

Exposure Therapy For Eating Disorders Abct Clinical Practice Series

Exposure Therapy for Eating Disorders
Family Therapy for Adolescent Eating and Weight Disorders
Cognitive Behavioral Therapy in Youth: Tradition and Innovation
Handbook of Exposure Therapies
Beating Eating Disorders Step by Step
Acceptance and Commitment Therapy for Eating Disorders
Mastery of Obsessive-compulsive Disorder
Prolonged Exposure Therapy for PTSD
Exposure Therapy for Eating Disorders
The Feeling Good Handbook
Prolonged Exposure Therapy for Adolescents with PTSD
Emotional Processing of Traumatic Experiences, Therapist Guide
Brief Cognitive Behavioural Therapy for Non-Underweight Patients
Dialectical Behavior Therapy in Clinical Practice
Eating Disorders
Personalized Exposure Therapy
Experiential Therapies for Eating Disorders
Overcoming Binge Eating, Second Edition
The Oxford Handbook of Eating Disorders
Exposure and Response (Ritual) Prevention for Obsessive Compulsive Disorder
Adolescent-Focused Therapy for Anorexia Nervosa
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Eating Disorders and Obesity
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Eating Disorders
Dialectical Behavior Therapy for Binge Eating and Bulimia
Virtual Reality for Psychological and Neurocognitive Interventions
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Exposure Therapy for Anxiety
Therapy for Eating Disorders
Sick Enough
Overcoming Eating Disorders
Cognitive Behavior Therapy for Adolescents with Eating Disorders
Exposure Therapy for Child and Adolescent Anxiety and OCD
The Oxford Handbook of Dialectical Behaviour Therapy
Exposure Therapy for Eating

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Disorders Social Anxiety Treating Eating Disorders in Adolescents Almost Anorexic Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder

Exposure Therapy for Eating Disorders

Prolonged Exposure therapy is an effective, highly flexible, and very well-researched intervention to reduce the symptoms of PTSD across a variety of traumatized populations. The manual and companion patient workbook provide all the specifics of the PE protocol for providers to implement with efficacy and fidelity in order to maximize patient response. With the second edition, the authors have revised throughout to reflect the many advances in PTSD research that have occurred since the first edition. These advances include key modifications to the underlying theory, as well as additional evidence of modifications and individualization for more complex patient presentations and to military populations. As leaders in the clinical practice, training, and research in the field of PTSD treatment, the authors provide concise but thorough description of the key components of the program, how to implement them, as well as when and how to consider adaptations.

Family Therapy for Adolescent Eating and Weight Disorders

This groundbreaking book gives clinicians a new set of tools for helping clients overcome binge-eating disorder and bulimia. Featuring vivid case examples and 30 reproducibles, the book shows how to put an end to binge eating and purging by teaching clients more adaptive ways to manage

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painful emotions.

Cognitive Behavioral Therapy in Youth: Tradition and Innovation

This book guides clinicians in treating individuals with OCD through the use of exposure and ritual (response) prevention, one of the most effective and the most studied treatments for OCD.

Handbook of Exposure Therapies

Patients with eating disorders frequently feel that they aren't "sick enough" to merit treatment, despite medical problems that are both measurable and unmeasurable. They may struggle to accept rest, nutrition, and a team to help them move towards recovery. Sick Enough offers patients, their families, and clinicians a comprehensive, accessible review of the medical issues that arise from eating disorders by bringing relatable case presentations and a scientifically sound, engaging style to the topic. Using metaphor and patient-centered language, Dr. Gaudiani aims to improve medical diagnosis and treatment, motivate recovery, and validate the lived experiences of individuals of all body shapes and sizes, while firmly rejecting dieting culture.

Beating Eating Disorders Step by Step

This program is specifically intended for adolescents suffering from posttraumatic stress disorder. Clients are exposed to safe but anxiety-provoking situations as a way of overcoming their trauma-related fears. Recounting the memory of the trauma also helps clients emotionally process their traumatic

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experiences in order to diminish PTSD symptoms. The workbook is designed for adolescent use and includes teen-friendly forms to reinforce the skills learned in therapy.

