. Omari facilitates a monthly call for sufferers, for example.

[00:22.13] Visit your GP and see what help you can get; BDD-specific CBT is best.

# Resources

• The BDD Foundation: bddfoundation.org