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KEY=FAIRBURN - RAMOS LEWIS

Cognitive Behavior Therapy and Eating Disorders [Guilford Press](#) This book provides the first comprehensive guide to the practice of "enhanced" cognitive behavior therapy (CBT-E), the latest version of the leading empirically supported treatment for eating disorders. Written with the practitioner in mind, the book demonstrates how this transdiagnostic approach can be used with the full range of eating disorders seen in clinical practice. Christopher Fairburn and colleagues describe in detail how to tailor CBT-E to the needs of individual patients, and how to adapt it for adolescents and patients who require hospitalization. Also addressed are frequently encountered co-occurring disorders and how to manage them. Reproducible appendices feature the Eating Disorder Examination interview and questionnaire. **Cognitive Behavior Therapy for Adolescents with Eating Disorders** [Guilford Publications](#) This state-of-the-art guide provides a powerful transdiagnostic approach for treating adolescent eating disorders (anorexia nervosa, bulimia nervosa, binge-eating disorder, and others) in either outpatient or inpatient settings. It describes how enhanced cognitive behavior therapy (CBT-E)--the gold-standard treatment for adult eating disorders--has been systematically adapted and tested with younger patients. With a strong motivational focus, CBT-E gives the adolescent a key role in decision making. The book presents session-by-session guidelines for assessing patients, determining

whether CBT-E is appropriate, developing case conceptualizations, conducting individualized interventions, addressing medical issues, and involving parents. User-friendly features include case vignettes and reproducible forms; purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. CBT-E is recognized as a best practice for the treatment of adolescent eating disorders by the U.K. National Institute for Health and Care Excellence (NICE). **Cognitive Behaviour Therapy for Eating Disorders in Young People A Parents' Guide** [Routledge](#) **Cognitive Behaviour Therapy for Eating Disorders in Young People** is a state-of-the-art guide for parents based on enhanced cognitive behaviour therapy (CBT-E), one of the most effective treatments for eating disorders and recently adapted for adolescents. Part I presents the most current facts on eating disorders. Part II provides parents with guidance on how to support their child's recovery. The book will be of interest to parents of teenagers with eating disorders treated with CBT-E and also for clinicians using CBT-E with young patients. **Multistep Cognitive Behavioral Therapy for Eating Disorders Theory, Practice, and Clinical Cases** [Jason Aronson, Incorporated](#) **Multistep Cognitive Behavioral Therapy for Eating Disorders** describes a novel model of cognitive behavior therapy (CBT) for eating disorders called multistep CBT-E (Enhanced) applicable to three different levels of care: outpatient, intensive outpatient, and inpatient). The book illustrates how to build a CBT multidisciplinary team and the practical application of multistep CBT-E, providing a detailed description of three clinical cases treated at different levels of care in real-world clinical settings. **Cognitive Behavioral Therapy for Eating Disorders A Comprehensive Treatment Guide** [Cambridge University Press](#) **This book describes the application of cognitive behavioural principles to patients with a wide range of eating disorders - it covers those with straightforward problems and those with more complex conditions or co-morbid states. The book takes a highly pragmatic view. It is based on the published evidence, but stresses the importance of individualized, principle-based clinical work. It describes the techniques within the widest clinical context, for use across the age range and from referral to discharge. Throughout the text, the links between theory and practice are highlighted in order to stress the importance of the flexible application of skills to each new situation. Case studies and sample dialogs are employed to demonstrate the principles in action and the book concludes with a set of useful handouts for patients and other tools. This book will be essential reading for all those working with eating-disordered patients including psychologists, psychiatrists, nurses, counsellors, dieticians, and occupational therapists. Overcoming Your Eating Disorder A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder, Guided Self Help Workbook** [Oxford University Press](#) **Cognitive-Behavioral Therapy (CBT) has been proven effective for treating Bulimia Nervosa and Binge Eating Disorder. However, this type of program requires at least 6 months of weekly sessions with a qualified mental health professional. If you suffer from an eating disorder and want**

