

Treating Bulimia In Adolescents A Family Based Approach

Adolescent-Focused Therapy for Anorexia Nervosa Eating Disorders in Children and Adolescents When Your Teen Has an Eating Disorder Eating Disorders in Children and Adolescents The Oxford Handbook of Clinical Child and Adolescent Psychology My Kid Is Back Psychodynamic Self Psychology in the Treatment of Anorexia and Bulimia Dialectical Behavior Therapy for Binge Eating and Bulimia Family Based Treatment for Restrictive Eating Disorders Family Therapy for Adolescent Eating and Weight Disorders Understanding Teen Eating Disorders Help Your Teenager Beat an Eating Disorder The Parent's Guide to Eating Disorders Handbook of Assessment and Treatment of Eating Disorders The Adolescent Psychotherapy Treatment Planner Treating Bulimia in Adolescents Treatment Manual for Anorexia Nervosa, Second Edition Casebook of Evidence-Based Therapy for Eating Disorders Innovations in Family Therapy for Eating Disorders Eating Disorders Body Image, Eating Disorders, and Obesity in Youth Eating Disorders Eating Disorders and Obesity in Children and Adolescents Effective Clinical Practice in the Treatment of Eating Disorders If Your Adolescent Has an Eating Disorder Multifamily Therapy Group for Young Adults with Anorexia Nervosa Treating Black Women with Eating Disorders Cognitive Behavior Therapy and Eating Disorders Anorexia Nervosa and Related Eating Disorders in Childhood and Adolescence Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder Cognitive Behavior Therapy for Adolescents with Eating Disorders Treating Eating Disorders in Adolescents The Oxford Handbook of Eating Disorders Eating Disorders Unpack Your Eating Disorder What's Eating You? A Cognitive-Interpersonal Therapy Workbook for Treating Anorexia Nervosa Evidence-based Treatments for Eating Disorders The Oxford Handbook of Child and Adolescent Eating Disorders: Developmental Perspectives The Treatment of Eating Disorders

Adolescent-Focused Therapy for Anorexia Nervosa

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.

Eating Disorders in Children and Adolescents

"This is the second edition of an authoritative guide to help parents determine whether their adolescent has an eating disorder and how to get

treatment. This edition expands the first edition's coverage of Anorexia Nervosa and Bulimia Nervosa and provides comprehensive information on eating disorders newly described in DSM-5 including Avoidant/Restrictive Food Intake Disorder (ARFID) and Binge-Eating Disorder. The authors, internationally recognized authorities, review recent research on the causes of eating disorders and new methods to prevent and treat them. The book is written in easy-to-understand language and includes practical wisdom from parents who have been in the trenches raising teens with eating disorders"--

When Your Teen Has an Eating Disorder

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.

Eating Disorders in Children and Adolescents

The bestselling treatment planning system for mental health professionals The Adolescent Psychotherapy Treatment Planner, Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions including conduct disorder, substance use, low self-esteem, suicidal ideation, ADHD, and eating disorders Organized around 36 behaviorally based presenting problems, including peer/sibling conflict, school violence, sexual abuse, and others Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA

The Oxford Handbook of Clinical Child and Adolescent Psychology

If your teen has an eating disorder—such as anorexia, bulimia, or binge eating—you may feel helpless, worried, or uncertain about how you can best support them. That's why you need real, proven-effective strategies you can use right away. Whether used in conjunction with treatment

or on its own, this book offers an evidence-based approach you can use now to help your teen make healthy choices and stay well in body and mind. *When Your Teen Has an Eating Disorder* will empower you to help your teen using a unique, family-based treatment (FBT) approach. With this guide, you'll learn to respectfully and lovingly oversee your teen's nutritional rehabilitation, which includes helping to normalize eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and using coping strategies and recovery skills to prevent relapse. In addition to helping parents and caregivers, this book is a wonderful resource for mental health professionals, teachers, counselors, and coaches who work with parents of and teens with eating disorders. It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment. As a parent, feeding your child is a fundamental act of love—it has been from the start! However, when a child is affected by an eating disorder, parents often lose confidence in performing this basic task. This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal.