Acceptance and Commitment Therapy for Eating Disorders

Exposure therapy is the most effective psychological treatment for anxiety, yet many clinicians lack confidence in their ability to implement it effectively while keeping clients engaged. This indispensable book provides guidelines for conducting exposure-based interventions and overcoming common roadblocks. Drawing on cutting-edge theory and research, the authors walk clinicians through assessment and treatment planning and demonstrate a wealth of specific exposure exercises. Chapters are organized around common anxiety triggers that may cut across different diagnoses, making it easier to tailor treatment to each individual's needs. Several reproducible handouts and forms can be downloaded and printed in a convenient 8 1/2" x 11" size.

Mastery of Obsessive-compulsive Disorder

First developed to treat suicidal individuals with borderline personality disorder, dialectical behavior therapy (DBT) has since been adapted to a range of settings and populations. This practical book--edited by close collaborators of DBT originator Marsha M. Linehan--presents applications for depression, substance dependence, eating disorders, psychosis, suicidal and assaultive behaviors, and other complex problems. Leading contributors, including Linehan herself, describe how to implement this evidence-based treatment with adults, adolescents, couples and families, and

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forensic clients. Issues in establishing and maintaining an effective DBT program are also addressed. Over a dozen reproducible worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. See also *Doing Dialectical Behavior Therapy: A Practical Guide*, by Kelly Koerner, which demonstrates DBT techniques in detail.

Prolonged Exposure Therapy for PTSD

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.

Exposure Therapy for Eating Disorders

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This handbook examines evidence-based treatment of obsessive-compulsive and related disorders for a broad clinical audience. Focusing on both children and adults with these conditions, it discusses various manifestations of OCD (e.g., contamination, perfectionism), related conditions (e.g., hoarding, trichotillomania, and Tourette syndrome), and cases with complicating factors. Chapters describe case specifics, offer assessment guidelines, and illustrate evidence-based psychotherapy. Case examples depict real-life complexities of presentation, notably in terms of comorbid conditions and hard-to-treat subpopulations. Topical areas addressed in the Handbook include: Phenomenology, assessment, and treatment of multiple types of OCD in adults and children. Treating “not just right experiences” in children with OCD. Treating obsessive compulsive disorder in very young children. Treatment of OCD comorbid with other disorders like depression and Autism Spectrum Disorder. Treatment of OCD when presenting with complicating factors like limited insight, extreme family accommodation, and poor motivation. The Clinical Handbook of Obsessive-Compulsive and Related Disorders is an essential resource for clinicians and professionals as well as researchers, and graduate students in clinical psychology, psychiatry, social work, counseling programs, pediatrics, public health, and related disciplines.

The Feeling Good Handbook

From pioneering family-based treatment developer James Lock, this is the first comprehensive guide to adolescent-focused therapy (AFT) for anorexia nervosa (AN), an evidence-based individual approach. AFT is an effective alternative to family-based treatment that may be a better fit

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for some patients. Lock explains how AN serves as a maladaptive response to developmental challenges of adolescence. He presents a manualized framework for helping adolescents find more adaptive coping strategies, manage difficult emotions, and develop greater autonomy and a stronger sense of self, while reducing risky behaviors and restoring weight. AFT emphasizes the therapist–patient alliance and involves parents in a supportive role. Rich case material and sample dialogues illustrate how to implement each phase of the approach. AFT is recognized as a best practice for the treatment of anorexia nervosa in adolescents by the U.K. National Institute for Health and Care Excellence (NICE).

Prolonged Exposure Therapy for Adolescents with PTSD Emotional Processing of Traumatic Experiences, Therapist Guide

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-

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disordered patients including psychologists, psychiatrists, nurses, counsellors, dieticians, and occupational therapists.

Brief Cognitive Behavioural Therapy for Non-Underweight Patients

This exciting collection tours virtual reality in both its current therapeutic forms and its potential to transform a wide range of medical and mental health-related fields. Extensive findings track the contributions of VR devices, systems, and methods to accurate assessment, evidence-based and client-centered treatment methods, and—as described in a stimulating discussion of virtual patient technologies—innovative clinical training. Immersive digital technologies are shown enhancing opportunities for patients to react to situations, therapists to process patients’ physiological responses, and scientists to have greater control over test conditions and access to results. Expert coverage details leading-edge applications of VR across a broad spectrum of psychological and neurocognitive conditions, including: Treating anxiety disorders and PTSD. Treating developmental and learning disorders, including Autism Spectrum Disorder, Assessment of and rehabilitation from stroke and traumatic brain injuries. Assessment and treatment of substance abuse. Assessment of deviant sexual interests. Treating obsessive-compulsive and related disorders. Augmenting learning skills for blind persons. Readable and relevant, *Virtual Reality for Psychological and Neurocognitive Interventions* is an essential idea book for neuropsychologists, rehabilitation specialists (including physical, speech, vocational, and occupational therapists), and neurologists. Researchers across the behavioral and social sciences will find it a roadmap toward new and emerging areas of study.