to get treatment, but have little time to devote to therapy, a shorter, time-limited program may be right for you. This workbook outlines a Guided Self-Help (GSH) program based on the principles of CBT. Although sessions with a therapist or clinician are required, there are usually no more than 12 and each one is only 25 minutes long. You will do much of the treatment on your own using the workbook as your guide. You will learn and practice the skills you need to overcome your eating disorder and establish healthy habits, while consulting with your therapist for encouragement and support. Through daily self-monitoring of your eating patterns, and strategies such as challenging negative thoughts and formal problem-solving, you will reduce your desire to binge and purge. GSH is hard work, but the benefits are well worth it. If you have the desire and the drive, you can use this workbook to eliminate your eating disorder once and for all. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! ? All programs have been rigorously tested in clinical trials and are backed by years of research ? A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date ? Our books are reliable and effective and make it easy for you to provide your clients with the best care available ? Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated ? A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources ? Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER) **Overcoming Eating Disorder (ED) A Cognitive-Behavioral Treatment for Bulimia Nervosa and Binge-Eating Disorder Client Workbook** [Graywind Publications Incorporated](#) Patients are guided to objectively observe their own eating patterns, including contexts in which problematic eating takes place. Through careful education, patients are guided toward normalizing their eating patterns as a way of breaking the deprivation/ binge cycle. Alternative pleasurable activities to problematic eating are explored. Patients are encouraged to explore problematic thoughts associated with bingeing and purging and taught to challenge these thoughts. This Client Workbook is intended to be used by individuals with Bulimia Nervosa or binge-eating disorder, under the supervision of a qualified professional who can help them stay on track and overcome obstacles. The Client Workbook contains background information that will improve the client's understanding of Bulimia Nervosa and binge-eating disorder and its treatment with cognitive-behavioral therapy. Each chapter presents important educational material, relevant exercises, homework assignments, and self-assessments. In general, the client should plan on proceeding at a pace of approximately one chapter per session. **Brief Cognitive Behavioural Therapy for Non-Underweight Patients CBT-T for Eating Disorders** [Routledge](#) Most people with eating disorders struggle to find an

effective therapy that they can access quickly. **Brief Cognitive Behavioural Therapy for Non-Underweight Patients: CBT-T for Eating Disorders** presents a new form of cognitive behavioural therapy (CBT) that is brief and effective, allowing more patients to get the help that they need. CBT is a strongly supported therapy for all adults and many adolescents with eating disorders. This 10-session approach to CBT (CBT-T) is suitable for all eating disorder patients who are not severely underweight, helping adults and young adults to overcome their eating disorder. Using CBT-T with patients will allow clinicians to treat people in less time, shorten waiting lists, and see patients more quickly when they need help. It is a flexible protocol, which fits to the patient rather than making the patient fit to the therapy. **Brief Cognitive Behavioural Therapy for Non-Underweight Patients** provides an evidence-based protocol that can be delivered by junior or senior clinicians, helping patients to recover and go on to live a healthy life. This book will appeal to clinical psychologists, psychiatrists, psychotherapists, dietitians, nurses, and other professionals working with eating disorders. **Overcoming Your Eating Disorder A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder, Guided Self Help Workbook** [Oxford University Press](#) **Cognitive-Behavioral Therapy (CBT)** has been proven effective for treating **Bulimia Nervosa and Binge Eating Disorder**. However, this type of program requires at least 6 months of weekly sessions with a qualified mental health professional. If you suffer from an eating disorder and want to get treatment, but have little time to devote to therapy, a shorter, time-limited program may be right for you. This workbook outlines a **Guided Self-Help (GSH)** program based on the principles of CBT. Although sessions with a therapist or clinician are required, there are usually no more than 12 and each one is only 25 minutes long. You will do much of the treatment on your own using the workbook as your guide. You will learn and practice the skills you need to overcome your eating disorder and establish healthy habits, while consulting with your therapist for encouragement and support. Through daily self-monitoring of your eating patterns, and strategies such as challenging negative thoughts and formal problem-solving, you will reduce your desire to binge and purge. GSH is hard work, but the benefits are well worth it. If you have the desire and the drive, you can use this workbook to eliminate your eating disorder once and for all. **TreatmentsThatWork™** represents the gold standard of behavioral healthcare interventions! **DT** All programs have been rigorously tested in clinical trials and are backed by years of research **DT** A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date **DT** Our books are reliable and effective and make it easy for you to provide your clients with the best care available **DT** Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated **DT** A companion website