My Kid Is Back

A book about eating disorders for teenagers.

Psychodynamic Self Psychology in the Treatment of Anorexia and Bulimia

Highly practical and clinician friendly, this book provides evidence-based tools for tailoring psychotherapy to the needs of clients with bulimia nervosa or eating disorder not otherwise specified (EDNOS), including binge-eating disorder. It offers specific guidance for conducting thorough clinical assessments and conceptualizing each case in order to select appropriate interventions. A proven cognitive-behavioral treatment protocol is presented and illustrated with a chapter-length case example. In a convenient large-size format, the book includes a session-by-session treatment plan and 20 reproducible forms, handouts, and worksheets that clinicians can photocopy or download and print for repeated use.

Dialectical Behavior Therapy for Binge Eating and Bulimia

An indispensable clinical resource, this groundbreaking book is the first treatment manual to focus specifically on adolescent bulimia nervosa. The authors draw on their proven approach to treating anorexia nervosa in the family context and adapt it to the unique needs of this related yet distinct clinical population. Evidence-based strategies are presented for helping the whole family collaborate to bring dysfunctional eating behaviors under control, while also addressing co-occurring psychological problems and parent-child relationship conflicts. Highly practical, the book shows exactly how to carry out this time-limited therapy and what to do when problems arise. Special features include annotated session transcripts and answers to frequently asked questions.

Family Based Treatment for Restrictive Eating Disorders

At the founding in 1896 of the first psychological clinic dedicated to children and adolescents, the study of the psychological treatment of young people lagged behind that of adults, and the basic psychopathology underlying mental disorders in this population was largely ignored. Since those early days, the field has evolved steadily and, in recent years, exponentially. The Oxford Handbook of Clinical Child and Adolescent Psychology is a state-of-the-science volume providing comprehensive coverage of the psychological problems and disorders of childhood. International in scope and penned by the discipline's most eminent scientists and practitioners, the handbook begins with a section on conceptual and empirical issues, followed by exceptional content on specific psychiatric disorders such as intellectual disability, externalizing and internalizing disorders, communication disorders, schizophrenia and bipolar disorder, personality disorders, and many more. The third section offers chapters on special problems in childhood and adolescence, including divorce, the incarceration of parents, suicide and non-suicidal self-injury, bullying, and medical illness. A fourth section covers delivery of clinical services in diverse settings, such as schools and prisons, and the handbook concludes with several chapters on emerging trends and future directions for the field. Conceptually rich and evidence-based, this handbook is an essential resource for students, practitioners, and researchers, providing a cutting-edge compendium of the latest theoretical and empirical developments by leaders of the discipline.

Family Therapy for Adolescent Eating and Weight Disorders

Get a quick, expert overview of best practices for diagnosis and treatment of eating disorders in children and adolescents. This concise resource by Drs. Johannes Hebebrand and Beate Herpertz-Dahlmann provides psychiatrists and pediatricians with current information in this increasingly important field, including practical sections on developmental aspects of eating disorders, symptomology, epidemiology, etiology and pathophysiology, treatment and outcomes, and prevention. Discusses general concepts for feeding, eating, and weight disorders; body weight and composition, appetite regulation, and the emergence of body perception and image. Covers genetics of eating and weight disorders, influence of hormones, intergenerational effects, and food addiction. Includes information on cognitive behavioral therapy, family-based therapies, early intervention, pharmacotherapy, bariatric surgery, and other treatments. Consolidates today's available information on this timely topic into a single convenient resource.

