

What Causes Eating Disorders And What Do They Cause An Essential Introduction For Anyone Who Would Like To Understand Eating Disorders And How To Overcome Them

Eating DisordersABC of Eating DisordersThe Eating Disorders SourcebookAlmost AnorexicEating DisordersEating Disorders in Children and AdolescentsTrends in Eating Disorders ResearchDiagnostic and Statistical Manual of Mental Disorders (DSM-5®)Eating DisordersSelf-Image and Eating DisordersGabbard's Treatments of Psychiatric DisordersSick EnoughThe Developmental Psychopathology of Eating DisordersWhat You Need to Know about Eating DisordersLiving with Eating DisordersEating DisordersEating DisordersEating DisordersCounselling for Eating DisordersEating Disorders and ObesityBinge Eating DisorderHelp for Eating DisordersUnderstanding Sports and Eating DisordersWHAT CAUSES EATING DISORDERS -Midlife Eating DisordersEating Disorders: Understanding Causes, Controversies, and Treatment [2 volumes]Eating DisordersEating DisordersThe Truth about Eating DisordersSport, Medicine, EthicsEating DisordersThe Eating Disorder SourcebookMental disorders : diagnostic and statistical manualHelp for Eating DisordersNew to Eating DisordersRegaining Your SelfGainingIf Your Adolescent Has an Eating DisorderEating DisordersEating Disorders

Eating Disorders

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.

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ABC of Eating Disorders

The ethics of sports medicine is an important emerging area within biomedical ethics. The professionalization of medical support services in sport and continuing debates around issues such as performance-enhancing technologies or the health and welfare of athletes mean that all practitioners in sport, as well as researchers with an interest in sports ethics, need to develop a clear understanding of the ethical aspects of the sport-medicine nexus. This timely collection of articles explores the conceptual and practical issues that shape and define ethics in sports medicine. Examining central topics such as consent, confidentiality, pain, doping and genetic technology, this book establishes an important baseline for future academic and professional work in this area.

The Eating Disorders Sourcebook

The book describes paths and reasons why someone may develop an eating disorder. This includes biological, psychological, and social factors and how to make sense of eating disorder behaviors from a biological perspective. Treatments are discussed and personal accounts illustrate the experience of having and overcoming an eating disorder.

Almost Anorexic

Provides facts and information for teens and young adults about issues involving eating disorders. Presented in an A to Z format accompanied by question and answer and fact versus legend segments.

Eating Disorders

Explores the nature of midlife eating disorders, looking at why they develop, how their unique challenges set them apart from those that occur earlier in life, and the path to recovery.

Eating Disorders in Children and Adolescents

THE MOST UP-TO-DATE INFORMATION ON: WARNING SIGNS TO WATCH OUT FOR; GETTING A DIAGNOSIS; THE LATEST TREATMENTS; COPING AT HOME AND SCHOOL; PREVENTION STRATEGIES.

Trends in Eating Disorders Research

Provides information on how to recognize eating disorders and their symptoms, including anorexia nervosa, bulimia, and binge eating, and also offers treatment programs

Diagnostic and Statistical Manual of Mental Disorders (DSM-5®)

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Discusses eating disorders, including the various types of eating disorders, dealing with the disorder, and how to overcome an eating disorder.

Eating Disorders

"The Diagnostic and Statistical Manual of Mental Disorders (DSM) is a publication of the American Psychiatric Association, and is written with input from a large number of clinical experts—not just psychiatrists—in different specialty areas related to mental health. The DSM describes the signs and symptoms of all psychiatric conditions, and provides criteria to guide treatment providers in deciding whether an individual has a recognized mental disorder. The DSM has been in use since 1952, and the current, fifth edition, DSM-5, was published in 2013. Each revision to the DSM has been aimed at improving the usefulness of the manual. Eating disorders are considered psychiatric illnesses and are therefore listed in DSM-5. Eating disorders are listed in a section called Feeding and Eating Disorders. But, as a shorthand, we are going to refer to all the disorders in this section of DSM-5 as eating disorders. The diagnostic criteria for eating disorders in DSM-5 are different from what came before, in DSM-IV; in the DSM-5, changes were made that aimed to clarify some items, and to make the criteria relevant to all groups of patients (for example, adolescents as well as adults, males as well as females)."