(www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources DT Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER) Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder Children, Adolescents, and Adults [Cambridge University Press](#) This book outlines a new cognitive-behavioral treatment for patients of all age groups with Avoidant/Restrictive Food Intake Disorder. Multistep Cognitive Behavioral Therapy for Eating Disorders Theory, Practice, and Clinical Cases [Rowman & Littlefield](#) Multistep Cognitive Behavioral Therapy for Eating Disorders describes a novel model of cognitive behavior therapy (CBT) for eating disorders called multistep CBT-E (Enhanced) applicable to three different levels of care: outpatient, intensive outpatient, and inpatient). The book illustrates how to build a CBT multidisciplinary team and the practical application of multistep CBT-E, providing a detailed description of three clinical cases treated at different levels of care in real-world clinical settings. Cognitive Behavior Therapy for Adolescents with Eating Disorders [Guilford Publications](#) This state-of-the-art guide provides a powerful transdiagnostic approach for treating adolescent eating disorders (anorexia nervosa, bulimia nervosa, binge-eating disorder, and others) in either outpatient or inpatient settings. It describes how enhanced cognitive behavior therapy (CBT-E)--the gold-standard treatment for adult eating disorders--has been systematically adapted and tested with younger patients. With a strong motivational focus, CBT-E gives the adolescent a key role in decision making. The book presents session-by-session guidelines for assessing patients, determining whether CBT-E is appropriate, developing case conceptualizations, conducting individualized interventions, addressing medical issues, and involving parents. User-friendly features include case vignettes and reproducible forms; purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. CBT-E is recognized as a best practice for the treatment of adolescent eating disorders by the U.K. National Institute for Health and Care Excellence (NICE). Eating Disorders Cognitive Behaviour Therapy with Children and Young People [Routledge](#) Eating disorders comprise a range of physical, psychological and behavioural features that often have an impact on social functioning and can invade most areas of the sufferer's life. Although eating and weight disorders are common in children and adolescents, there is a scarcity of practical guidance on treatment methods for eating disorders in young people. In this book, Simon Gowers and Lynne Green bring together up-to-date research, clinical examples and useful tips to guide practitioners in working with young people, as well as helping families of children and adolescents to deal with their difficulties. Eating Disorders provides the clinician with an introduction about how CBT can be used to challenge beliefs about control, restraint, weight and shape, allowing young people to manage their eating disorder. Chapters cover: preparing for therapy a CBT treatment programme applications and challenges. This practical text will be essential reading for mental health

professionals, paediatric teams and those in primary care working with children and adolescents with eating disorders. It will benefit those working with both sufferers themselves and families who have difficulty understanding the disorder. **Intensive Cognitive Behavior Therapy for Eating Disorders** [Nova Science Pub Incorporated](#) The book describes a novel model of intensive treatment for eating disorders, one that is entirely cognitive behavioural in orientation. In this book the treatment program will be described in detail, and with numerous clinical vignettes. The book explains how to adapt the CBT-E for an intensive "real world" settings (intensive outpatient therapy, inpatient treatment) and for severe eating disorder patients. It also explains how a multidisciplinary team can apply a single psychotherapeutic treatment. Readers will gain knowledge on the use of a "manualised" treatment in a real world intensive setting. The book is suitable for all professionals working with eating disorders (e.g. psychologists, psychiatrists, physicians, dieticians, and educators), and particularly for those working in a multidisciplinary team at an intensive level of care. **Handbook of Treatment for Eating Disorders** [Guilford Press](#) Updated to reflect recent DSM categorizations, this edition includes coverage of binge-eating disorder and examines pharmacological as well as psychotherapeutic approaches to treating eating disorders. **Casebook of Evidence-Based Therapy for Eating Disorders** [Guilford Publications](#) Illustrating the "whats," "whys," and "how-tos" of the leading evidence-based treatments for eating disorders, this unique volume is organized around in-depth cases. A range of therapies are represented in sections covering behavioral, cognitive, affect-based, relational, and integrative approaches. Each section opens with an instructive overview by the editor. The expert contributors show what their techniques look like in action with patients struggling with anorexia nervosa, bulimia nervosa, binge-eating disorder, and related problems. Cases cover the entire process of treatment and include therapist-patient dialogues. The essential role of assessment in treatment planning and progress monitoring is highlighted, with detailed descriptions of relevant instruments and procedures. **The Wiley Handbook of Eating Disorders** [John Wiley & Sons](#) This groundbreaking two-volume handbook provides a comprehensive collection of evidence-based analyses of the causes, treatment, and prevention of eating disorders. A two-volume handbook featuring contributions from an international group of experts, and edited by two of the leading authorities on eating disorders and body image research Presents comprehensive coverage of eating disorders, including their history, etiological factors, diagnosis, assessment, prevention, and treatment Tackles controversies and previously unanswered questions in the field Includes coverage of DSM-5 and suggestions for further research at the end of each chapter **2 Volumes Complex Cases and Comorbidity in Eating Disorders Assessment and Management** [Springer Nature](#) In this book the authors share the strategies and procedures they use in their clinical daily practice to assess and treat complex cases of eating disorders. The strategic and pragmatic approach to the management of medical and

