

The Psychology Of Eating Disorders

Eating Disorders in Children and Adolescents Eating Disorders and Obesity, Third Edition Eating Disorders Embodiment and the Treatment of Eating Disorders: The Body as a Resource in Recovery Eating Disorders in Children and Adolescents Psychological Responses to Eating Disorders and Obesity The Psychology of Eating and Drinking Psychoanalytic Treatment of Eating Disorders Bio-Psycho-Social Contributions to Understanding Eating Disorders Handbook of Assessment and Treatment of Eating Disorders Medical Management of Eating Disorders Eating Disorders in Women and Children The Treatment of Eating Disorders Eating Disorders The Psychology of Eating Handbook of Treatment for Eating Disorders The Oxford Handbook of Eating Disorders The Psychology of Eating Disorders Assessment of Eating Disorders Overcoming Eating Disorders Exposure Therapy for Eating Disorders Acceptance and Commitment Therapy for Eating Disorders Cognitive Behavior Therapy and Eating Disorders Eating Disorders The Psychology of Eating and Drinking Eating and Weight Disorders Feminist Perspectives on Eating Disorders Handbook Eating Disorders Cognitive Remediation Therapy (CRT) for Eating and Weight Disorders Eating Disorders Decoding Anorexia Mental disorders : diagnostic and statistical manual Eating Disorders and Obesity What You Need to Know about Eating Disorders The Binge Eating Prevention Workbook Food for Thought Therapy for Eating Disorders The Oxford Handbook of Music Therapy Eating Disorders in Special Populations Psychology of Eating

Eating Disorders in Children and Adolescents

Food for Thought offers fresh psychoanalytic insights into treating clients with eating disorders. In lively and jargon-free language, Nina Savelle-Rocklin breaks down the psychoanalytic approach to give practitioners and general readers alike a deeper understanding of the theory and effective treatment of eating disorders to achieve lasting change and true healing.

Eating Disorders and Obesity, Third Edition

Eminently practical and authoritative, this comprehensive clinical handbook brings together leading international experts on eating disorders to describe the most effective treatments and how to implement them. Coverage encompasses psychosocial, family-based, medical, and nutritional therapies for anorexia nervosa, bulimia nervosa, binge-eating disorder, and other eating disorders and disturbances. Especially noteworthy are "mini-manuals" that present the nuts and bolts of 11 of the treatment approaches, complete with reproducible handouts and forms. The volume also provides an overview of assessment, treatment planning, and medical management issues. Special topics include psychiatric comorbidities, involuntary treatment, support for caregivers, childhood eating disorders, and new directions in treatment research and evaluation.

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.

Embodiment and the Treatment of Eating Disorders: The Body as a Resource in Recovery

With its primary focus on the psychology of eating from a social, health, and clinical perspective, the second edition of *The Psychology of Eating: From Healthy to Disordered Behavior* presents an overview of the latest research into a wide range of eating-related behaviors. Features the most up-to-date research relating to eating behavior. Integrates psychological knowledge with several other disciplines

Written in a lively, accessible style Supplemented with illustrations and maps to make literature more approachable

Eating Disorders in Children and Adolescents

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.

Psychological Responses to Eating Disorders and Obesity

Tools for the clinician to help clients turn their bodies into resources for healing from eating disorders. Embodiment refers to the lived attunement of the inner and outer experience of self. Cognitions are aligned with the sensing and feeling body. Further, in an attuned experience of self, positive embodiment is maintained by internally focused tools, such as self-care practices that support physiological health, emotional well-being, and effective cognitive functioning. For those who suffer from eating disorders, this is not the case; in fact, the opposite is true. Disordered thinking, an unattuned sense of self, and negative cognitions abound. Turning this thinking around is key to client resilience and treatment

successes. Catherine Cook-Cottone provides tools for clinicians working with clients to restore their healthy selves and use their bodies as a positive resource for healing and long-term health. The book goes beyond traditional treatments to talk about mindful self-care, mindful eating, yoga, and other practices designed to support self-regulation.

The Psychology of Eating and Drinking

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.

Psychoanalytic Treatment of Eating Disorders

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.