Self-Image and Eating Disorders

Provides teens with the information they need to understand eating disorders.

Gabbard's Treatments of Psychiatric Disorders

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

Sick Enough

Eating disorders are mental illnesses that have dangerous physical

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consequences. Young adults are most at risk for developing these disorders. This volume aims to educate readers about the causes and effects of disorders such as anorexia, bulimia, and compulsive eating. Fact boxes highlight the stories of celebrities who struggle with these issues, and full-color photographs show the unglamorous reality of living with an eating disorder. Websites are provided to promote healthy lifestyles as well as give help to readers who are already battling these serious conditions.

The Developmental Psychopathology 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.

What You Need to Know about Eating Disorders

Revised and updated. In a society where people have access to healthy, nutritious food, why do so many -- especially girls and young women -- develop eating disorders that can lead to illness, psychological anguish, organ damage and death? This revised and updated edition of *Eating Disorders* provides expert advice on the causes, effects and treatment of anorexia nervosa, bulimia nervosa, binge eating and a host of less familiar eating disorders. The authoritative text is non-technical and accessible. Topics include: Early warning signs Genetic predisposition Feeding disorders of infancy and early childhood Complicating factors such as pregnancy, diabetes and substance abuse The recovery process Updated medical and psychological treatment options Practical tips on how family and friends can help. The book is organized into the following chapters: Anorexia Nervosa Bulimia Nervosa Other Eating Disorders Factors That Complicate Eating Disorders Understanding Eating Disorders Medical Treatment Medications That May Help Psychological Treatment The Road to Recovery. Supplemented by case studies and personal insights from men and women recovering from these conditions, *Eating Disorders* is an intelligent, sensitive guide to a complex and disturbingly common problem.

Living with Eating Disorders

Despite the relevance of eating disorders in the past years, the pure

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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.

Eating Disorders

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

Eating Disorders

This new book presents current research in the study of the causes, diagnosis and treatment of eating disorders. Topics discussed in this compilation include varied eating disorders and their diagnostic criteria; the multimodal perceptual and emotional integration in eating disorders; eating disorders and menstrual dysfunction; health behaviors in college females with eating disorders and in individuals with developmental disabilities; risk factors for women with eating disorders and excessive exercise associated with eating disorders.

Eating Disorders

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

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

Counselling for 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

Eating Disorders and Obesity

The abundance of food in the developed countries of the world has seemingly spawned an epidemic of disorders connected to the food. Extremes such as intensive concern about one's body image and total disregard for it have resulted in countries which contain enormous segments of the population who are either obese and proud of it or bordering on anorexia nervosa. This new book gathers state-of-the-art research from leading scientists throughout the world which offers important information on understanding the underlying causes and discovering the most effective treatments for eating disorders.

Binge Eating Disorder

Eating problems in children and teenagers are very common. Yet myths about the problem 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 experienced clinicians, this new edition of *Eating Disorders: A Parents' Guide* is dedicated to clarifying the subject of eating disorders. Combining an accessible

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and straightforward introduction to the subject with practical advice, this book represents the first step towards diagnosis and treatment. Case-studies are used to help parents to 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.

Help for Eating Disorders

Teens will look into their self-image, not only exploring the ways they see themselves but also how others see them in this straightforward volume. Techniques for building up self-image and methods for being aware of negative body image thoughts, as well as changing the negative image cycle are proposed. Readers learn about the external influences on self-image and are presented with goal setting strategies for creating behavior that results in a positive frame of mind. This insightful narrative also delves into eating disorders such as anorexia nervosa, bulimia nervosa, binge eating disorder, and compulsive exercise. Teens examine the disorders and how they affect the body and mind, ways to ask for help, treatment options, behavioral therapy, and recovery.

Understanding Sports and Eating Disorders

The coauthor of the classic "Dying to Be Thin" now offers a new understanding and approach to eating disorders.

WHAT CAUSES EATING DISORDERS -

Explains eating disorders, describes the affect on those suffering from them, and discusses the recovery options.

Midlife Eating Disorders

A guide based on The Eating Disorder Program at The Hospital for Sick Children (Toronto) helps parents identify if their child has a problem, plan for their recovery, and get support. Includes workbooks, diaries and case studies.

