

# Cognitive Behavior Therapy and Eating Disorders

*Christopher G. Fairburn*

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## **Cognitive Behavior Therapy And Eating Disorders:**

*Cognitive Behavior Therapy for Adolescents with Eating Disorders* Riccardo Dalle Grave, Simona Calugi, 2020-03-24 This state of the art guide provides a powerful transdiagnostic approach for treating adolescent eating disorders anorexia nervosa bulimia nervosa binge eating disorder and others in either outpatient or inpatient settings It describes how enhanced cognitive behavior therapy CBT E the gold standard treatment for adult eating disorders has been systematically adapted and tested with younger patients With a strong motivational focus CBT E gives the adolescent a key role in decision making The book presents session by session guidelines for assessing patients determining whether CBT E is appropriate developing case conceptualizations conducting individualized interventions addressing medical issues and involving parents User friendly features include case vignettes and reproducible forms purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1 2 x 11 size CBT E is recognized as a best practice for the treatment of adolescent eating disorders by the U K National Institute for Health and Care Excellence NICE

*Cognitive Behavior Therapy and Eating Disorders* Christopher G. Fairburn, 2008-04-21 This book provides the first comprehensive guide to enhanced cognitive behavior therapy CBT E the leading empirically supported treatment for eating disorders in adults Written with the practitioner in mind the book demonstrates how this transdiagnostic approach can be used with the full range of eating disorders seen in clinical practice Christopher Fairburn and colleagues describe in detail how to tailor CBT E to the needs of individual patients and how to adapt it for patients who require hospitalization Also addressed are frequently encountered co occurring disorders and how to manage them Reproducible appendices feature the Eating Disorder Examination interview and questionnaire CBT E is recognized as a best practice for the treatment of adult eating disorders by the U K National Institute for Health and Care Excellence NICE

**Multistep Cognitive Behavioral Therapy for Eating Disorders** Riccardo Dalle Grave, 2013 *Multistep Cognitive Behavioral Therapy for Eating Disorders Theory Practice and Clinical Cases* describes a novel model of cognitive behavior therapy CBT for eating disorders called multistep CBT E Enhanced The treatment derived from the transdiagnostic cognitive behavior theory of eating disorders extends the range of applicability of standard CBT E It is designed to be applicable to three different levels of care outpatient intensive outpatient inpatient and to eating disorder patients of all diagnostic categories ages and BMI categories Distinguishing multistep CBT E is the adoption of a multi step approach conducted by a multidisciplinary CBT E team including psychologists dietitians and physicians the inclusion of a family module for patients under eighteen years old and the use of assisted eating and group sessions in adjunct to individual psychotherapy in the intensive levels of care The first eight chapters provide an overview of eating disorders the cognitive behavior theory of eating disorders how to build a CBT E multidisciplinary team how patients are assessed and prepared for the treatment the general organization procedures and strategies involved in the three steps of multistep CBT E treatment and how multistep CBT E can be adapted for adolescents

In order to highlight the flexibility of the multistep CBT E approach Section Two of the book provides a detailed description of three treated clinical cases The first case illustrates how outpatient CBT E was adapted to treat a professional sportswoman affected by an eating disorder the second describes the procedures and strategies applied in intensive outpatient CBT E to treat a patient who did not improve with standard outpatient CBT E and the third case illustrates the procedures and strategies typically applied in inpatient CBT E and shows how it can be used to help a patient with a longstanding eating disorder who has failed to respond to several outpatient treatments Each chapter gives a general description of the case in question and details the main procedures strategies and tools used from the assessment stage through to discharge In addition abridged transcripts of relevant clinical sessions are included to give interesting insight into the practical implementation of multistep CBT E and the outcomes at the end of the treatment and follow up are reported