Bio-Psycho-Social Contributions to Understanding Eating Disorders

Our fascination with eating and drinking behaviors and their causes has resulted in a huge industry of food-related pop science. Every bookstore, every magazine stand, every grocery store checkout counter is filled with publications about how to get your child to eat vegetables, how to tell if someone has an eating disorder or, most commonly, how to lose weight. But the degree to which any of these is based on scientific research is very limited. In contrast to the literature for the general reader, the scientific research on eating and drinking behaviors is usually too technical for the general reader. The Psychology of Eating and Drinking is a unique volume; a textbook that can be comprehended by the general educated reader. Just as in her past editions of this book, Alexandra Logue grounds her investigation into the complex interactions between our physiology, our surroundings, and our eating and drinking habits in laboratory research and up-to-date scientific information. The chapters move from the

general -- hunger and thirst, taste and smell, and eating behaviors -- to the more specialized -- overeating and overdrinking, anorexia and bulimia, and alcohol use. In each case, Logue provides a brief synopsis of the most historically influential scientific research and then relates this history to the most up to date advances. This method provides the reader with a general introduction to the physiology of sensations related to eating and drinking and how these sensations are influenced by the individual's social surroundings. The Psychology of Eating and Drinking provides the general reader and student with a biological and psychological framework to understand his or her eating behaviors.

Handbook of Assessment and Treatment of Eating Disorders

Medical Management of Eating Disorders

Our understanding of eating disorders has improved markedly over the past 10 years since the publication of the previous edition of this volume. Early intervention is the key, as body dissatisfaction, obsession with thinness, and restrained and binge eating can be found in those as young as ten. Exploring prevention methods and therapeutic options,

Eating Disorders in Women and Children

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.

The Treatment of Eating Disorders

Our fascination with eating and drinking behaviors and their causes has resulted in a huge industry of food-related pop science. Every bookstore, every magazine stand, every grocery store checkout counter is filled with publications about how to get your child to eat vegetables, how to tell if someone has an eating disorder or, most commonly, how to lose weight. But the degree to which any of these is based on scientific research is very limited. In contrast to the literature for the general reader, the scientific research on eating and drinking behaviors is usually too technical for the general reader. The Psychology of Eating and Drinking is a unique volume; a textbook that can be comprehended by the general educated reader. Just as in her past editions of this book, Alexandra Logue grounds her investigation into the complex interactions between our physiology, our surroundings, and our eating and drinking habits in laboratory research and up-to-date scientific information. The chapters move from the general -- hunger and thirst, taste and smell, and eating behaviors -- to the more specialized -- overeating and overdrinking, anorexia and bulimia, and alcohol use. In each case, Logue provides a brief synopsis of the most historically influential scientific research and then relates this history to the most up to date advances. This method provides the reader with a general introduction to the physiology of sensations related to eating and drinking and how these sensations are influenced by the individual's social surroundings. The Psychology of Eating and Drinking provides the general reader and student with a biological and psychological framework to understand his or her eating behaviors.

Eating Disorders

Concise and practical yet comprehensive, this unique book provides a clear framework and a range of up-to-date tools for assessing patients with eating disorders. Leading clinicians and researchers describe the nuts and bolts of using diagnostic interviews, standardized databases, structured instruments, self-report and family-based measures, medical and nutritional assessment, ecological momentary assessment, and strategies for evaluating body image disturbance. Concrete examples and sample forms are included throughout, and the concluding chapter discusses how to use assessment data in individualized treatment planning.

The Psychology of Eating

Psychoanalytic Treatment of Eating Disorders: When Words Fail and Bodies Speak offers a compilation of some of the most innovative thinking on psychoanalytic approaches to the treatment of eating disorders available today. In its recognition of the multiple meanings of food, weight, and body shape, psychoanalytic thinking is uniquely positioned to illuminate the complexities of these often life-threatening conditions. And while clinicians regularly draw on psychoanalytic ideas in the treatment of eating disorders, many of the unique insights psychoanalysis provides have been neglected in the contemporary literature. This volume brings together some of the most respected clinicians in the field and speaks to the psychoanalytic conceptualization and treatment of eating disorders as well as contemporary issues, including social media, pro-anorexia forums, and larger cultural issues such as advertising, fashion, and even

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agribusiness. Drawing on new theoretical developments, several chapters propose novel models of treatment, whereas others delve into the complex convergence of culture and psychology in this patient population. Psychoanalytic Treatment of Eating Disorders will be of interest to all psychoanalysts and psychotherapists working with this complex and multi-faceted phenomenon.