psychiatric comorbidity coexisting with eating disorders, while relying on enhanced cognitive behavioral therapy (CBT-E) - an evidence-based treatment recommended for all eating disorder categories both in adults and adolescents-, can also be used by clinicians who adhere to different theoretical models. The book is divided into two main parts. Part I describes the eating disorder psychopathology and its consequences: an essential knowledge essential to understanding whether the patients have true comorbidity or spurious comorbidity. Then it gives an overview of CBT-E and how to implement it at different levels of care and in a multidisciplinary team. Part II illustrates the general strategies to address comorbidity in patients with eating disorders, and the specific strategies and procedures for managing the most common mental and general medical conditions coexisting with eating disorders. This volume is a valuable and useful tool for all clinicians - endocrinologists, nutritionists, dietitians, psychologists, psychiatrists - who deal with obesity and eating disorders. **Encyclopedia of Feeding and Eating Disorders** Springer The field of feeding and eating disorders represents one of the most challenging areas in mental health, covering childhood, adolescent and adult manifestations of the disorders and requiring expertise in both the physical and psychological issues that can cause, maintain, and exacerbate these disorders. The scope of the book is an overview of all the feeding and eating disorders from “bench to bedside”, incorporating recent changes introduced into the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). The aim is to present one of the first complete overviews of the newly defined area of feeding and eating disorders with respect to genetics, biology and neuroscience through to theory and its application in developing clinical approaches to the prevention and treatment of feeding and eating disorders. **Cognitive Behavioral Psychopharmacology The Clinical Practice of Evidence-Based Biopsychosocial Integration** John Wiley & Sons **Outlines a comprehensive, evidence-based approach to coordinating psychopharmacological and psychotherapeutic treatments** Cognitive Behavioral Psychopharmacology takes an evidence-based approach to demonstrating the advantages of biopsychosocial integration in interventions for the major psychiatric diagnoses. It is the first and only book to translate the current evidence for cognitive behavioral, psychosocial, and pharmacologic approaches to mental health disorders into clear guidance for clinical practice. There is a burgeoning movement in mental health to acknowledge the entire person’s functioning across physical, psychological and social spheres, and to integrate medical as well as psychological and social interventions to address the entire spectrum of presenting problems. This book bridges a gap in the professional mental health literature on the subject of standalone versus combined treatment approaches. It reviews the current state of integrative care, and makes a strong case that optimal outcomes are best achieved by an awareness of how and why the cognitive-behavioral aspects of prescribed medical and psychological interventions influence treatment. Each disorder-specific chapter is authored by a prescriber and

psychotherapist team who consider all the evidence around treatments and combinations, providing outcome conclusions and concise tables of recommended front-line interventions. Provides a biopsychsocial perspective that integrates the medical, psychotherapeutic, family, and community aspects of the therapeutic process Brings together and compares the current evidence for and against treatments that combine psychopharmacology and cognitive behavioral psychotherapy for major psychiatric diagnoses Outlines an evidence-based approach to determining which combination of treatments is most appropriate for each of the major psychiatric diagnoses Describes, in a way that is accessible to both prescribers and therapists, when and how cognitive behavioral therapy can be integrated into pharmacotherapy The book will appeal to a wide range of mental health professionals, including psychologists, psychiatrists, clinical social workers, licensed professional counselors, marriage and family therapists, and addictions counselors. It also will be of interest to primary care physicians and nurse practitioners who work side by side with mental health professionals. **Overcoming Binge Eating, Second Edition The Proven Program to Learn Why You Binge and How You Can Stop** [Guilford Press](#) This trusted bestseller provides all the information needed to understand binge eating and bring it under control, whether you are working with a therapist or on your own. Clear, step-by-step guidelines show you how to: *Overcome the urge to binge. *Gain control over what and when you eat. *Break free of strict dieting and other habits that may contribute to binges. *Establish stable, healthy eating patterns. *Improve your body image and reduce the risk of relapse. This fully updated second edition incorporates important advances in the understanding and treatment of eating disorders. It features expanded coverage of body image issues and enhanced strategies for achieving--and maintaining--a transformed relationship with food and your body. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit. Included in the UK National Health Service Bibliotherapy Program. **Beating Your Eating Disorder A Cognitive-Behavioral Self-Help Guide for Adult Sufferers and their Carers** [Cambridge University Press](#) Do you or does someone you know, suffer from an eating disorder such as anorexia nervosa, bulimia nervosa or a less typical set of symptoms? The most effective, evidence-based treatment for adults with eating disorders is cognitive-behavioural therapy (CBT). This book presents a highly effective self-help CBT programme for all eating disorders, in an accessible format. It teaches skills to sufferers and carers alike. This book is relevant to any sufferer, if: • You are not yet sure about whether to seek help • You are not sure where to find help • Your family doctor or others recommend that you try a self-help approach • You are waiting for therapy with a clinician, and want to get the best possible start to beating your eating disorder **The Treatment of Eating Disorders A Clinical Handbook** [Guilford Press](#) Leading international experts on eating disorders describe the most effective treatments and explain how to implement them, including coverage of psychosocial, family-based, medical, and

