



## BIG PICTURE

### Self as a walking nose

The photomontage is by Steve Caplin (author of *How to Cheat in Photoshop*) and Drew Yeele, who is a clinician or a therapist at a special services in BDD at the Maudsley Hospital. The image was created and used for a striking visual image? Get in touch on [jon.stanton@bps.org.uk](mailto:jon.stanton@bps.org.uk).

This photomontage illustrates how a man with BDD described his experience of being

excessively self-conscious about the appearance of his nose as the 'self as an

aesthetic object', whereby he experiences his nose as an image in appearance-based (objectified) terms

viewed from an observer perspective. Thus he feels as if he looks like a walking nose, and this image is often associated with aversive memories, such as being teased during childhood. Cognitive-behaviour therapy uses imagery rescripting for such memories and to help shift the individual's attention away from the self.