Eating Disorders: Understanding Causes, Controversies, and Treatment [2 volumes]

Although eating problems--ranging from body dissatisfaction and dieting to anorexia nervosa or bulimia nervosa--can begin and typically have their roots in childhood, theory and research in

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developmental psychopathology and developmental psychology have not received substantial attention in eating disorders research. This book provides crucial background material from both fields, and then makes direct applications to numerous aspects of the field of eating disorders including theory, research, treatment, and primary prevention. This book was born out of a transaction between frustration and optimism. The frustrations reflected the limitations of current knowledge about eating problems and disorders. Etiological "causes" which are sensitive and specific to eating disorders have been elusive. Although there is some understanding of risk factors, little is known about protective factors. This has made prevention, among other things, difficult. Furthermore, the mechanisms underlying the association between risk factors and disordered eating are poorly understood. For example, it is known that women are at greater risk than men are, but clinicians are hard-pressed to get beyond gender-based speculations and demonstrate why this is true. The optimism grows from familiarity with the field of developmental psychopathology. It seems evident that this approach has much to offer the field of eating disorders. This book is an early step in the integration of developmental psychopathology into theorizing, research, treatment, and prevention of eating disorders. It addresses four specific goals: * to introduce the principles and methodologies of developmental psychopathology, * to review the work of developmental psychologists in several major areas of behavior relevant to understanding the causes, treatment, and prevention of eating disorders, * to apply developmental psychopathology principles to the area of eating disorders, both in the form of theoretical models and in specific areas/issues raised by developmental psychopathology, and * to discuss the implications of developmental approaches for prevention programs and treatments.

Eating Disorders

Binge Eating Disorder (BED) is a genuine illness that can have a significant negative impact on those who have it. It is the most well-known type of eating disorder and affects almost 2% of individuals around the world, though it stays under-perceived. This article takes a gander at the symptoms, causes and health risks of BED and what you can do to stop it. What Is Binge Eating Disorder and What Are the Symptoms? Binge Eating Disorder (BED) is characterized by repeated scenes of uncontrolled binge eating and sentiments of extreme disgrace and distress. It typically starts in the late teens to early twenties, although it can happen at any age. It is a chronic disease and can last for a long time (1). Like other eating disorders, it is more typical in ladies than men. However, it is the most widely recognized type of eating disorder among men. A binge eating scene is characterized by eating bigger than ordinary amounts of food in a relatively short timeframe. In BED, this conduct is joined by sentiments of distress and absence of control .For a doctor to analyze BED, at least three of the following must likewise be present: Eating

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substantially more quickly than ordinary Eating until uncomfortably full Eating vast amounts without inclination hungry Eating alone because of sentiments of embarrassment and disgrace Sentiments of guilt or disgust with oneself Individuals with BED often experience sentiments of extreme misery and distress about their overeating, body shape and weight .While a few people may sometimes overeat, for example, at Thanksgiving or a party, this does not mean they have BED, despite having encountered a portion of the symptoms listed previously. To be analyzed, individuals must have had at least one binge eating scene for each week for at least three months .The severity ranges from gentle, which is characterized by one to three binge eating scenes for each week, to extreme, which is characterized by at least 14 scenes for each week .Another important characteristic is the nonappearance of inappropriate compensatory practices. This implies that, in contrast to bulimia, an individual with BED does not throw up, take laxatives or over-exercise to try and "make up" for a gorging scene. Rundown BED is characterized by repeated scenes of uncontrolled intake of strangely a lot of food in a short timeframe. These scenes are joined by sentiments of guilt, disgrace and psychological distress. The causes of BED are not surely knew but likely because of a variety of risk factors: Genetics: People with BED may have expanded sensitivity to dopamine, which is in charge of sentiments of remuneration and delight. There is likewise strong proof that the disorder is inherited .Sexual orientation: BED is more typical in ladies than men. In the US, 3.6% of ladies experience BED sooner or later in their lives, contrasted with 2.0% of men. This may be because of basic organic factors .Changes in the cerebrum: There are indications that individuals with BED may have changes in mind structure that result in heightened reactions to food and less self-control .Body estimate: Almost half of individuals with BED are corpulent, and 25- half of patients looking for weight misfortune surgery meet the criteria for BED. Weight problems may be both a cause and result of the disorder .Self-perception: People with BED have an extremely negative self-perception. Body dissatisfaction, dieting and overeating contribute to the development of the disorder .Binge eating: Those affected often report a history of binge eating as the first symptom of the disorder. This incorporates binge eating in childhood and the teenage years .Emotional trauma: Stressful life events, for example, abuse, death, separation from a relative or a fender bender, have been observed to be risk factors. Childhood tormenting because of weight may likewise contribute .