**A Young Person's Guide to Cognitive Behavioural Therapy for Eating Disorders** Riccardo Dalle Grave, Simona Calugi, 2023-07-14 A Young Person's Guide to Cognitive Behavioural Therapy for Eating Disorders is a state of the art guide for young patients struggling with disordered eating based on enhanced cognitive behaviour therapy CBT E CBT E is one of the most effective treatments for eating disorders including anorexia nervosa bulimia nervosa and binge eating disorder which has recently been adapted for adolescents Written by two experienced clinicians and clinical researchers working daily with teenagers suffering from eating disorders and their parents this book offers an effective mix of theory and clinical expertise that will appeal to all readers The volume starts with a presentation the most current facts on eating disorders Part 2 then provides young with eating disorders a complete description accompanied by clinical examples and helpful vignettes on how to implement the main CBT E procedures While this book is specifically tailored for young people aged between 15 and 25 years with eating disorders treated with CBT E it will also be useful for all young persons affected by eating disorders and clinicians using CBT E with young patients

**Intensive Cognitive Behavior Therapy for Eating Disorders** Riccardo Dalle Grave, 2012-03 The book describes a novel model of intensive treatment for eating disorders one that is entirely cognitive behavioural in orientation In this book the treatment program will be described in detail and with numerous clinical vignettes The book explains how to adapt the CBT E for an intensive real world settings intensive outpatient therapy inpatient treatment and for severe eating disorder patients It also explains how a multidisciplinary team can apply a single psychotherapeutic treatment Readers will gain knowledge on the use of a manualised treatment in a real world intensive setting The book is suitable for all professionals working with eating disorders e g psychologists psychiatrists physicians dieticians and educators and particularly for those working in a multidisciplinary team at an intensive level of care

*Cognitive Behaviour Therapy for Eating Disorders in Young People* Riccardo Dalle Grave, Carine el Khazen, 2021-12-20 Cognitive Behaviour Therapy for Eating Disorders in Young People is a state of the art guide for parents based on enhanced cognitive behaviour therapy CBT E one of the most effective treatments for eating disorders and recently adapted for

adolescents Part I presents the most current facts on eating disorders Part II provides parents with guidance on how to support their child s recovery The book will be of interest to parents of teenagers with eating disorders treated with CBT E and also for clinicians using CBT E with young patients      *The Treatment of Eating Disorders* Carlos M. Grilo,James E. Mitchell,2011-03-18 Leading international experts on eating disorders describe the most effective treatments and explain how to implement them including coverage of psychosocial family based medical and nutritional therapies      *Beating Your Eating Disorder* Glenn Waller,Victoria Mountford,Rachel Lawson,Emma Gray,Helen Cordery,Hendrik Hinrichsen,2010-09-30 Do you or does someone you know suffer from an eating disorder such as anorexia nervosa bulimia nervosa or a less typical set of symptoms The most effective evidence based treatment for adults with eating disorders is cognitive behavioural therapy CBT This book presents a highly effective self help CBT programme for all eating disorders in an accessible format It teaches skills to sufferers and carers alike This book is relevant to any sufferer if You are not yet sure about whether to seek help You are not sure where to find help Your family doctor or others recommend that you try a self help approach You are waiting for therapy with a clinician and want to get the best possible start to beating your eating disorder      **A Young Person's Guide to Cognitive Behaviour Therapy for Eating Disorders** Riccardo Dalle Grave,Simona Calugi,2023-07 A Young Person s Guide to Cognitive Behaviour Therapy for Eating Disorders is a state of the art guide for young patients struggling with disordered eating based on enhanced cognitive behaviour therapy CBT E CBT E is one of the most effective treatments for eating disorders including anorexia nervosa bulimia nervosa binge eating disorder that has recently been adapted for adolescents Written by two experienced clinicians and clinical researchers working daily with teenagers suffering from eating disorders and their parents this book offers an effective mix of theory and clinical expertise that will appeal to all readers The volume starts with a presentation the most current facts on eating disorders Part Two then provides adolescents with eating disorders a complete description accompanied by clinical examples and helpful vignettes on how to implement the main CBT E procedures While this book is specifically tailored for teenagers aged between 15 and 25 years with eating disorders treated with CBT E it will also be useful for all young persons affected by eating disorders and clinicians using CBT E with young patients      **Exposure Therapy for Eating Disorders** Carolyn Black Becker,Nicholas R. Farrell,Glenn Waller,2019-12-16 Exposure Therapy for Eating Disorders teaches therapists to recognize the myriad ways exposure can and should be systematically included in ED treatment providing practical guidance on when and how to use exposure techniques with this clinical population      **Eating Disorders** Simon G. Gowers,Lynne Green,2009-03-12 Eating disorders comprise a range of physical psychological and behavioural features that often have an impact on social functioning and can invade most areas of the sufferer s life Although eating and weight disorders are common in children and adolescents there is a scarcity of practical guidance on treatment methods for eating disorders in young people In this book Simon Gowers and Lynne Green bring together up to date research clinical examples and useful tips to guide practitioners in