Dialectical Behavior Therapy in Clinical Practice

This updated edition provides an excellent overview of the diagnosis, prevalence and causes of eating disorders, as well as a handbook for the application of evidence based interventions. A "must buy" for eating disorder services and individual practitioners!

Sally Savage, Clinical Lead for Northamptonshire NHS Eating Disorders Lifespan Service

Affecting thousands of people every year with potentially devastating consequences, anorexia, bulimia and binge eating disorders are becoming increasingly evident in today's fast paced, high pressured society. Drawing on over 20 years' experience as a practitioner, Sara Gilbert takes the reader through the complexities of working with eating disorders, drawing on practical, cognitive behavioural and educational approaches to theory, assessment, treatment and practice. Packed full of new resources for both qualified professionals and trainees, this new edition includes:

- A summary of new research on the causes of eating disorders, dual diagnosis and co-morbidity.
- New content on the best treatment for eating disorders and preparing clients for treatment.
- An updated chapter examining the effects of nutrition on physical and psychological well-being.
- New content on working with complexity and risk.
- A fully updated reference section.

This is a vital resource for practitioners in the mental health field, including psychotherapists, psychologists, counsellors, psychiatrists, mental health nurses and dieticians. Sara Gilbert is a chartered clinical psychologist whose specialist interest in the field of eating disorders spans 20 years. She has worked for 12 years as a clinical lead in an eating disorder service in the NHS and is now in private practice.

Eating Disorders

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.

Personalized Exposure Therapy

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

Experiential Therapies for Eating Disorders

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"The therapeutic value of confronting, rather than avoiding, difficult emotions and issues, is integral to many approaches to psychotherapy (Foa & Kozak, 1986). Exposure therapy accomplishes this goal in the simplest, most straightforward manner. Although the principles of exposure are relevant to many emotional symptoms (Carey, 2011), this book will focus on its application to anxiety and obsessive compulsive symptoms in children and adolescents"--

Overcoming Binge Eating, Second Edition

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.

The Oxford Handbook of Eating Disorders

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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.

Exposure and Response (Ritual) Prevention for Obsessive Compulsive Disorder

Determine if your eating behaviors are a problem, develop strategies to change unhealthy patterns, and learn when and how to get professional help when needed with this practical, engaging guide to taking care of yourself when you are not a full-blown anorexic. Millions of men and women struggle with disordered eating. Some stand at the mirror wondering how they can face the day when they look so fat. Others binge, purge, or exercise compulsively. Many skip meals, go on diet after diet, or cut out entire food groups. Still, they are never thin enough. While only 1 in 200 adults will struggle with full-

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blown anorexia nervosa, at least 1 in 20 (including 1 in 10 teen girls) will exhibit key symptoms of one or more of the officially recognized DSM eating disorders--anorexia nervosa, bulimia nervosa, and binge eating disorder. Many suffer from the effects but never address the issue because they don't fully meet the diagnostic criteria. If this is the case for you, then you may be "almost anorexic." Drawing on case studies and the latest research, *Almost Anorexic* combines a psychologist's clinical experience with a patient's personal recovery story to help readers understand and overcome almost anorexia. *Almost Anorexic* will give you the skills to: Understand the symptoms of almost anorexic; Determine if your (or your loved one's) relationship with food is a problem; Gain insight on how to intervene with a loved one; Discover scientifically proven strategies to change unhealthy eating patterns; Learn when and how to get professional help when it's needed.

Adolescent-Focused Therapy for Anorexia Nervosa

This workbook will help clients recognize symptoms of obsessive-compulsive disorder and develop and put into practice a program of exercises to reduce these symptoms.

