Cognitive Behavioural Therapy for Eating Disorders: A Comprehensive Treatment Guide

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(Taylor Medhurst)

COGNITIVE BEHAVIOURAL THERAPY FOR EATING DISORDERS: A COMPREHENSIVE TREATMENT GUIDE

Cambridge University Press, Cambridge, UK, 2007. Paperback. Book Condition: Brand New. First Edition. 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. Applies cognitive behavioural principles to the full range of eating disorders Takes a pragmatic and flexible approach to care Describes case studies, uses sample dialogs and includes patient handouts Contents Part I. Introduction: 1. The philosophical and theoretical stance behind cognitive behavioral therapy (CBT); 2. Broad stages in CBT and format of delivery; 3. What the clinician needs to establish before starting; Part II. Core Clinical Skills for Use in CBT with the Eating Disorders: 4. Assessment; 5. Preparing the patient for treatment; 6. Motivation; 7. A guide to important dietary and nutritional issues; 8. Case formulation; 9. Therapy interfering behaviours; 10. Homework; 11. Surviving as an effective clinician; 12. Setting and maintaining an agenda; 13. Psychoeducation; 14. Diaries; 15. The role of weighing in CBT; Part III. Core CBT Skills as Relevant...

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