



Cognitive Behavioral Therapy for Eating Disorders: A Comprehensive Treatment Guide

Glenn Waller, Helen Cordery, Emma Corstorphine, Hendrik Hinrichsen, Rachel Lawson, Victoria Mountford, Katie Russell

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This book describes the application of cognitive behavioural principles to patients with a wide range of eating disorders - it covers those with straightforward problems and those with more complex conditions or co-morbid states. The book takes a highly pragmatic view. It is based on the published evidence, but stresses the importance of individualized, principle-based clinical work. It describes the techniques within the widest clinical context, for use across the age range and from referral to discharge. Throughout the text, the links between theory and practice are highlighted in order to stress the importance of the flexible application of skills to each new situation. Case studies and sample dialogs are employed to demonstrate the principles in action and the book concludes with a set of useful handouts for patients and other tools. This book will be essential reading for all those working with eating-disordered patients including psychologists, psychiatrists, nurses, counsellors, dieticians, and occupational therapists.

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Rina Reese:

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Frank Wimmer:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their down time with their family, or their friends. Usually they doing activity like watching television, likely to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book can be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the reserve untitled Cognitive Behavioral Therapy for Eating Disorders: A Comprehensive Treatment Guide can be excellent book to read. May be it is usually best activity to you.

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Christopher Decker:

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