Understanding Teen Eating Disorders

This book is the first to address what really happens behind closed doors during eating disorders treatment, as most writing has only addressed theoretical approaches and behavioral strategies. The field has long needed a book that describes the heart of the matter: the therapeutic interventions and interactions that comprise life-changing treatment for this life-threatening disorder. In response to this need, the authors have created a book that reflects the individual therapeutic skills and the collective wisdom of senior clinicians, all of whom have years of experience treating anorexia, bulimia, and binge eating disorder. Intended to be a deeply thoughtful and instructive volume, *Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter* demonstrates the depth, complexity, and impact of the therapeutic process. In particular, the book articulates and explores essential points of information, issues, insights and unresolved questions

about eating disorders treatment. *Effective Clinical Practice in the Treatment of Eating Disorders* describes and explicates important treatment issues and themes in a nuanced, highly contextualized and qualitative manner. The book offers a significant reference for both novice and seasoned therapists, and it includes specific information that will serve to inform and mentor future generations of eating disorders clinicians.

Help Your Teenager Beat an Eating Disorder

The *Parent's Guide to Eating Disorders* shows that effective solutions begin at home and cost little more than a healthy investment of time, effort, and love. Based on exciting new research, it differs from similar books in several key ways. Instead of concentrating on the grim, expensive hospital stays of patients with severe disorders, the authors focus on the family, teaching parents how to examine and understand their family's approach to food and body-image issues and its effect their child's behavior. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a nonthreatening, nonjudgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and sections on further reading, organizations and websites, residential and hospital programs, and references.

The Parent's Guide to 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).

Handbook of Assessment and Treatment of Eating Disorders

Based on the authors' pioneering work and up-to-date research at London's Maudsley hospital, *A Cognitive Interpersonal Therapy Workbook for Treating Anorexia Nervosa* provides adults with anorexia nervosa and the professionals working alongside them with a practical resource to work through together. The approach described is recommended by the National Institute of Clinical and Care Excellence (NICE) as a first-line, evidence-based treatment for adults with anorexia nervosa. *A Cognitive Interpersonal Therapy Workbook for Treating Anorexia Nervosa*

provides adults with anorexia nervosa and the professionals working alongside them with a practical resource to work through together. The manual is divided into accessible modules, providing a co-ordinated, step-by-step guide to recovery. Modules include: Nutrition Developing treatment goals Exploring thinking styles Developing an identity beyond anorexia. A Cognitive Interpersonal Therapy Workbook for Treating Anorexia Nervosa is a highly beneficial aid to recovery for those with the condition, their families and mental health professionals.

The Adolescent Psychotherapy Treatment Planner

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.

Treating Bulimia in Adolescents

When a child develops anorexia nervosa, parents often don't know where to turn for help. My Kid Is Back offers hope and encouragement for parents in fighting this eating disorder. Based on the Maudsley Approach, a successful family-based treatment, this book gives parents techniques for taking charge of the illness and helping their child move on with their lives. This is a practical guide that provides a fuller understanding of anorexia nervosa and information about where to go for help. It also features the stories of ten families who describe how they coped and the journeys they have made in beating the illness.

Treatment Manual for Anorexia Nervosa, Second Edition

"This indispensable manual presents the Maudsley method, the leading family-based treatment for adolescents with anorexia nervosa (AN). What sets this approach apart is the central role played by parents throughout treatment. The authors are prominent experts who describe how to mobilize families to promote the patient's weight restoration and healthy eating, improve parent-child relationships, and get adolescent development back on track. Each phase of therapy is described in session-by-session detail. In-depth case illustrations show how to engage clients while flexibly implementing the validated treatment procedures"--

Casebook of Evidence-Based Therapy for Eating Disorders

This book considers the risk, diagnosis, treatment, and outcome of eating disorders in children and adolescents from a developmental

perspective. Physical, emotional, and psychosocial factors contribute to which type of eating disorder develops, what type of intervention is likely effective, and the prognosis for recovery. The book includes a discussion of genetic and cognitive neuro-scientific aspects of these disorders.

Innovations in Family Therapy for Eating Disorders

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.

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.

Body Image, Eating Disorders, and Obesity in Youth

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.

Eating 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 painful emotions.

