

Free Reading Treatment Manual For Anorexia  
Nervosa Second Edition A Family Based  
Approach

**Treatment Manual For Anorexia  
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Family Based Approach**

Eating Disorders in Children and  
AdolescentsAcceptance and Commitment Therapy  
for Eating DisordersTreating Bulimia in  
AdolescentsDialectical Behavior Therapy for  
Binge Eating and BulimiaWhen the Whalers Were  
Up NorthClinical Manual of Eating  
DisordersHelp Your Teenager Beat an Eating  
DisorderCognitive-Behavioral Therapy for Body  
Dysmorphic DisorderSurvive FbtTreatment  
Manual for Anorexia Nervosa, First  
EditionBinge EatingFamily Based Treatment for  
Restrictive Eating DisordersA Cognitive-  
Interpersonal Therapy Workbook for Treating  
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DisorderResearch Methodology in Strategy and  
ManagementAnorexia NervosaCognitive Behavior  
Therapy and Eating DisordersWhat's Left of

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Theory?The Oxford Handbook of Eating DisordersIntegrative Cognitive-Affective Therapy for Bulimia NervosaOvercoming Eating DisordersEating Disorders in Children and AdolescentsHandbook of Assessment and Treatment of Eating DisordersTreatment Plans and Interventions for Bulimia and Binge-Eating DisorderTreating Eating Disorders in AdolescentsHandbook of Treatment for Eating DisordersAnorexia Nervosa - Focal Psychodynamic PsychotherapyBrief Cognitive Behavioural Therapy for Non-Underweight PatientsBinge-Eating DisorderMultifamily Therapy Group for Young Adults with Anorexia Nervosa

## **Eating Disorders in Children and Adolescents**

A history and description of the times when whalers mingled with the Inuit, told by the Inuits themselves

## **Acceptance and Commitment Therapy for 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

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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.

## **Treating Bulimia in Adolescents**

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

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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

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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.

## **Dialectical Behavior Therapy for Binge Eating and Bulimia**

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

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novel applications of FBT in a series of chapters authored by the leading clinicians and investigators who are pioneering each adaptation.

## **When the Whalers Were Up North**

This manual provides an authoritative and detailed description of the Maudsley approach, the leading family-based treatment for adolescents with anorexia nervosa. Unique in its focus on mobilizing parents and siblings as a resource in treatment, the approach is ideal for short-term treatment and has demonstrated effectiveness in controlled clinical trials. Featuring session-by-session intervention guidelines and in-depth case illustrations, this book will enhance the clinical armamentaria of child and adolescent psychiatrists, psychologists, family therapists, and others working with patients with eating disorders.

## **Clinical Manual of Eating Disorders**

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

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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.

## **Help Your Teenager Beat an Eating Disorder**

Are you struggling with Family Based Treatment? Family Based Treatment (FBT) is viewed as the gold standard in treating adolescent Anorexia Nervosa and it currently produces the best evidence-based outcomes. However, the treatment is intensive and many parents commence unprepared despite their courage and willingness to take on the task of refeeding their ill child to health. Parents have desperately asked for more information to help them understand anorexia's grip on their child and to survive the intensity of the treatment. This book was written to give these parents the tools to help them "see it through" to the end. This "skills-based manual" clearly explains the treatment, providing invaluable information to help parents through each component. It outlines the obstacles and all the anorexic

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behaviors that will impede treatment and recovery. The aim of this manual is to ensure parents remain one step ahead of anorexia and that they "hit the ground running." This book is a valuable resource for parents commencing FBT and for parents struggling during treatment. It offers clear, practical advice and empowers parents to confront whatever the illness throws at them. It is also an important resource for clinicians and will help them guide their families through treatment.

## **Cognitive-Behavioral Therapy for Body Dysmorphic Disorder**

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

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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.

## **Survive Fbt**

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

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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.

## **Treatment Manual for Anorexia Nervosa, First Edition**

Despite the prevalence and importance of this complex behavior, no one volume has been devoted to synthesizing all that is known about binge eating and its treatment. Bridging a gap in the literature, this informative and unusually practical text brings together original and significant contributions from leading experts from a wide variety of fields.

## **Binge Eating**

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

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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.

## **Family Based Treatment for Restrictive 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

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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.

