



Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder (Treatment Plans and Interventions for Evidence-Based Psychot)

By Rene D. Zweig PhD, Robert L. Leahy PhD



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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 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.

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Bibliography

- Sales Rank: #1159605 in Books
- Published on: 2011-12-19
- Original language: English
- Number of items: 1
- Dimensions: 10.41" h x .40" w x 8.02" l, .88 pounds
- Binding: Paperback
- 180 pages

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Editorial Review

Review

"CBT is the gold-standard treatment for bulimia nervosa, but many therapists lack training in the approach. This guide presents the behavior change tools that comprise this intervention in the form of worksheets and a complete case example. The authors do an excellent job of disseminating core skills."--Janet Treasure, PhD, FRCP, FRCPsych, Eating Disorders Research Unit, Department of Academic Psychiatry, Guy's Hospital, London, UK

"This is a helpful and informative guide for the clinician working with bulimic-spectrum disorders and an essential educational aid for clinicians in training. Focusing on the cognitive-behavioral model of bulimia, the volume contains many helpful tools."--Daniel Le Grange, PhD, Department of Psychiatry and Behavioral Neuroscience, The University of Chicago

"This is a great book that provides comprehensive instruction in the cognitive-behavioral treatment of bulimia and binge-eating disorder. It is grounded in the most recent empirical findings and offers a session-by-session format with practical, easy-to-follow guidelines. The reproducible worksheets, forms, and figures facilitate therapeutic impact and reduce the therapist's workload. This book can be used by clinicians in direct practice, by supervisors with trainees, and with graduate students in psychology and counseling. I will use it in my training and supervision of doctoral students and postdoctoral fellows in eating disorder treatment."--Sherrie S. Delinsky, PhD, private practice, Wellesley, Massachusetts; Instructor, Harvard Medical School

"A disfigured reflection in a carnival mirror encapsulates the negative self-image and distorted perceptions evident in bulimia nervosa and other eating disorders. Zweig and Leahy provide the tools, strategies, and interventions necessary to clear up distortions in the mirror. This is one of those rare books that are enjoyable to read, pragmatic, and deeply rooted in science and theory. Clinicians will read and reread this book and, ultimately, patients will reap the benefit. If you are interested in improving treatment outcomes, this is a resource you will want to pull from your shelf whenever you begin treating someone with bulimia or binge-eating disorder."--Dennis Greenberger, PhD, Director, Anxiety and Depression Center, Newport Beach, California

"Zweig and Leahy have written the definitive practitioner's guide to CBT for bulimia nervosa and binge-eating disorder. This book is an essential addition to the library of both the novice and the experienced cognitive-behavioral therapist working with eating-disordered patients. Zweig and Leahy walk the reader through treatment step by step/m-/from assessment and case conceptualization to treatment planning and particular cognitive techniques. Readers will particularly appreciate the sample case chapter illustrating treatment from start to finish. The compendium of assessment measures in the appendix is an added bonus."--Lisa A. Napolitano, PhD, Director, CBT/DBT Associates, New York City

"A detailed and highly instructive guide....The book offers a session-by-session map of how common problems might be addressed, from initial assessment including motivational assessment and psycho-education through behavioral methods, cognitive methods, and development of alternative coping strategies,

constituting a 20-session treatment plan for adolescent and adult patients. The book is filled with useful worksheets, plus appendices with assessment instruments. New practitioners and even veterans will find useful guidance for the basic CBT approach here."

(*Gürze Books Eating Disorders Review* 2011-12-21)

"A useful and informative manual....A range of clinical techniques is presented....I found these immediately useful for bulimic patients, as well as for patients in general....What I found to be the most impressive aspect of the book, was the authors' description of the possible integration of alternative therapeutic techniques, such as those of interpersonal psychotherapy....I found the section discussing managed care to be very thoughtful and considerate to therapists, especially in the current health care climate....A very interesting and helpful book that would be useful for any practitioner working with patients who struggle with bulimia nervosa or binge eating disorder."

(*Eating Disorders* 2012-11-07)

About the Author

Rene D. Zweig, PhD, is Director of Union Square Cognitive Therapy, a full-time private practice in New York City. Previously, she directed the Eating Disorders and Weight Management Program at the American Institute for Cognitive Therapy. Dr. Zweig is Adjunct Clinical Supervisor at the Ferkauf Graduate School of Psychology at Yeshiva University and a Diplomate of the Academy of Cognitive Therapy.

Robert L. Leahy, PhD, is Director of the American Institute for Cognitive Therapy in New York and Clinical Professor of Psychology in the Department of Psychiatry at Weill Cornell Medical College in New York. His research focuses on individual differences in theory of emotion regulation. Dr. Leahy is Associate Editor of the *International Journal of Cognitive Therapy* and is past president of the Association for Behavioral and Cognitive Therapies, the International Association for Cognitive Psychotherapy, and the Academy of Cognitive Therapy. He is the 2014 recipient of the Aaron T. Beck Award from the Academy of Cognitive Therapy.

Users Review

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Ana Jara:

The guide untitled Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder (Treatment Plans and Interventions for Evidence-Based Psychot) is the guide that recommended to you to study. You can see the quality of the guide content that will be shown to you actually. The language that writer use to explained their ideas are easily to understand. The article author was did a lot of research when write the book, hence the information that they share to you personally is absolutely accurate. You also can get the e-book of Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder (Treatment Plans and Interventions for Evidence-Based Psychot) from the publisher to make you more enjoy free time.

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Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder (Treatment Plans and Interventions for Evidence-Based Psychot) can be one of your basic books that are good idea. We recommend that straight away because this publication has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The

article author giving his/her effort to put every word into delight arrangement in writing Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder (Treatment Plans and Interventions for Evidence-Based Psychot) but doesn't forget the main point, giving the reader the hottest as well as based confirm resource info that maybe you can be among it. This great information could drawn you into completely new stage of crucial thinking.

Dan Villanueva:

This Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder (Treatment Plans and Interventions for Evidence-Based Psychot) is great guide for you because the content that is full of information for you who also always deal with world and possess to make decision every minute. This specific book reveal it facts accurately using great plan word or we can declare no rambling sentences inside it. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only provides straight forward sentences but difficult core information with lovely delivering sentences. Having Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder (Treatment Plans and Interventions for Evidence-Based Psychot) in your hand like keeping the world in your arm, facts in it is not ridiculous one. We can say that no reserve that offer you world with ten or fifteen moment right but this publication already do that. So , this is good reading book. Hey there Mr. and Mrs. active do you still doubt this?

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