Eating Disorders and Obesity in Children and Adolescents

What does the evidence suggest is the most effective treatment for an individual with Anorexia Nervosa? What treatment is effective for someone with Bulimia Nervosa? Is there data to support the treatment of Binge Eating Disorder? Is there any evidence to support what treatment will be effective for Obesity? These important considerations will be reviewed in this current and comprehensive review of the existing evidence-based practices. This will serve as a resource for individuals with an eating disorder, their families, practitioners, students in nutrition, psychology, social work and psychiatry, as well as the general public. Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Obesity are prevalent public health concerns that cause significant morbidity and mortality. As the scientific literature accumulates a body of information regarding these clinical problems, this book serves as an invaluable reference providing a summary of the current evidence in the literature.

Effective Clinical Practice in the Treatment of Eating Disorders

This book presents an implementation of psychodynamic self psychology in the treatment of anorexia nervosa and bulimia nervosa, using a theoretical and therapeutic approach to examine the way that patients turn to food consumption or avoidance in order to supply needs they do not believe can be provided by human beings. The book starts with an overview of self psychology, presenting both the theory of self psychology and its specific application for the etiology and treatment of eating disorders. Featuring contributions from eating disorder professionals, the book then integrates this theory with 16 compelling case studies to explore how the eating-disordered patient is scared to take up space in a society that encourages precisely that. Professionals in the field of psychotherapy for eating disorders, as well as the entire community of psychotherapists, will benefit from the empirical capability of the theory to predict the development as well as remission from eating disorders.

If Your Adolescent Has an Eating Disorder

Examines the relationship between body image disturbances and eating disorders in our most vulnerable population: children and

adolescents. The editors present a dynamic approach that combines current research, assessment techniques, and suggestions for treatment and prevention. This volume delivers direction for researchers in the field as well as guidance for practitioners and clinicians working with young clients suffering from these disorders.

Multifamily Therapy Group for Young Adults with Anorexia Nervosa

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 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).

Treating Black Women with Eating Disorders

If your teenager shows signs of having an eating disorder, you may hope that, with the right mix of love, encouragement, and parental authority, he or she will just "snap out of it." If only it were that simple. To make matters worse, certain treatments assume you've somehow contributed to the problem and prohibit you from taking an active role. But as you watch your own teen struggle with a life-threatening illness, every fiber of your being tells you there must be some part you can play in restoring your child's health. In *Help Your Teenager Beat an Eating Disorder*, James Lock and Daniel Le Grange--two of the nation's top experts on the treatment of eating disorders--present compelling evidence that your involvement as a parent is critical. In fact, it may be the key to conquering your child's illness. *Help Your Teenager Beat an Eating Disorder* provides the tools you need to build a united family front that attacks the illness to ensure that your child develops nourishing eating habits and life-sustaining attitudes, day by day, meal by meal. Full recovery takes time, and relapse is common. But whether your child has already entered treatment or you're beginning to suspect there is a problem, the time to act is now. This book shows how.

Cognitive Behavior Therapy and 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.

Anorexia Nervosa and Related Eating Disorders in Childhood and Adolescence

Includes: an overview of eating disorders in childhood and adolescence; epidemiology; aetiology; prognosis and outcome; assessment and management.

Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder

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.

Cognitive Behavior Therapy for Adolescents with 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.

Treating Eating Disorders in Adolescents

The first of its kind, this edited volume provides in-depth, culturally sensitive material intended for addressing the unique concerns of Black women with eating disorders in addition to comprehensive discussions and treatment guidelines for this population. The contributing authors—all of whom are Black professionals providing direct care to Black women—offer a range of perspectives to help readers understand the whole experience of their Black female clients. This includes not only discussion of their clients' physical health but also of their emotional lives and the ways in which the stresses of racism, discrimination, trauma, and adverse childhood experiences can contribute to disordered

eating. Through a wealth of diverse voices and stories, chapters boldly tackle issues such as stereotypes and acculturative stress. Clinicians of any race will gain new tools for assessing, diagnosing, and treating disordered eating in Black women and will be empowered to provide better care for their clients.