## **A Cognitive-Interpersonal Therapy Workbook for Treating Anorexia Nervosa**

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

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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.

## **Pocket Guide for the Assessment and Treatment of Eating Disorders**

An exceptionally practical book for clinicians who are interested in evaluating and treating eating disorders in children and adults, this guide provides expert guidance in a succinct and accessible format.

## **Adolescent-Focused Therapy for Anorexia Nervosa**

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

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in the clinical management of patients with anorexia nervosa.

## **Boys Love Manga and Beyond**

The theme of this text is the enduring relationship of anorexia nervosa to the unfolding of puberty, which transcends and shapes the input of "fashion". Anorexia nervosa is closely related to the personal challenges of adolescence and further growth within the individual and family. The author sees the disorder as an avoidance of the mounting fear of normal adult weight, with puberty at its pivot. His approach to all those concerned involves their engagement and empowerment in the prospect of renewed, healthier growth and recovery. It is significantly effective in both the short and the long term.

## **ACT for Anorexia Nervosa**

This book focuses squarely on what psychiatrists need to know about the clinical assessment and management of patients with anorexia nervosa, bulimia nervosa, binge-eating disorder, and obesity. Its insights will enable clinicians to better make nuanced assessments of patients with these conditions.

## **Cognitive Behavior Therapy for**

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## **Adolescents with Eating Disorders**

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.

## **Family Therapy for Adolescent Eating and Weight Disorders**

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First published in 2000. Routledge is an imprint of Taylor & Francis, an informa company.

## **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.

## **Treatment Manual for Anorexia Nervosa, Second Edition**

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

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vignettes, a treatment fidelity measure, and other useful tools to assist both supervisors and advanced clinicians in becoming expert FBT practitioners.

## **The Treatment of 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.

## **Managing Severe and Enduring Anorexia Nervosa**

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

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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.

## **When Your Teen Has an Eating Disorder**

This innovative scientific reference and clinical tool is virtually two books in one. Part I thoroughly yet succinctly reviews the literature on binge-eating disorder, covering diagnosis and epidemiology, clinical features and course, links to obesity, medical risks, and current treatment data. Part II provides an evidence-based cognitive-behavioral treatment manual. Session-by-session guidelines address how to help individuals or groups change their eating behavior, cope with emotional triggers, restructure problematic thoughts, deal with body image concerns and associated problems, maintain

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improvement, and prevent relapse. Featured are more than 40 clearly explained homework assignments and handouts, all in a large-size format with permission to photocopy.

## **Research Methodology in Strategy and Management**

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

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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.

## **Anorexia Nervosa**

"Presenting an effective treatment approach specifically tailored to the unique challenges of body dysmorphic disorder (BDD), this book is grounded in state-of-the-art research. The authors are experts on BDD and related conditions. They describe ways to engage patients who believe they have defects or flaws in their appearance, not a psychological problem. Provided are clear-cut strategies for helping patients overcome the self-defeating thoughts, impairments in functioning, and sometimes dangerous ritualistic behaviors that are core features of BDD. Clinician-friendly features include step-by-step instructions for conducting each session and more than 50 reproducible handouts and forms; the large-size format facilitates photocopying. See also the related self-help guide by Dr. Wilhelm, *Feeling Good about the Way You Look*, an ideal recommendation for clients with BDD or less severe body image problems."--

## **Cognitive Behavior Therapy and Eating Disorders**

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Boys Love Manga and Beyond looks at a range of literary, artistic and other cultural products that celebrate the beauty of adolescent boys and young men. In Japan, depiction of the “beautiful boy” has long been a romantic and sexualized trope for both sexes and commands a high degree of cultural visibility today across a range of genres from pop music to animation. In recent decades, “Boys Love” (or simply BL) has emerged as a mainstream genre in manga, anime, and games for girls and young women. This genre was first developed in Japan in the early 1970s by a group of female artists who went on to establish themselves as major figures in Japan’s manga industry. By the late 1970s many amateur women fans were getting involved in the BL phenomenon by creating and self-publishing homoerotic parodies of established male manga characters and popular media figures. The popularity of these fan-made products, sold and circulated at huge conventions, has led to an increase in the number of commercial titles available. Today, a wide range of products produced both by professionals and amateurs are brought together under the general rubric of “boys love,” and are rapidly gaining an audience throughout Asia and globally. This collection provides the first comprehensive overview in English of the BL phenomenon in Japan, its history and various subgenres and introduces translations of some key Japanese scholarship not otherwise available. Some chapters detail

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the historical and cultural contexts that helped BL emerge as a significant part of girls' culture in Japan. Others offer important case studies of BL production, consumption, and circulation and explain why BL has become a controversial topic in contemporary Japan.