Handbook of Treatment for Eating Disorders

This is an edited book that brings together many of the most distinguished researchers and clinicians in the field of food misuse. The papers included are drawn from the conferences on psychological approaches to eating disorders and obesity held at the University of Hertfordshire in 2005 and 2006. It presents current research while focusing on the application of this new knowledge. It covers both eating disorders and obesity in one volume, thus positioning obesity firmly at one end of the food misuse continuum. Chapters will cover subjects such as psychological and cultural aspects of food use, using CBT for treating eating disorders, and CBT group therapy for obesity.

The Oxford Handbook of Eating Disorders

Acclaimed for its encyclopedic coverage, this is the only handbook that synthesizes current knowledge and clinical practices in the fields of both eating disorders and obesity. Like the prior editions, the significantly revised third edition features more than 100 concise, focused chapters with lists of key readings in place of extended references. All aspects of eating disorders and obesity are addressed by foremost clinical researchers: classification, causes, consequences,

risk factors, and pathophysiology, as well as prevention, treatment, assessment, and diagnosis. ÿ New to This Edition
*Reflects 15 years of important advances in both fields, including state-of-the-art intervention approaches and a growing focus on how the brain regulates eating behavior.
*Dozens of entirely new chapters. *New topics: epigenetics, body weight and neurocognitive function, stress and emotion regulation, the gut microbiome, surgical devices for obesity, food labeling and marketing, and more. *Expanded coverage of prevention and policy.

The Psychology of Eating Disorders

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.

Assessment of Eating Disorders

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An innovative and customizable 8-week plan to help you take control of your eating habits—once and for all. Do you feel like your eating gets out of control? When it comes to food, does it feel like your life is controlled by cycles of deprivation and bingeing? Whether or not you've been formally diagnosed with a binge-eating disorder, you know that something needs to change. But like many disorders, what helps one person may not help another. That's why *The Binge Eating Prevention Workbook* offers a wide range of evidence-based tools to help you take charge of your eating habits. Using the eight-week protocol in this workbook, you'll learn how to recognize your triggers, cope with difficult emotions, improve relationships, and make healthy food choices that will ultimately improve how you feel. You'll learn to understand the underlying causes of your binge eating, how to recognize binge-inducing environmental factors, why dieting just doesn't work, and mindfulness techniques to help you stay present when the urge to binge takes hold. If you're ready to break the shame-filled cycle of binge eating, this workbook has everything you need to get started today.

Overcoming 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.

Exposure Therapy for Eating Disorders

Decoding Anorexia is the first and only book to explain anorexia nervosa from a biological point of view. Its clear, user-friendly descriptions of the genetics and neuroscience behind the disorder is paired with first person descriptions and personal narratives of what biological differences mean to sufferers. Author Carrie Arnold, a trained scientist, science writer, and past sufferer of anorexia, speaks with clinicians, researchers, parents, other family members, and sufferers about the factors that make one vulnerable to anorexia, the neurochemistry behind the call of starvation, and why it's so hard to leave anorexia behind. She also addresses:

- How environment is still important and influences behaviors
- The characteristics of people at high risk for developing anorexia nervosa
- Why anorexics find starvation “rewarding”
- Why denial is such a salient feature, and how sufferers can overcome it

Carrie also includes interviews with key figures in the field who explain their work and how it contributes to our understanding of anorexia. Long thought to be a psychosocial disease of fickle teens, this book alters the way anorexia is understood and treated and gives patients, their doctors, and their family members hope.

Acceptance and Commitment Therapy for Eating Disorders

Essays discuss the set-point theory, fat cells, diet and health, symptoms of eating disorders, and body image disturbances,

and examines treatments, therapies, and psychological considerations

Cognitive Behavior Therapy and Eating Disorders

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

This book provides readers with information to better understand eating disorders, written in accessible language for teens and young adults—those most at risk for these potentially deadly mental disorders. Eating disorders,