The Oxford Handbook of Eating Disorders

Innovations in Family Therapy for Eating Disorders brings together the voices of the most-esteemed, international experts to present conceptual advances, preliminary data, and patient perspectives on family-based treatments for eating disorders. This innovative volume is based partly on a special issue of *Eating Disorders: The Journal of Treatment and Prevention* and includes a section on the needs of carers and couples, "Tales from the Trenches," and qualitative studies of patient, parent, and carer experiences. Cutting edge and practical, this compendium will appeal to clinicians and researchers involved in the treatment of eating disorders.

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 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.

Unpack Your Eating Disorder

Multifamily Therapy Group for Young Adults with Anorexia Nervosa describes a new and innovative family-centered outpatient Multifamily Therapy Group (MFTG) approach called Reconnecting for Recovery (R4R) for young adults with anorexia nervosa that is based on a relational reframing of eating disorders. Developed in concert with young adults and their families and informed by clinical observations, theory, and research, R4R is designed to help young adults and family members learn the emotional and relational skills required to avoid or repair relationship ruptures for continued collaboration in recovery. The book begins with an overview of anorexia nervosa, MFTG treatment approaches, and the development of R4R and moves into a session by session review of R4R including session goals, exercises and handouts. Protocols, case vignettes, and other materials help translate the theory and research underlying this multifamily therapy group model into practice. This treatment manual provides readers with explicit guidance in how to develop and conduct an outpatient R4R MFTG and a deeper understanding of the nature, purposes, and processes that characterize one.

What's Eating You?

Eating problems are common in children and teenagers. Yet myths about such problems abound and it can be very difficult to separate the facts from popular beliefs; unusual or disturbed eating patterns can be understandably bewildering and distressing for parents. Whatever aspect of your child's eating behaviour is causing you concern, this book will help you understand some of the more common reasons why problems arise, and will give you advice on what you and others can do to manage the situation. Written by two experienced clinicians, this new edition of Eating Disorders: A Parents' Guide is dedicated to clarifying the subject of eating disorders. Combining an accessible and straightforward introduction to the subject with practical advice, this book represents the first step towards recognising, understanding and dealing with the problem. Case-studies are used to help parents understand their children's experiences of this complex and challenging subject and sensitive advice is offered on a range of issues, including: how to identify a complete range of eating difficulties how to approach specific problems where to seek help and treatment. This book will be welcomed by anyone who is concerned about the eating habits of their children and will be invaluable to professionals working with those suffering from eating disorders.

A Cognitive-Interpersonal Therapy Workbook for Treating Anorexia Nervosa

Family Based Treatment for Restrictive Eating Disorders unpacks some of the most common dilemmas providers face in implementation of Family Based Treatment (FBT) across the spectrum of restrictive eating disorders. Directed towards advanced clinicians and supervisors, this manual is rooted in the assumption that true fidelity requires ongoing self-reflection and an understanding of the nuances involved in translating manualized interventions into rich clinical practice. Combining the key tenets of FBT with the best practices in supervision, it provides a framework to support each phase of the treatment process. Each chapter contains a wealth of resources, including clinical vignettes, a treatment fidelity measure, and other useful tools to assist both supervisors and advanced clinicians in becoming expert FBT

practitioners.

Evidence-based Treatments for Eating Disorders

Understanding Teen Eating Disorders introduces readers to common teen eating disorder scenarios, their warning signs, and treatment options. Each chapter examines a teen or tween and brings the factors, whether they be environmental, genetic, co-existing conditions, etc. that contribute to his or her eating disorder, to life, while seamlessly integrating the latest research in gene inheritance, brain chemistry, and eating disorders in accessible, reader-friendly language. Each chapter provides treatment options, including outpatient, group therapy, and in-patient programs, for both the young person and the family. Each also ends with a Q & A section that reflects the concerns a parent, loved one, or treatment professional may have.

The Oxford Handbook of Child and Adolescent Eating Disorders: Developmental Perspectives

Unpack Your Eating Disorder is a brilliant resource for adolescents who are experiencing Anorexia Nervosa, their parents, caregivers and clinicians. It is the missing link in anorexia treatment today.

The Treatment of Eating Disorders

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.

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