## **What's Left of Theory?**

This manual presents an evidence-based focal psychodynamic approach for the outpatient treatment of adults with anorexia nervosa, which has been shown to produce lasting changes for patients. The reader first gains a thorough understanding of the general models and theories of anorexia nervosa. The book then describes in detail a three-phase treatment using focal psychodynamic psychotherapy. It provides extensive hands-on tips, including precise assessment of psychodynamic themes and structures using the Operationalized Psychodynamic Diagnosis (DPD) system, real-life case studies, and clinical pearls. Clinicians also learn how to identify and treat typical ego structural deficits in the areas of affect experience and differentiation, impulse control, self-worth regulation, and body perception. Detailed case vignettes provide deepened insight into the therapeutic process. A final chapter explores the extensive empirical studies on which this manual is based, in particular the

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renowned multicenter ANTOP study. Printable tools in the appendices can be used in daily practice. This book is of interest to clinical psychologists, psychotherapists, psychiatrists, counselors, and students.

## **The Oxford Handbook of Eating Disorders**

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

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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.

## **Integrative Cognitive–Affective Therapy for Bulimia Nervosa**

This is the first book to present a roadmap for tailoring acceptance and commitment therapy (ACT) to the serious, complex challenges of anorexia nervosa (AN). Leading authorities describe interventions grounded in ACT core processes—Defusion, Acceptance, Attention to the Present Moment, Self-Awareness, Values, and Committed Action. Guidance is provided for conducting functional assessments with adolescents and adults and working toward individualized treatment goals, starting with weight restoration. The book also discusses ways to engage parents and other family members in treatment. It features therapist scripts, sample dialogues, case examples, and reproducible forms and handouts. The large-size format facilitates photocopying;

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purchasers also get access to a Web page where they can download and print the reproducible materials.

## **Overcoming 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).

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## **Eating Disorders in Children and Adolescents**

Packed with useful clinical tools, this state-of-the-art manual presents an empirically supported treatment solidly grounded in current scientific knowledge. Integrative cognitive-affective therapy for bulimia nervosa (ICAT-BN) has a unique emphasis on emotion. Interventions focus on helping clients understand the links between emotional states and BN as they work to improve their eating behaviors, defuse the triggers of bulimic episodes, and build crucial emotion regulation skills. In a large-size format for easy photocopying, the book includes 47 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.

## **Handbook of Assessment and Treatment of Eating Disorders**

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

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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.

## **Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder**

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

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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.

## **Treating Eating Disorders in Adolescents**

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.

## **Handbook of Treatment for Eating Disorders**

From pioneering family-based treatment developer James Lock, this is the first comprehensive guide to adolescent-focused therapy (AFT) for anorexia nervosa (AN), an

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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).

## **Anorexia Nervosa - Focal Psychodynamic Psychotherapy**

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

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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.

## **Brief Cognitive Behavioural Therapy for Non-Underweight Patients**

Research methods present the strategic management field with opportunities and challenges. This second volume describes challenges and opportunities inherent in particular content areas, examines key ontological and epistemological issues in the strategic management context and also describes how strategy researchers can use

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particular methods.

## **Binge-Eating Disorder**

This indispensable manual presents the leading empirically supported treatment approach for adolescents with anorexia nervosa (AN). What sets family-based treatment apart is the central role played by parents and siblings throughout therapy. The book gives practitioners a clear framework for mobilizing parents to promote their child's weight restoration and healthy eating; improving parent/n-/child relationships; and getting 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. New to This Edition \*Reflects the latest knowledge on AN and its treatment, including additional research supporting the approach. \*Clarifies key concepts and techniques. \*Chapter on emerging directions in training and treatment dissemination. \*Many new clinical strategies.

## **Multifamily Therapy Group for Young Adults with Anorexia Nervosa**

Anorexia Nervosa and other eating disorders are arguably the most complex mental health problems that a child or adolescent may

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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.

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