Eating Disorders

A practical and clinical introduction for those new to working in the field of eating disorders.

The Truth about Eating Disorders

Describes how the pressures of sports can contribute to the onset of

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eating disorders such as anorexia nervosa, bulimia nervosa, and binge eating disorder.

Sport, Medicine, Ethics

Sound, sensitive advice for overcoming an eating disorder Anorexia, bulimia, binge eating, exercise addictions . . . these disorders can be devastating, but they are in no way unbeatable. Therapist Carolyn Costin, herself recovered from anorexia, brings three decades of experience and the newest research in the field together, providing readers with the latest treatments, from medication and behavioral therapy to alternative remedies. Whether you are living with an eating disorder or you are a loved one or professional helping someone who is, The Eating Disorder Sourcebook will help you: Recognize and identify eating disorders Discover and work with the underlying causes of an eating disorder Make the right choices when comparing treatment options Understand what is expected in individual, group, and family therapy Know when outpatient treatment is not enough and what else can be done

Eating Disorders

The ABC of Eating Disorders is a comprehensive primer for GPs, dieticians, psychiatrists and community health teams who need to incorporate a sophisticated awareness of this field into their professional practice. It spans, and differentiates, eating and feeding disorders from diagnosis to their management and treatment. With a focus on primary care, this ABC touches on the medico-legal aspects and ethical issues of treating eating disorders and specialist referral. This new title in the successful ABC series describes working with families, children and other specialist populations, such as the elderly, men and minority groups. It helps primary care practitioners recognise eating disorders in people presenting with other problems, while the section on comorbidity discusses the treatment of eating disorders existing with other conditions. The ABC of Eating Disorders is accessible - sufferers will find it provides a useful background to self help materials, and their lay carers will be able to appreciate its intelligent and compassionate approach.

The Eating Disorder Sourcebook

Straightforward solutions to difficult problems. Most teenagers have a friend who has been affected by an eating disorder. Such disorders affect almost 20% of teenage girls in North America at some point in their development. Magazines and movies constantly stress a thin body image as the defining force for popularity. The message teenagers get is that thin is the only route to popularity and happiness. Through the Eating Disorder Program, Drs. Katzman and Pinhas, at The Hospital for Sick Children, have developed a program that helps young people

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and their parents deal with the problems of eating disorders such as anorexia nervosa and bulimia. First, the book shows parents how to identify an eating disorder and when to become concerned about it. Second, there is vital information for parents on how to become informed users of the health care system and how to collaborate in their child's treatment. Third, practical support for parents, family members and coaches enables them to participate in the recovery of a child or adolescent with an eating disorder. Worksheets, diaries and first-person case studies assists parents and caregivers to help youth overcome an eating disorder.

Mental disorders : diagnostic and statistical manual

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, 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

Help for Eating Disorders

This guideline has been developed to advise on the identification, treatment and management of the eating disorders anorexia nervosa, bulimia nervosa, and related conditions. The guideline recommendations have been developed by a multidisciplinary group of health care

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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.

New to Eating Disorders

`An invaluable resource for anyone working in or wishing to know more about eating disorders for those new to eating disorders, there are some useful appendices that would give a head start to anyone entering this speciality. If you work in eating disorders, this book would be a frequently used addition to your bookshelf' -Dietetics Today The book provides an up-to-date account of current definitions and causes of abnormal eating patterns. It then considers the theoretical basis and practical effectiveness of using cognitive behavioural therapy in the treatment of clients. The key issues related to counselling these client groups are dealt with in detail with additional chapters devoted to: assessing cli

Regaining Your Self

This encyclopedia offers a variety of resources for readers interested in learning more about eating disorders, including hundreds of reference entries, interviews, scholarly debates, and case studies. • Reflects recent changes in approaches to eating disorders brought about by the publication of the latest edition of the DSM • Explores key issues related to eating disorders and models critical thinking and argument construction in the Controversies and Debates section • Offers insights from a variety of perspectives expounded upon in interviews with scholars, eating disorder professionals, patients, and family members • Gives readers a "real world" look at the many ways eating disorders can manifest and progress in the Case Illustrations section

