

Christopher G. Fairburn

Essattacken stoppen

Ein Selbsthilfeprogramm
gegen Binge Eating

4., unveränderte Auflage



Essattacken Stoppen Christopher G Fairburn Ebook

Patricia Graham, Christopher Freeman



Essattacken Stoppen Christopher G Fairburn Ebook:

Essattacken stoppen Christopher G. Fairburn, 2013 Vor allem in Konflikt und Stresssituationen aber auch in andauernden Lebenskrisen neigen viele Menschen zu Ess Attacken Hemmungsloses Hineinstopfen Hineinschlingen von Nahrung regelrechte Essorgien lsen aber keine Probleme sondern werden zu einem Krankheitsbild das der Behandlung und Therapie bedarf Binge Eating Disorder BED ist eine Ess St rung die immer noch untersch tzt und oft einfach nicht erkannt wird Dieses Selbsthilfeprogramm hat das Ziel krankhafte Ess Attacken zu erkennen zu stoppen und dauerhaft abzuwehren Es fhrt zu einem normalen ges nderen Essverhalten zur ck Im Grundlagenteil wird zun chst das Krankheitsbild der Ess Attacken definiert Was ist eine Ess Attacke Wer ist davon betroffen Wodurch werden Ess Attacken ausgel st Wann sind sie ein wirkliches Krankheitsbild Welche Behandlungsm glichkeiten gibt es Im anschliessenden Manualteil lernen Betroffene Ess Attacken zu berwinden langfristig zu kontrollieren R ckf lle zu vermeiden gesunde und stabile Essgewohnheiten zu entwickeln Christopher G Fairburn ist Professor f r Psychiatrie an der Universit t Oxford Er ist ein international anerkannter Experte auf dem Gebiet der Ess St rungen Insgesamt hilft der Text allen Interessierten den f r die meisten Ess St rungen relevanten Aspekt der Ess Attacken besser verstehen zu k nnen Psychotherapeut *Overcoming Anorexia Nervosa 2nd Edition* Patricia Graham, Christopher Freeman, 2019-03-07 Break free from the vicious cycle of anorexia nervosa Anorexia nervosa affects both men and women of all age groups and social classes internationally For both the sufferer and the friends and family who care for them the impact of the illness can be devastating However it can be treated effectively using cognitive behavioural therapy CBT This self help book provides support to battle this notorious and widespread eating disorder and has been used effectively with many patients in clinical settings Using CBT techniques you will learn to Understand the many forms and causes of anorexia nervosa Challenge negative thinking and behaviour Improve your body image Develop coping strategies for the future These clinically proven tools form a complete recovery programme with practical exercises and worksheets Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well scheme Series Editor Professor Peter Cooper

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