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including anorexia nervosa, bulimia nervosa, and binge eating disorder, are some of the most commonly diagnosed mental disorders. They are also the deadliest: in the United States, an individual dies as the result of an eating disorder every hour. What You Need to Know about Eating Disorders is a part of Greenwood's Inside Diseases and Disorders series. This series profiles a variety of physical and psychological conditions, distilling and consolidating vast collections of scientific knowledge into concise, readable volumes. A list of "top 10" essential questions begins each book, providing quick-access answers to readers' most pressing concerns. The text follows a standardized, easy-to-navigate structure, with each chapter exploring a particular facet of the topic. In addition to covering basics such as causes, signs and symptoms, diagnosis, and treatment options, books in this series delve into issues that are less commonly addressed but still critically important, such as effects on loved ones and caregivers. Case illustrations highlight key themes discussed in the book, accompanied by insightful analyses and recommendations. The text approaches the subject in a holistic manner, covering often-overlooked areas such as societal perceptions and the impact on family and friends. An Essential Questions section provides quick answers to the questions that readers are most likely to have and serves as a springboard to explore the content of the book in more detail. Case Illustrations provide relatable, real-world examples of concepts discussed in the text. An annotated Directory of Resources points readers toward useful books, organizations, and websites, acting as a gateway to further study and research.

The Psychology of Eating and Drinking

'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 and Weight Disorders

Eating disorders are among the most complex disorders to treat, typically requiring medical, nutritional, and psychotherapeutic interventions. High relapse rates and the sense of urgency to save lives and minimize or prevent lifelong problems present challenges for even the most seasoned treatment providers. In an engaging, clear, and concise manner, *Eating Disorders in Special Populations: Medical, Nutritional, and Psychological Treatments* prepares physicians, dietitians, and psychotherapists to navigate the labyrinth they enter with eating disordered patients. Aggregating a vast amount of information and perspectives in a clear and concise format, readers will gain insight into the minds on both sides of the treatment room. From leading experts in the field, readers will learn how dietitians, physicians, and psychotherapists conceptualize and treat people with eating disorders, and treatment providers will discover the nuanced etiologies of eating disorder symptoms in a range of diverse populations. Increase your cultural competency and expand your practice by learning how eating disorders are created, maintained, and resolved. Join us in bringing light, health, and hope to our patients and to our colleagues across disciplines.

Feminist Perspectives on Eating Disorders

A timely, relevant work, this encyclopedia provides a comprehensive examination of a full range of topics related to eating disorders and body image. * Case illustrations of eating disorder concerns * A timeline of the history of eating disorders * Contributions from experts in cross-disciplinary fields * Types of prevention programs and ways to promote positive body image

Handbook Eating Disorders

The effective treatment of anorexia nervosa (AN) remains a significant challenge. This has prompted new research into ways of engaging and keeping patients in treatment and ultimately achieving better outcomes, not only on a symptomatic level but also in broader aspects of life. In this book Kate Tchanturia brings together international experts from the field of eating disorders to discuss the effectiveness of cognitive remediation therapy for treating anorexia nervosa, and keeping patients in therapy. Cognitive Remediation Therapy (CRT) is a type of therapy that concentrates on improving neurocognitive abilities such as attention, working memory, cognitive flexibility and planning, and executive functioning which leads to improved general functioning. Recent research has demonstrated the effectiveness of the approach for treating those with anorexia nervosa, cognitive improvements have been noted in patients, and the approach is associated with low drop-out rates from the treatment, and high levels of acceptability among both patients and therapists. This book presents research focussing on: - individual therapy with adults - family-based therapy - CRT with young people - group format of CRT - adapting interventions for people with co-morbidities - clinicians experiences working with CRT Illustrated throughout with case studies, and integrating neuropsychological testing and brain imaging this book discusses the latest research on this novel treatment approach. It will be key reading for researchers and academics in the eating disorders field wanting to trial the approach, as well as final year undergraduates and postgraduate clinical psychology students looking for a new perspective.

Cognitive Remediation Therapy (CRT) for Eating and Weight Disorders

Music therapy is growing internationally to be one of the leading evidence-based psychosocial allied health professions, meeting needs right across the lifespan. Music therapy is a relational therapy in which the therapist and client collaborate to discover how music can be used to strengthen positive relating skills, attending to the client's immediate and longer term needs through assessment, treatment planning, implementation, and evaluation of a music therapy programme. Music therapy is based upon the capacity of music provided by a trained and qualified practitioner to support, integrate, and heal trauma, pain, psychological distress, and to develop and extend the existing capacities of the client. In the Oxford Handbook of Music Therapy, international leaders in the field from 10 countries have contributed their expertise to showcase contemporary music therapy. They share knowledgeable perspectives from multiple models of music therapy that have developed throughout the world, including Nordoff-Robbins Music Therapy, The Field of Play, Community Music Therapy, and Resource Oriented Music Therapy. There is extensive information provided as to how music therapists practice and with whom, as well as the techniques used in music therapy individually and in groups, the research basis for the work, and professional and training issues in the field. The book is clearly laid out in five sections; contexts and populations, models and approaches, methods and techniques, research methods, and training and professional issues. Course materials can be structured around the book, or the book can be used as a starting point for students' learning about a model or population. Music therapy students will enjoy the clear descriptions of practice,