Gaining

The definitive treatment textbook in psychiatry, this fifth edition of Gabbard's Treatments of Psychiatric Disorders has been thoroughly restructured to reflect the new DSM-5® categories, preserving its value as a state-of-the-art resource and increasing its utility in the field. The editors have produced a volume that is both comprehensive and concise, meeting the needs of clinicians who prefer a single, user-friendly volume. In the service of brevity, the book focuses on treatment over diagnostic considerations, and addresses both empirically-validated treatments and accumulated clinical wisdom where research is lacking. Noteworthy features include the following: Content is organized according to DSM-5® categories to make for rapid

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retrieval of relevant treatment information for the busy clinician. Outcome studies and expert opinion are presented in an accessible way to help the clinician know what treatment to use for which disorder, and how to tailor the treatment to the patient. Content is restricted to the major psychiatric conditions seen in clinical practice while leaving out less common conditions and those that have limited outcome research related to the disorder, resulting in a more streamlined and affordable text. Chapters are meticulously referenced and include dozens of tables, figures, and other illustrative features that enhance comprehension and recall. An authoritative resource for psychiatrists, psychologists, and psychiatric nurses, and an outstanding reference for students in the mental health professions, Gabbard's *Treatments of Psychiatric Disorders, Fifth Edition*, will prove indispensable to clinicians seeking to provide excellent care while transitioning to a DSM-5® world.

If Your Adolescent Has an Eating Disorder

Eating Disorders

This new edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-5®), used by clinicians and researchers to diagnose and classify mental disorders, is the product of more than 10 years of effort by hundreds of international experts in all aspects of mental health. Their dedication and hard work have yielded an authoritative volume that defines and classifies mental disorders in order to improve diagnoses, treatment, and research. The criteria are concise and explicit, intended to facilitate an objective assessment of symptom presentations in a variety of clinical settings -- inpatient, outpatient, partial hospital, consultation-liaison, clinical, private practice, and primary care. New features and enhancements make DSM-5® easier to use across all settings: The chapter organization reflects a lifespan approach, with disorders typically diagnosed in childhood (such as neurodevelopmental disorders) at the beginning of the manual, and those more typical of older adults (such as neurocognitive disorders) placed at the end. Also included are age-related factors specific to diagnosis. The latest findings in neuroimaging and genetics have been integrated into each disorder along with gender and cultural considerations. The revised organizational structure recognizes symptoms that span multiple diagnostic categories, providing new clinical insight in diagnosis. Specific criteria have been streamlined, consolidated, or clarified to be consistent with clinical practice (including the consolidation of autism disorder, Asperger's syndrome, and pervasive developmental disorder into autism spectrum disorder; the streamlined classification of bipolar and depressive disorders; the restructuring of substance use disorders for consistency and clarity; and the enhanced specificity for major and mild neurocognitive disorders). Dimensional assessments for research and validation of clinical results have been provided. Both ICD-9-CM

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and ICD-10-CM codes are included for each disorder, and the organizational structure is consistent with the new ICD-11 in development. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, is the most comprehensive, current, and critical resource for clinical practice available to today's mental health clinicians and researchers of all orientations. The information contained in the manual is also valuable to other physicians and health professionals, including psychologists, counselors, nurses, and occupational and rehabilitation therapists, as well as social workers and forensic and legal specialists.

Eating Disorders

Aimee Liu, who wrote *Solitaire*, the first-ever memoir of anorexia, in 1979, returns to the subject nearly three decades later and shares her story and those of the many women in her age group of life beyond this life-altering ailment. She has extensively researched the origins and effects of both anorexia and bulimia, and dispels many commonly held myths about these diseases with the persuasive conclusion that anorexia is a result of personality. Key revelations include: the temperament required for eating disorders, the long-term effects of eating disorders on health, brain function, relationships and career, why some individuals recover while others relapse, and why many relapse in mid-life, which treatment approaches are most successful long-term and how parents can tell if a child will be vulnerable to eating disorders. Using her own experience and the stories of many recovering anorexics she's interviewed, Liu weaves together a narrative that is both persuasive in argument and compelling in personal details.

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