Beating Your Eating Disorder

Evidence overwhelmingly shows that exposure therapy is effective for the treatment of anxiety and related disorders. Its adoption into clinical practice has been slow, however-in part because the available one-size-fits-all manuals often leave patients and clinicians unsatisfied. *Personalized Exposure Therapy* provides expert guidance to clinicians on conducting exposure-based interventions in a targeted and flexible

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fashion. Providing detailed information on a range of strategies for maximizing clinical outcomes from exposure, this book features a case formulation approach that personalizes the timing and nature of exposure practice. Case examples, scripts, and worksheets, presented in a practical, mentor-based format for planning and enacting individual sessions, ensure that clinical procedures are readily accessible for in-session use. Personalized Exposure Therapy is appropriate for early-career and experienced clinicians alike, and will also be suitable for use in graduate courses in clinical psychology, counselling, social work, nursing and psychiatry.

Clinical Handbook of Obsessive-Compulsive and Related Disorders

This unique handbook presents and integrates virtually all that is currently known about eating disorders and obesity in one authoritative, accessible, and eminently practical volume. From leading international authorities, 112 concise chapters encapsulate the latest information on all pertinent topics, from biological, psychological, and social processes associated with risk, to clinical methods for assessment and intervention. The contents are organized to highlight areas of overlap between lines of research that often remain disparate. Suggestions for further reading at the end of each chapter replace extended references and enhance the practical value and readability of the volume.

Eating Disorders and Obesity

This volume discusses the proper applications of cognitive behavioral theory (CBT) to common clinical presentations.

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This book represents both the traditions and advances within the broad CBT field. Chapters in this book cover topics such as CBT with depressed youth; CBT for pediatric OCD; CBT with eating disordered youth; modular CBT for youth, and transdiagnostic treatment of emotional disorders in children and adolescents. In Neuromethods series style, chapters include the kind of detail and key advice from the specialists needed to get successful results in your laboratory. Cutting-edge and practical, Tradition and Innovation in Cognitive Behavioral Therapy in Youth is a valuable resource that inspires and encourages readers to use the practices discussed in this book as their own.

Cognitive Behavioral Therapy for Eating Disorders

This guideline has been developed to advise on the identification, treatment and management of the eating disorders anorexia nervosa, bulimia nervosa, and related conditions. The guideline recommendations have been developed by a multidisciplinary group of health care professionals, patients and their representatives, and guideline methodologists after careful consideration of the best available evidence. It is intended that the guideline will be useful to clinicians and service commissioners in providing and planning high quality care for those with eating disorders while also emphasising the importance of the experience of care for patients and carers.

Eating Disorders

Avoidant/restrictive food intake disorder (ARFID) is a common eating disorder diagnosis that describes children and adults who cannot meet their nutritional needs, typically because of

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sensory sensitivity, fear of adverse consequences and/or apparent lack of interest in eating or food. This book is the first of its kind to offer a specialist treatment, specifically for ARFID. Developed, refined and studied in response to this urgent clinical need, this book outlines a specialized cognitive-behavioral treatment: Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder (CBT-AR). This treatment is designed for patients across all age groups, supported by real-life case examples and tools to allow clinicians to apply this new treatment in their own clinical settings.

Dialectical Behavior Therapy for Binge Eating and Bulimia

The Oxford Handbook of Eating Disorders provides current insights from established experts into the phenomenology, epidemiology, prevention, and treatment of eating disorders. Fully revised to reflect new DSM-5 classification and diagnostic criteria, each chapter of the Second Edition has been updated to feature the latest clinical research findings, applications, and approaches to understanding eating disorders. An additional chapter on emerging issues explores critical questions pertaining to ethics and the use of technology in treating eating disorders. With information on newly documented syndromes and a new section on bariatric surgery, this handbook not only encapsulates where the field is at but also offers astute perspectives on how the field is changing. Including both practical specifics, like literature reviews and clinical applications, as well as a broad view of foundational topics, this handbook is essential for scientists, clinicians, experts, and students alike.

