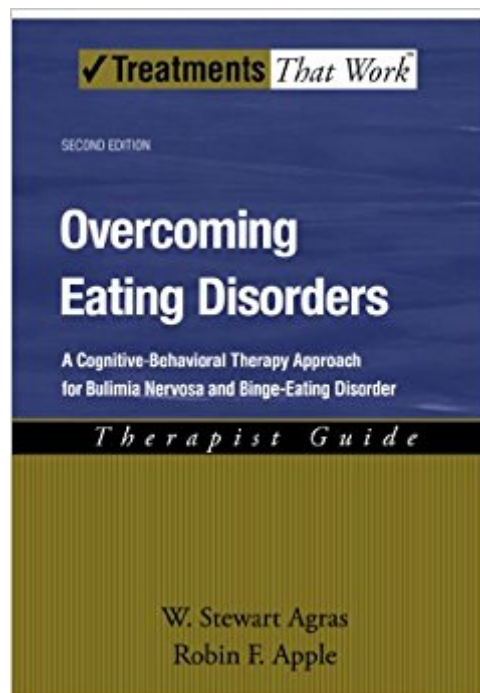




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# Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach For Bulimia Nervosa And Binge-Eating Disorder (Treatments That Work)



## Synopsis

The Overcoming Eating Disorders, Second Edition program addresses the cognitive-behavioral treatment of Bulimia Nervosa and Binge Eating Disorder. CBT has been proven the most effective treatment for helping patients improve their eating habits and overcome their disorder. The treatment described is divided into three overlapping phases: behavior change, identifying binge triggers, and relapse prevention. The main focus of the program is the normalization of eating. Patients use self-monitoring forms to track their eating habits on a daily basis while they work toward establishing a pattern of 3 meals and 2 snacks per day eaten at regular intervals. Once a regular pattern of eating has been established, patients move on to recognizing and eliminating their triggers for bingeing and purging. CBT techniques like problem-solving and cognitive restructuring help patients deal with negative mood states, faulty interpersonal interactions, and errors in thinking. The final phase of treatment consists of a review of the positive changes that have occurred during treatment, as well as a discussion of any residual problems and ways to handle setbacks or lapses. Homework exercises are assigned at each session and play an important role in keeping patients motivated throughout the duration of treatment. This newly revised and updated Therapist Guide includes expanded information regarding weight and shape concerns and an entirely new chapter on adapting the treatment for use as a time-limited, therapist-assisted self-help program. Complete with step-by-step instructions for delivering the treatment, this guide is an indispensable resource that no clinician can do without. *Treatments That Work™* represents the gold standard of behavioral healthcare interventions! • All programs have been rigorously tested in clinical trials and are backed by years of research • A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date • Our books are reliable and effective and make it easy for you to provide your clients with the best care available • Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated • A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources • Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

## Book Information

Series: Treatments That Work

Paperback: 144 pages

Publisher: Oxford University Press; 2 edition (September 14, 2007)

Language: English

ISBN-10: 0195311698

ISBN-13: 978-0195311693

Product Dimensions: 9.8 x 0.4 x 6.8 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #375,790 in Books (See Top 100 in Books) #364 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#) #825 in [Books > Textbooks > Social Sciences > Psychology > Clinical Psychology](#) #15788 in [Books > Health, Fitness & Dieting > Psychology & Counseling](#)

## Customer Reviews

W. Stewart Agras is Professor Emeritus of Psychiatry and Behavioral Sciences at Stanford School of Medicine. Robin F. Apple is Clinical Associate Professor of Psychiatry and Behavioral Sciences at Stanford School of Medicine.

The whole series appears to be of uniformly excellent quality. Highly recommended.

I currently have 17 success stories due to this wb !!

It is one of the basics and necessary if you need structure for your practice and a necessary structure for patients.

I love this book. It enabled me to ask the hard questions about bulimia and to work in a way that have been evidence based, rather than making it up as I went along. It helped me gain confidence in working with those with bulimia, using a CBT approach. Using the workbook enabled my client to work towards discharge and a better future. Thanks!!

Due to insurance changes at the first of the year, I had to stop at about three quarters of the way through the workbook, as a patient. My Therapist gave me the go ahead to continue on my own. He stated that I was perfectly capable of accomplishing the remainder of the program. He suggested I get the therapist's guide to assist me in understanding so I bought the book. It looks like I will get a

lot out of it.

From the viewpoint of food addiction, this is a gravely misguided book. The author's goal is to train therapists to help people with eating disorders lose their fear of processed foods. This would be like helping an alcoholic lose healthy fear of alcohol.

Useful

not a very useful book had to donate the sucky thing

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Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work) Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) The Eating Disorders Update: Understanding Anorexia, Bulimia, and Binge Eating (Disease Update) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Workbook (Treatments That Work) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) When Children Refuse School: A Cognitive-Behavioral Therapy Approach Parent Workbook (Treatments That Work) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) Overcoming Binge Eating, Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) Binge Eating Cure: Cure Binge Eating with Intermittent Fasting The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing

Series) Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition The Ultimate Guide Living through the 12 Steps-: How to Live a Life without Gambling, Cutting, Bulimia, Anorexia, Eating Disorders, Smoking (addiction ... disorders,12 steps) Hope and Recovery: A Mother-Daughter Story About Anorexia Nervosa, Bulimia, and Manic Depression The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks)

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