nutritional therapies. Overcoming Eating Disorders A Cognitive-behavioral Therapy Approach for Bulimia Nervosa and Binge-eating Disorder : Therapist Guide [Oxford University Press, USA](#) **The Overcoming Eating Disorders, Second Edition** program addresses the cognitive-behavioral treatment of Bulimia Nervosa and Binge Eating Disorder. CBT has been proven the most effective treatment for helping patients improve their eating habits and overcome their disorder. The treatment described is divided into three overlapping phases: behavior change, identifying binge triggers, and relapse prevention. The main focus of the program is the normalization of eating. Patients use self-monitoring forms to track their eating habits on a daily basis while they work toward establishing a pattern of 3 meals and 2 snacks per day eaten at regular intervals. Once a regular pattern of eating has been established, patients move on to recognizing and eliminating their triggers for bingeing and purging. CBT techniques like problem-solving and cognitive restructuring help patients deal with negative mood states, faulty interpersonal interactions, and errors in thinking. The final phase of treatment consists of a review of the positive changes that have occurred during treatment, as well as a discussion of any residual problems and ways to handle setbacks or lapses. Homework exercises are assigned at each session and play an important role in keeping patients motivated throughout the duration of treatment. This newly revised and updated Therapist Guide includes expanded information regarding weight and shape concerns and an entirely new chapter on adapting the treatment for use as a time-limited, therapist-assisted self-help program. Complete with step-by-step instructions for delivering the treatment, this guide is an indispensable resource that no clinician can do without. **TreatmentsThatWork™** represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER) **Dialectical Behavior Therapy for Binge Eating and Bulimia** [Guilford Press](#) **This groundbreaking book gives clinicians a new set of tools for helping people overcome binge-eating disorder and bulimia. It presents an adaptation of dialectical behavior therapy (DBT) developed expressly for this population. The treatment is unique in approaching disordered eating as a problem of emotional dysregulation. Featuring vivid case examples and 32 reproducible handouts and forms, the book shows how to put an end to binge**

eating and purging by teaching clients more adaptive ways to manage painful emotions. Step-by-step guidelines are provided for implementing DBT skills training in mindfulness, emotion regulation, and distress tolerance, including a specially tailored skill, mindful eating. Purchasers get access to a Web page where they can download and print the reproducible handouts and forms in a convenient 8 1/2" x 11" size. See also the related self-help guide, *The DBT Solution for Emotional Eating*, by Debra L. Safer, Sarah Adler, and Philip C. Masson, ideal for client recommendation.

Managing Severe and Enduring Anorexia Nervosa A Clinician's Guide [Routledge](#) Based on the only evidence-based randomized controlled trial yet undertaken in patients with severe and enduring anorexia nervosa, *Managing Severe and Enduring Anorexia Nervosa* uses the results of that trial to present a new paradigm for treatment. Moreover, this informative new text assembles the leading scientists across three continents to provide a comprehensive overview and new paradigm for treatment and stimulate interest in the development of new psychosocial approaches. Students, clinicians, and researchers in the field of eating disorders will find this edited volume a valuable reference handbook in the clinical management of patients with anorexia nervosa.

Exposure Therapy for Eating Disorders [Oxford University Press](#) *Exposure Therapy for Eating Disorders* is designed to augment existing eating disorder treatment manuals by providing clinicians with practical advice for maximizing the effectiveness of exposure, regardless of clinical background or evidence-based treatment used. Suitable for use with a range of diagnoses, this easy-to-use guide describes the most up to date empirical research on exposure for eating disorders, extrapolating clinical advice from the anxiety disorders literature in order to help busy clinicians become more effective in treating these challenging illnesses. Readers will gain solid understanding of the theoretical underpinnings of exposure therapy, as well as how to utilize this information to explain the rationale for exposure to patients. Specific types of eating disorder exposure are covered in detail, including exposure to food and eating, cue exposure for binge eating, weighing and weight exposure, novel forms of exposure for eating disorders, and more. The book also provides strategies for overcoming obstacles, including institutional resistance to implementation of exposure therapy.