Virtual Reality for Psychological and Neurocognitive Interventions

Discusses how to overcome fears, phobias, and panic attacks, improve intimate communication, cope with anxiety, and deal with many other everyday problems

Cognitive Behavior Therapy and Eating Disorders

The third edition of *Social Anxiety: Clinical, Developmental, and Social Perspectives* integrates examinations of social anxiety, shyness, and embarrassment with the research on social anxiety disorder subtypes, biological theories and cognitive-behavioral or pharmacological treatment outcome studies. Clinicians, social and developmental psychologists and behavioral geneticists have all conducted research over the past ten years which is essential to furthering our understanding and treatment of social anxiety disorders. This book weaves together research findings gathered by renowned minds across these various disciplines, and deals with both theory and research. It explores what constitutes social anxiety, assesses the condition and its relationship to other psychological disorders, exploring the biological basis and treatment approaches as well. Coverage includes key issues not discussed fully by other books, including related disorders in adults and children, relationship to social competence and assertiveness, perfectionism, social skills deficit hypothesis, comparison between pharmacological and psychosocial treatments, and potential mediators of change in the treatment of social anxiety disorder. From the Author: Although social anxiety disorder (social phobia) is widely researched topic in psychiatry, other disciplines, such as social and developmental psychology, have independently

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been studying the same phenomena for many years. Yet, there has been very little cross-discipline communication and integration. The main objective of the book is to integrate the findings on social anxiety from various disciplines, including clinical psychology, psychiatry, social psychology, neuroscience, and developmental psychology. The most comprehensive source of up-to-date data, with review articles covering a thorough delineation of social anxiety, theoretical perspectives, and treatment approaches Consolidates broadly distributed literature into single source Each chapter is written by an expert in the topic area, providing more fully vetted expert knowledge than any existing work Integrates findings from various disciplines – clinical, social and developmental psychology, psychiatry, neuroscience – rather than focusing on only one conceptual perspective Provides a complete understanding of a complex phenomenon, giving researchers and clinicians alike a better set of tools for furthering what we know

Exposure Therapy for Anxiety

Family-based treatment (FBT) for eating disorders is an outpatient therapy in which parents are utilized as the primary resource in treatment. The therapist supports the parents to do the work nurses would have done if the patient were hospitalized to an inpatient-refeeding unit, and are eventually tasked with encouraging the patient to resume normal adolescent development. In recent years many new adaptations of the FBT intervention have been developed for addressing the needs of special populations. This informative new volume chronicles these novel applications of FBT in a series of chapters authored by the leading clinicians and investigators who are pioneering each adaptation.

Therapy for Eating Disorders

Despite the relevance of eating disorders in the past years, the pure core of these mental disorders remains unknown. In this regard, it is not a surprise that the biopsychosocial model is the best way to go forward in order to understand and to improve the different approaches, biological (mainly neurobiological), psychological, and social, in managing these disorders. Eating disorders are frequent pathologies, many times severe and often devastating for patients and their families. Biological, psychological, and social factors are always involved in these disorders, and knowledge about the influence of these factors helps us to better understand eating disorders. This book includes different studies about main topics of eating disorders and is useful for psychologists, doctors and others interested in this disorder.

Sick Enough

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

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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.

Overcoming Eating Disorders

People living with eating disorders find it hard to take the step of choosing recovery, often because the disorder has developed as a way of 'coping' with problems or stresses in their life. This book outlines new and positive ways of dealing with eating disorders for people living with eating disorders and their families. A practical workbook written by someone who has lived with eating disorder, it provides advice and strategies to aid understanding and to help the reader to gain control of their illness. Anna Paterson leads the reader through easy-to-use therapeutic exercises, such as describing the pros and cons of an illness, writing a farewell letter to it, and using role-reversal scenarios to get a new perspective on their attitude to eating. She emphasizes the importance of taking things at your own pace and in the final section of the book provides a set of diet plans specifically designed for anorexics, bulimics and compulsive overeaters. This book will be valued by people living with eating disorders and their families, and also the psychologists and psychotherapists, counsellors, health professionals and social workers who work with them.

Cognitive Behavior Therapy for Adolescents with Eating Disorders

A Process-Focused Guide to Treating Eating Disorders with ACT At some point in clinical practice, most therapists will encounter a client suffering with an eating disorder, but many are uncertain of how to treat these issues. Because eating disorders are rooted in secrecy and reinforced by our culture's dangerous obsession with thinness, sufferers are likely to experience significant health complications before they receive the help they need. Acceptance and Commitment Therapy for Eating Disorders presents a thorough conceptual foundation along with a complete protocol therapists can use to target the rigidity and perfectionism at the core of most eating disorders. Using this protocol, therapists can help clients overcome anorexia, bulimia, binge eating disorder, and other types of disordered eating. This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action-the six behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies. Both clinicians who already use ACT in their practices and those who have no prior familiarity with this revolutionary approach will find this resource essential to the effective assessment and treatment of all types of eating disorders.

