

# DR BEN BUCHANAN CURRICULUM VITAE

## PERSONAL DETAILS

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## EDUCATION

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- 2010- 2013 **Doctor of Psychology (Clinical)** (DPsych), Monash University
- Doctorate by research, PhD equivalent 80 thousand word thesis
  - Research: The Neurobiology of Body Dysmorphic Disorder (as detailed below)
  - Clinical Specialisation: Child, Adolescent and Family Clinical Psychology
  - Received scholarship based on academic achievement: The Australian Postgraduate Award
- 2009 **Honours in Psychology**, Monash University
- Major research project: A Magnetic Resonance Imaging Study of Amygdalae Volumes in Schizophrenia and Body Dysmorphic Disorder.
- 2007-2008 **Graduate Diploma in Psychology**, Monash University
- Received the Deans Recognition Award for Academic Achievement
  - Major research project title: Identity and Materialism: The Relationship between Self-Congruence and Materialistic Values.
- 2004-2006 **Bachelor of Arts**, Monash University
- Majors in Philosophy and Behavioural Science

## CERTIFICATIONS AND REGISTRATIONS

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- Registered Psychologist with the Australian Health Practitioner Regulation Agency (AHPRA) and holding endorsement as a Clinical Psychologist. Registration number: PSY0001130677
- Member of the Australian Psychological Society
- Associate member of the Australian Association for Cognitive Behaviour Therapy

## CURRENT POSITIONS

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### **Lecturer, School of Psychological Sciences, Monash University.**

*May 2014 – Current*

I conduct research on body dysmorphic disorder and psychometrics and coordinate and lecture in undergraduate psychology units. More information about my research is under the “research activities” section below.

### **Founder and Co-Director, NovoPsych Psychometrics Pty Ltd [www.novopsych.com](http://www.novopsych.com)**

*September 2010- Current*

I am the founder and Co-Director of NovoPsych Psychometrics Pty Ltd, a company that creates tools for psychologists for clinical mental measurement. Our main product is an iPad app that helps practitioners administer assessment quickly and accurately, and it is currently used by over three thousand mental health clinicians worldwide. I developed the vision for NovoPsych and led a team of four computer programmers and other professionals to develop a highly automated platform. Given the automated nature of this system there is very little ongoing management needed and the business continues to be profitable. I continue to improve and enhance the product when time permits, and also have an academic interest in psychometrics.

## RESEARCH ACTIVITIES

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My doctoral research was on Body Dysmorphic Disorder (BDD), a disorder where an individual perceives a particular part of their body as ugly. My project was investigating their brain using magnetic resonance imaging (MRI) and was the largest study of its kind in the world. Among other techniques, I used diffusion tensor imaging (DTI) to investigate the connectivity within the brain. My thesis was passed without amendment.

It has been fascinating developing an in-depth neurobiological understanding of the disorder, and I continue to present and disseminate my research findings through presentations and academic publications, locally and internationally. I also disseminate my research to a wider audience via mainstream news outlets and have developed a media profile in the area.

**Referee:** My research supervisor is Professor Susan Rossell, who can be contacted on 0414 493 784 or at [srossell@srossell.com](mailto:srossell@srossell.com)

**Journal Articles** (for more details visit [www.benbuchanan.com.au/academic/](http://www.benbuchanan.com.au/academic/)):

Buchanan, B., Rossell, S., Maller, J., Toh, W., Brennan, S. & Castle, D. (2013). Brain connectivity in body dysmorphic disorder compared with controls: a diffusion tensor imaging study. *Psychological Medicine*, 1-9.

Buchanan, B. G., Rossell, S. L. & Castle, D. J. (2011). Body dysmorphic disorder: a review of nosology, cognition and neurobiology. *Neuropsychiatry* 1, 71-80.

Buchanan, B., Rossell, S., Maller, J., Toh, W., Brennan, S. & Castle, D. (2014). Regional brain volumes in body dysmorphic disorder compared to controls. *Australian and New Zealand Journal of Psychiatry*.

Rossell, S., Buchanan, B., Volziker, A., Nibbs, R., Toh, W., Maller, J., Castle, D. (submitted). Altered fronto-limbic functional connectivity in Body Dysmorphic Disorder: A resting-state fMRI study.

Grace, S., Buchanan, B., Hughes, M., Maller, J., Nibbs, R., Toh, W., Castle, D., Rossell, S. (2015). An fMRI investigation into facial affect perception in body dysmorphic disorder. *Frontiers in Human Neuroscience* 9.

#### **Other Publications and Presentations:**

Buchanan, B. G. (2013, June 13). Body dysmorphic disorder puts ugly in the brain of the beholder. Retrieved June 13, 2013, from <https://theconversation.com/body-dysmorphic-disorder-puts-ugly-in-the-brain-of-the-beholder-12609>

Ugly is in the brain of the beholder, *Three Minute Thesis Competition*, School of Psychology and Psychiatry, Monash University, July 8th 2013

Brain connectivity in body dysmorphic disorder compared with controls: a diffusion tensor imaging study, *Society of Biological Psychiatry 68th Annual Scientific Convention*, San Francisco, May 16-18, 2013

Amygdala volumes in schizophrenia, body dysmorphic disorder and controls. *The Australasian Society of Psychiatric Research Conference*, Bondi Beach, Sydney, December 5 - 8, 2010

#### **PAST POSITIONS**

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**Victorian Counselling and Psychological Services**, 62 Wellington Parade, East Melbourne.  
*September 2013 - 2015*

I work with *Victorian Counselling and Psychological Services* delivering individual therapy with adolescents and young adults. This large 20 practitioner (psychologists and psychiatrists) private practice allows me to work with patients predominantly referred by their GP, but also includes various assessments for insurance purposes, the courts and the cosmetic surgery industry, among others. I lead the body dysmorphic disorder clinic within this practice, which is the focus of my clinical activities. I work within a Cognitive Behaviour Therapy framework and also work using Acceptance and Commitment Therapy.

**Motivational Speaker, Elevate Education**  
*February 2008 - February 2010*

This role required me to travel to over 110 schools within Australia to give energetic seminars to help empower students to reach their potential. I presented students with strategies on how to improve performance through skills such as memory strategies, goal setting, self belief, stress management and exam techniques. I spoke in front of 30 to 300 students weekly and enjoyed the challenge of quickly building rapport with the students and conveying research in an interesting manner. The job has given me fantastic public speaking experience, and required independence and creativity. This job also prepared me well for group work in psychology.

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## OTHER STRENGTHS

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- Advanced computer skills including web design, app development, technology start-ups and project management.
- Able to communicate scientific literature in an accessible way through multiple media platforms. Experience on radio, TV, newspapers and social media.
- Leadership - Nominated by the School of Psychology and Psychiatry, Monash University for "demonstrating outstanding leadership qualities" to attend the John Bertrand Leadership Series (July 2013)