Eating Disorders in Children and Adolescents A Clinical Handbook [Guilford Press](#) Bringing together leading authorities, this comprehensive volume integrates the best current knowledge and treatment approaches for eating disorders in children and adolescents. The book reveals how anorexia nervosa, bulimia nervosa, and other disorders present differently developmentally and explains their potentially far-reaching impact on psychological, physical, and neurobiological development. It provides guidelines for developmentally sound assessment and diagnosis, with attention to assessment challenges unique to this population. Detailed descriptions of evidence-based therapies are illustrated with vivid case examples. Promising directions in prevention are also addressed. A special chapter offers a parent's perspective on family treatment. Cognitive

Behaviour Therapy for Children and Families [Cambridge University Press](#) "The book is primarily written for child mental health professionals, especially psychologists, psychiatrists, mental health nurses, social workers and psychotherapists as well as those training in these fields. The book will also be found helpful by paediatricians and general psychiatrists. It is suitable both for trainees and for those with a more advanced knowledge of the subject"-- Provided by publisher.

Trauma-Informed Approaches to Eating Disorders [Springer Publishing Company](#) Delivers a proven treatment model for clinicians in all orientations This unique, hands-on clinical guide examines the significant relationship between trauma, dissociation, and eating disorders and delivers a trauma-informed phase model that facilitates effective treatment of individuals with all forms of eating disorders. It describes, step-by-step, a four-phase treatment model encompassing team coordination, case formulation, and a trauma-informed, dissociation- and attachment-sensitive approach to treating eating disorders. Edited by noted specialists in eating and other behavioral health disorders, **Trauma-Informed Approaches to Eating Disorders** examines eating disorders from neurological, medical, nutritional, and psychological perspectives. Dedicated chapters address each treatment phase from a variety of orientations, ranging from EMDR and CBT to body-centered and creative therapies. The book also reveals the effectiveness of a multifaceted, phase model approach. Recognizing the potential pitfalls and traps of treatment and recovery, it also includes abundant psychoeducational tools for the client. **KEY FEATURES:** Examines eating disorders from neurological, medical, nutritional, and psychological perspectives Highlights the relationship between trauma, dissociation, and eating disorders Maps out a proven, trauma-informed, four-phase model for approaching trauma treatment in general and eating disorders specifically Elucidates the approach from the perspectives of EMDR therapy, ego state therapy, somatosensory therapy, trauma-focused CBT, and many others Provides abundant psychoeducational tools for the client to deal with triggers and setbacks Offers the knowledge and expertise of over 20 international researchers, medical professionals, and clinicians

The DBT Solution for Emotional Eating A Proven Program to Break the Cycle of Bingeing and Out-of-Control Eating [Guilford Publications](#) Eating can be a source of great pleasure--or deep distress. If you've picked up this book, chances are you're looking for tools to transform your relationship with food. Grounded in dialectical behavior therapy (DBT), this motivating guide offers a powerful pathway to change. Drs. Debra L. Safer, Sarah Adler, and Philip C. Masson have translated their proven, state-of-the-art treatment into a compassionate self-help resource for anyone struggling with bingeing and other types of "stress eating." You will learn to: *Identify your emotional triggers. *Cope with painful or uncomfortable feelings in new and healthier ways. *Gain awareness of urges and cravings without acting on them. *Break free from self-judgment and other traps. *Practice specially tailored mindfulness techniques. *Make meaningful behavior changes, one doable step

at a time. Vivid examples and stories help you build each DBT skill. Carefully crafted practical tools (you can download and print additional copies as needed) let you track your progress and fit the program to your own needs. Finally, freedom from out-of-control eating--and a happier future--are in sight. Mental health professionals, see also the related treatment manual, *Dialectical Behavior Therapy for Binge Eating and Bulimia*, by Debra L. Safer, Christy F. Telch, and Eunice Y. Chen. *Schema Therapy for Eating Disorders Theory and Practice for Individual and Group Settings* [Routledge](#) Options can be limited for those who do not respond to standard eating disorder treatments. Schema therapy is one of the new exciting frontiers in the treatment of this clinical population, offering a much-needed model that integrates both developmental and deeper level personality factors. *Schema Therapy for Eating Disorders* is the first book of its kind, guiding clinicians to deliver the schema model to those with entrenched or enduring eating pathology, and in turn encouraging further clinical research on this approach to treatment. Written by an international team of leading schema therapy experts, and with a foreword by Wendy Behary and Jeffrey Young, this book draws on their clinical knowledge and research experience. Comprehensive and practical, this book introduces the rapidly growing evidence base for schema therapy, outlines the application of this model across eating disorder diagnostic groups, as well as individual and group modalities, and explores practical considerations, common challenges and the therapeutic process. The book includes detailed case examples, which provide a theoretical and practical basis for working with therapist-client schema chemistry and transference, and outlines methods of ensuring therapist self-care in the face of difficult and often long-term work. Innovative and accessible, this fresh look at the treatment of eating disorders will be an invaluable resource for clinicians in the field. *Treating Eating Disorders in Adolescents Evidence-Based Interventions for Anorexia, Bulimia, and Binge Eating* [New Harbinger Publications](#) Two leading experts in eating disorders offer a comprehensive, evidence-based, and fully customizable program, *Integrative Modalities Therapy (IMT)*, for treating adolescents with anorexia nervosa, bulimia nervosa, and binge eating. If you treat adolescents with eating disorders, you need a flexible treatment plan that can be tailored to your patient's individual needs, and which fully incorporates the adolescent's family or caregivers. This book offers a holistic approach to recovery that can be used in inpatient or outpatient settings, with individuals and with groups. The groundbreaking and integrative program, *Integrative Modalities Therapy (IMT)*, outlined in this professional guide draws on several evidence-based therapies, including Maudsley family-based treatment (FBT), cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), compassion-focused therapy (CFT), exposure therapy, and appetite awareness training. This fully customizable approach meets the patient where they are—emotionally and cognitively—throughout the process of recovery. This book covers all aspects of the recovery process, including navigating family issues, meal planning, and