Exposure Therapy for Child and Adolescent Anxiety and OCD

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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.

The Oxford Handbook of Dialectical Behaviour Therapy

It should not surprise us that so many are finding unique value in the experiential techniques. The fact that eating-disordered patients adopt physical and often complex metaphoric means of expressing their emotional pain suggests the difficulty we are likely to encounter in asking them to articulate the inarticulable. In moving to spatial, kinesthetic, and symbolic expression, we are, in a sense, agreeing to speak the patient's language rather than our own. Given the very nature of eating disorders, many clinicians are

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finding that experiential methods are particularly applicable for treating patients who suffer from them. Providing a valuable new tool for practitioners, EXPERIENTIAL THERAPIES FOR EATING DISORDERS is the first text to focus solely on the application of expressive therapies and experiential techniques to the treatment of anorexia nervosa and bulimia. Each chapter of this innovative work systematically reviews a single experiential treatment approach. Among these are * guided imagery * hypnosis * structured eating * family sculpting * psychodrama and gestalt therapy * dance/movement therapy * art therapy * music therapy * and metaphor/poetry therapy. Throughout, important clinical issues that often accompany eating disorders also are addressed, including such topics as self-awareness, self-esteem, autonomy, identity, impulse regulation, affect modulation, body image, and interpersonal relationships. Countertransferential issues are examined, and areas needing further exploration such as father's role in the development of eating disorders, the hypnotizability of eating disordered patients, and the role of family in the treatment process are delineated. The contributing authors, experienced practitioners from a variety of disciplines, systematically establish the theoretical framework of each treatment approach, fully describe specific techniques, and then consider their practical applications in both inpatient and outpatient settings--providing numerous case examples for illustration. They also offer helpful recommendations for incorporating these techniques into ongoing treatment plans. EXPERIENTIAL THERAPIES FOR EATING DISORDERS--a valuable clinical resource for psychologists, psychiatrists, and all mental health professionals called on to treat patients suffering from anorexia and bulimia nervosa. This innovative work illustrates the use of guided imagery, hypnosis, structured eating, family sculpting, psychodrama and gestalt

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therapy, and dance/movement, art, music, and metaphor/poetry therapy in the treatment of anorexia and bulimia nervosa. Systematically presented are the theoretical framework of each treatment approach, specific techniques, and their practical applications illustrated by numerous case examples. All professionals who treat clients with eating disorders will find this volume a most valuable clinical resource.

Exposure Therapy for Eating Disorders

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).

Social Anxiety

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This handbook is currently in development, with individual articles publishing online in advance of print publication. At this time, we cannot add information about unpublished articles in this handbook, however the table of contents will continue to grow as additional articles pass through the review process and are added to the site. Please note that the online publication date for this handbook is the date that the first article in the title was published online.

Treating Eating Disorders in Adolescents

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.

Almost Anorexic

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Exposure Therapy refers to any clinical intervention in which a client directly confronts a source of fear. Since high levels of anxiety can not be maintained indefinitely, repeated exposure leads to decreased anxiety. This type of treatment is effective with phobias, post traumatic stress disorder, obsessive compulsive disorders, panic, generalized anxiety, and several other disorders. It's also been found to be effective in helping to treat substance abuse. Although exposure-based treatments have been extensively researched and reported in the literature, there is no single comprehensive treatment of exposure therapies. Writings tend to be limited to larger pieces on treating specific disorders or types of patients. A comprehensive book on the use of these treatments across patient disorders will be of great use to practitioners. The book is divided into three sections: Foundation, Applications, and Issues. Foundation chapters considers theoretical and assessment issues. Applications chapters will discuss research literature on each disorder having been proven to be successfully treated with exposure therapy. Issue chapters will discuss liability issues, false memory syndrome, and the use of computers and virtual reality in exposure therapy.

- *Covers the broad range of exposure therapies in one comprehensive source
- *Provides an integrated look at exposure therapy across a variety of disorders
- *Each such chapter will include a case study
- *Blends literature review and practice guidelines

Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder

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-

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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.

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