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the clinical vignettes, and the helpful pointers and tips for developing placement work. Unequaled in depth and breadth, this landmark publication is an essential resource for those starting out in Music Therapy, as well as for experienced practitioners.

Eating Disorders

Anorexia Nervosa and other eating disorders are arguably the most complex mental health problems that a child or adolescent may experience. Numbers seeking help are on the increase, and the complexity of these disorders challenges even the most experienced clinician. In this 2006 book, the experience of numerous practitioners with international reputations in the field is brought to bear on the broad range of issues a good clinician needs to know about, from the history of the disorder through to treatment, psychopharmacology, the psychotherapies, epidemiology, comorbidities, eating disorders in boys, and neuroimaging. The book is divided into parts detailing the scientific underpinnings, abnormal states, the evidence base for treatments, and finally public health issues, including service delivery models and perspectives on prognosis and outcomes. Clinicians encountering eating disorders will find this latest addition to the Cambridge Child and Adolescent Psychiatry series invaluable.

Decoding Anorexia

Offers a clear, concise, up-to-date introduction to eating disorders for students in the health professions This is a concise, accessible introduction to eating disorders for undergraduate and graduate students in psychology, as well

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as those specializing in health education and nutrition. Easy to read and grounded in DSM-5 definitions and the most up-to-date research, the text is designed for students in the health professions as well as health professionals seeking a basic understanding of the challenges associated with their diagnoses and treatment. Written by a licensed psychologist and certified eating disorders specialist, the book describes what eating disorders are and are not, who is likely to develop them, and signs and symptoms of specific disorders. It discusses biological, medical, psychological, interpersonal, and socio-cultural risk factors, and helps the reader to identify those who are at risk for experiencing an eating disorder and how to refer them for evaluation. Scenarios reflect the wide spectrum of people who suffer from eating disorders including young and old, male and female, and athlete and non-athlete. Uniquely, the book also covers the range of reactions someone—including treatment providers—can have to an individual diagnosed with an eating disorder. The text also delivers strategies for treatment and prevention, with overviews of their effectiveness. Print version of the book includes free, searchable, digital access to its entire contents.

Key Features: Provides an easy-to-read introduction to the full range of eating disorders
Discusses risk factors and warning signs of eating disorders
Discusses evidence-based treatment approaches and prevention
Considers long-term effects of eating disorders
Includes illustrative narratives of diverse individuals with EDs
Authored by a certified eating disorders specialist

Mental disorders : diagnostic and statistical manual

For courses in Abnormal Psychology, Clinical Psychology,

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Gender and Psychopathology, and Eating Disorders. In addition, Eating Disorders may be a useful supplemental text in courses within the following areas: Nursing, Nutrition, and Sports Medicine. Eating Disorders presents a comprehensive and accessible investigation of eating disorders, including but not limited to anorexia nervosa, and bulimia nervosa. The text spans topics such as historical and cross-cultural trends in prevalence of eating pathology, biological bases of eating disorders, and treatment and prevention.

Eating Disorders and Obesity

Examines the biological, psychological, and sociocultural influences on eating behaviors Psychology of Eating provides a multi-disciplinary overview to the study of eating; it examines current research in biology, nutrition, psychology, and more. The text's balance of major theories, historical and current research, and real-life examples enables students to understand and interact with the material presented.

MySearchLab is a part of the Rowland program. Research and writing tools, including access to academic journals, help students explore the Psychology of Eating in even greater depth. To provide students with flexibility, students can download the eText to a tablet using the free Pearson eText app. This title is available in a variety of formats - digital and print. Pearson offers its titles on the devices students love through Pearson's MyLab products, CourseSmart, Amazon, and more.

What You Need to Know about 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.