more. Handouts and downloads are also included that provide solid interventions for clinicians and checklists for family members. **Treating Obesity with Personalized Cognitive Behavioral Therapy** [Springer](#) This book describes a novel therapy for obesity that associates the traditional procedures of weight-loss lifestyle modification with specific, individualized cognitive behavioral procedures to address some obstacles that have been indicated by recent research to influence weight loss and maintenance. The Cognitive Behavioral Therapy for Obesity (CBT-OB) can be used to treat all classes of obesity, including patients with severe comorbidities and disability associated with obesity, who are not usually included in traditional weight-loss lifestyle modification treatments. The book describes the treatment program in detail, and with numerous clinical vignettes. It also discusses involving significant others in the change process and adapting the CBT-OB for patients with severe obesity, binge-eating disorder, medical and psychiatric comorbidity, and treated with weight-loss drugs or bariatric surgery. Lastly, a chapter is dedicated to the use of digital technology with CBT-OB in order to help patients monitor their food intake and physical activity and to addressing obstacles in real time. Thanks to the description of how to apply the latest, evidence-based CBT-OB to real world settings, this volume is a valuable useful tool for all specialists - endocrinologists, nutritionists, dietitians, psychologists, psychiatrists - who deal with obesity and eating disorders. **Eating Disorders Cognitive Behaviour Therapy with Children and Young People** [Routledge](#) Eating disorders comprise a range of physical, psychological and behavioural features that often have an impact on social functioning and can invade most areas of the sufferer's life. Although eating and weight disorders are common in children and adolescents, there is a scarcity of practical guidance on treatment methods for eating disorders in young people. In this book, Simon Gowers and Lynne Green bring together up-to-date research, clinical examples and useful tips to guide practitioners in working with young people, as well as helping families of children and adolescents to deal with their difficulties. Eating Disorders provides the clinician with an introduction about how CBT can be used to challenge beliefs about control, restraint, weight and shape, allowing young people to manage their eating disorder. Chapters cover: preparing for therapy a CBT treatment programme applications and challenges. This practical text will be essential reading for mental health professionals, paediatric teams and those in primary care working with children and adolescents with eating disorders. It will benefit those working with both sufferers themselves and families who have difficulty understanding the disorder. **Counselling for Eating Disorders. Above and Beyond Cognitive Behavioural Therapy** [GRIN Verlag](#) Bachelor Thesis from the year 2017 in the subject Psychology - Consulting, Therapy, grade: 2.1, , course: Counselling and Psychotherapy, language: English, abstract: Western culture today favours masculine, linear, and strategic opportunities, approaches, and answers, in many aspects of life, leaving little room for guided intuition, spiritual vision, or feminine energy. It is from personal experience, through therapy,

conversation, education, and conducting research, that it became quite clear that this linear, strategic approach is also favoured in the treatment of eating disorders; a phenomenon that is without doubt multi-faceted and multi-dimensional. The counselling approach that is most-favoured and most-documented for the treatment of eating disorders, is cognitive behavioural therapy (CBT). CBT incorporates tasks, strategies, and exercises in order to obtain results, leaving aside the more abstract, intuitive techniques. It is the opinion of the author that while CBT has proven to be successful in treating eating disordered thoughts and behaviours, it falls short. As beings, we are much more than the sum of our actions and so, counselling needs to incorporate other elements above and beyond CBT techniques if true change is to occur. The body of the thesis will contain three main chapters which will provide (1) an overview of elements for consideration with regard to eating disorders, (2) a detailed description of a number of treatment paradigms for eating disorders; and (3) the missing puzzle pieces that could compliment the CBT approach for a more successful outcome. The purpose of this overview is to provide a greater understanding of eating disorders and how they might be better treated in the counselling setting. **Overcoming Your Eating Disorders A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder** [Oxford University Press, USA](#) If you suffer from Bulimia Nervosa or Binge-Eating Disorder, you know how hard it can be to change your problem behaviors surrounding food and eating. However, with the right tools and support, you can overcome your disorder and return to a healthy way of life. Based on the principles of Cognitive-Behavioral Therapy, the program described in this newly revised and updated workbook will teach you the skills you need to overcome your eating disorder and establish healthy habits. Through daily self-monitoring, you will learn to regularize you eating and expand the variety of foods that you consume. This will help you maintain a healthy weight and will reduce your desire to binge and purge. You will also learn techniques for solving problems, challenging your negative thoughts, and addressing your concerns about weight and shape. Use the workbook to share information with friends and loved ones so they can support and encourage you throughout the treatment process. When used in conjunction with visits to a qualified mental health professional, this workbook will help you realize the triggers for your disordered eating habits. Once you are able to identify them, you can eliminate them. At the end of treatment, we fully expect that you will have reduced the number of your binge eating and purging episodes, improved your body image, and gained a sense of mastery and control over your eating. **TreatmentsThatWork™** represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our

books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER) Eating Disorders and Mindfulness Exploring Alternative Approaches to Treatment [Routledge](#) This book presents an overview of the latest psychological knowledge about the application of mindfulness-based interventions in the field of eating disorders. Increasingly, these interventions are used in therapeutic practice. They encourage clients to process their experience fully, as it arises, without judgement. Mindfulness-based approaches, in particular, emphasize the cultivation of moment to moment awareness of thoughts and feelings as well as bodily sensations. In so doing, eating disorders present an ideal context for the development of mindfulness. Indeed, it is in the body that the emotional and relational struggles of clients reveal themselves. The authors in this diverse volume share a belief in the utility of using mindfulness-based practices to address disordered eating. It features up to date research and theory regarding mindfulness and the full spectrum of eating disorders, from Anorexia Nervosa and Bulimia Nervosa to Binge Eating Disorder. In addition, it explores how professionals can utilize mindfulness in their own practices, in the context of both individual and group treatment. This book was originally published as a special issue of Eating Disorders: the Journal of Treatment and Prevention. 8 Keys to Recovery from an Eating Disorder Workbook (8 Keys to Mental Health) [W. W. Norton & Company](#) Readers are walked through strategies by a therapist and her former patient. 8 Keys to Recovery from an Eating Disorder was lauded as a "brave and hopeful book" as well as "remarkably readable." Now, the authors have returned with a companion workbook—offering all new assignments, strategies, and personal reflections to help those who suffer from an eating disorder heal their relationship to food and their bodies. Clients of Costin and Grabb consistently tell them that knowing they are both recovered is one of the most helpful aspects of their treatment. With this experience as a foundation, the authors bring together years of clinical expertise and invaluable personal testimony, from themselves and others, to the strategies in this book. Readers will get a glimpse of what it's like to be in therapy with either Carolyn or Gwen. Filled with tried and true practical exercises, goal sheets, food journal forms, clinical anecdotes and stories, readers are guided in exploring their thoughts, feelings, and coping strategies while being encouraged to choose how they want to approach the material. This book is an important resource to anyone living with destructive or self-defeating eating behaviors. Survive Fbt Skills Manual for Parents Undertaking Family Based Treatment (Fbt) for Child and Adolescent Anorexia Nervosa [LMD Publishing](#) Are you struggling with Family Based Treatment? Family Based

Treatment (FBT) is viewed as the gold standard in treating adolescent Anorexia Nervosa and it currently produces the best evidence-based outcomes. However, the treatment is intensive and many parents commence unprepared despite their courage and willingness to take on the task of refeeding their ill child to health. Parents have desperately asked for more information to help them understand anorexia's grip on their child and to survive the intensity of the treatment. This book was written to give these parents the tools to help them "see it through" to the end. This "skills-based manual" clearly explains the treatment, providing invaluable information to help parents through each component. It outlines the obstacles and all the anorexic behaviors that will impede treatment and recovery. The aim of this manual is to ensure parents remain one step ahead of anorexia and that they "hit the ground running." This book is a valuable resource for parents commencing FBT and for parents struggling during treatment. It offers clear, practical advice and empowers parents to confront whatever the illness throws at them. It is also an important resource for clinicians and will help them guide their families through treatment.