The Binge Eating Prevention Workbook

This book uniquely combines cutting-edge medical, psychological, and sociocultural topics pertinent to eating disorders. In the medical realm, the book focuses on Eating Disorders' newly investigated associations with ADHD and sleep disorders, and on innovative treatments of osteoporosis in anorexia nervosa. Novel contributions in the psychological realm address families' trans-generational transmission of Eating Disorders-related difficulties and novel internet-based treatments for such families. Lastly, in the sociocultural realm, the book discusses social contagion and Pro-Ana websites as increasing risk for disordered eating in young women around the globe. This volume provides readers with more holistic perspectives of each realm and their interplay, to promote Eating Disorders' understanding, treatment, prevention, and research. It provides various professionals including mental health providers, physicians, nutritionists, and graduate students in these professions.

Food for Thought

Now in its second edition, this established text provides the practical information needed to treat patients with anorexia nervosa and related eating disorders. It is suitable for all health care professionals involved in eating disorder management, with special information provided for general practitioners, nurses, family carers and nutritionists.

Therapy for Eating Disorders

The recent publication of the revised Diagnostic and Statistical Manual of Mental Disorders (DSM-5®) has had a profound impact on the classification of eating disorders, introducing changes that were formalized after years of study by the Eating Disorders Work Group. The Handbook of Assessment and Treatment of Eating Disorders is the only book that provides clinicians with everything they need to know to implement these changes in assessment, diagnosis, and treatment. After an overview of feeding and eating disorders that systematically reviews the changes from DSM-IV to DSM-5®, some of the foremost scholars in each area address eating disorders in adults, children and adolescents, and special populations. Chapters on assessment and treatment, along with accompanying videos, offer comprehensive, state-of-the-art coverage that will benefit clinicians in practice, such as psychiatrists and psychotherapists, as well as mental health trainees. Clinicians will find the following features and content especially useful: Five full chapters on assessment tools cover the evolution of measures and instruments, from the primitive beginnings to the cutting edge of new technological applications. The challenges of diagnosing feeding and eating disorders in

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children and adolescents are also addressed. Treatment chapters cover restrictive eating, including anorexia nervosa and avoidant/restrictive food intake disorder, binge eating, including bulimia nervosa and binge-eating disorder, and other eating problems, including pica, rumination disorder, and night eating syndrome. One chapter focuses on eating problems among men and boys, who have diverse presentations, and the motivations and body image disturbances that may differ from those typically found among females. Because attunement to culturally and socially patterned characteristics of clinical presentation is essential to an informed and accurate mental health assessment, an entire chapter is devoted to clinical effectiveness in multicultural and cross-cultural settings. Each chapter ends with key clinical points to help readers focus on the most salient content, test comprehension, and review for examinations. Clinicians in both training and practice will find the book's up-to-date, DSM-5®-compatible content to be utterly essential. The Handbook of Assessment and Treatment of Eating Disorders belongs in the library of every mental health professional practicing today.

The Oxford Handbook of Music Therapy

Advancing the literature on a critical topic, this important new work illuminates the relationship between the anguish of eating disorder sufferers and the problems of ordinary women. The book covers a wide variety of issues - from ways in which gender may predispose women to eating disorders to the widespread cultural concerns these problems symbolize. Throughout, the psychology of women is reflected in the concepts and methods described; there is an explicit commitment to political and social equality for women; and

therapy is reevaluated based on an understanding of the needs of women patients and the potentially differing contributions of male and female therapists. Providing valuable insights into the critical problem of eating disorders, this book is essential reading for clinicians and researchers alike. Also, by examining many of the ways in which women are affected by and respond to society's gender politics, the book may be used as a text in women's studies courses.

Eating Disorders in Special Populations

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.

Psychology of Eating

Eating disorders refer to a range of problems characterized by abnormal eating behaviours and beliefs about eating, weight, and shape. Eating disorders, which are classified as psychiatric problems, and obesity, which is classified as a general medical condition, reflect a diverse and perplexing array of biological, social, and psychological phenomena. Beginning with a comprehensive overview of eating and

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weight disorders, this volume also covers: anorexia nervosa bulimia nervosa atypical eating disorders and binge eating disorders obesity. Including the most up-to-date research, Carlos Grilo provides a balanced and authoritative overview of current thinking in the fields of eating disorders and obesity with broad yet in-depth coverage of the areas. This highly readable book is an indispensable resource to students and professionals in clinical psychology, health psychology, and psychiatry.

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