working with young people as well as helping families of children and adolescents to deal with their difficulties Eating Disorders provides the clinician with an introduction about how CBT can be used to challenge beliefs about control restraint weight and shape allowing young people to manage their eating disorder Chapters cover preparing for therapy a CBT treatment programme applications and challenges This practical text will be essential reading for mental health professionals paediatric teams and those in primary care working with children and adolescents with eating disorders It will benefit those working with both sufferers themselves and families who have difficulty understanding the disorder *Multistep Cognitive Behavioral Therapy for Eating Disorders* Riccardo Dalle Grave, 2012-11-08 Multistep Cognitive Behavioral Therapy for Eating Disorders Theory Practice and Clinical Cases describes a novel model of cognitive behavior therapy CBT for eating disorders called multistep CBT E Enhanced The treatment derived from the transdiagnostic cognitive behavior theory of eating disorders extends the range of applicability of standard CBT E It is designed to be applicable to three different levels of care outpatient intensive outpatient inpatient and to eating disorder patients of all diagnostic categories ages and BMI categories Distinguishing multistep CBT E is the adoption of a multi step approach conducted by a multidisciplinary CBT E team including psychologists dietitians and physicians the inclusion of a family module for patients under eighteen years old and the use of assisted eating and group sessions in adjunct to individual psychotherapy in the intensive levels of care The first eight chapters provide an overview of eating disorders the cognitive behavior theory of eating disorders how to build a CBT E multidisciplinary team how patients are assessed and prepared for the treatment the general organization procedures and strategies involved in the three steps of multistep CBT E treatment and how multistep CBT E can be adapted for adolescents In order to highlight the flexibility of the multistep CBT E approach Section Two of the book provides a detailed description of three treated clinical cases The first case illustrates how outpatient CBT E was adapted to treat a professional sportswoman affected by an eating disorder the second describes the procedures and strategies applied in intensive outpatient CBT E to treat a patient who did not improve with standard outpatient CBT E and the third case illustrates the procedures and strategies typically applied in inpatient CBT E and shows how it can be used to help a patient with a longstanding eating disorder who has failed to respond to several outpatient treatments Each chapter gives a general description of the case in question and details the main procedures strategies and tools used from the assessment stage through to discharge In addition abridged transcripts of relevant clinical sessions are included to give interesting insight into the practical implementation of multistep CBT E and the outcomes at the end of the treatment and follow up are reported

**Cognitive Behavioural Therapy for the Eating Disorders**, 2007 *Group Cognitive Behavior Therapy for Eating Disorders* Suzanne Bailey-Straebler, Laura Sprock, 2025-05-30 This treatment guide equips therapists with the necessary tools to implement the leading recommended treatment for eating disorders enhanced cognitive behavior therapy CBT E in a group format Group CBT E is a structured treatment designed to help patients make critical changes to their eating dieting

and other eating disorder symptoms. It aims to engage patients in identifying and addressing over evaluation of shape and weight, managing stressful events and emotions without eating disorder behaviors, and developing relapse prevention skills. The treatment guide includes detailed session agendas and outlines practical tips, advice on addressing sensitive topics, and numerous reproducible handouts that patients can personalize for their treatment needs. Group CBT-E empowers patients to actively engage in their recovery journey and emphasizes the valuable support found in group therapy settings where shared experiences foster learning, encouragement, and a sense of understanding. The treatment's structured and individualized approach not only enhances patient outcomes but also boosts therapist confidence. This book is a vital resource for therapists seeking clear guidance on implementing CBT-E in group format. Its practical components, such as clinical examples, therapist insights, patient handouts, and detailed CBT-E formulation guidance, are useful for all CBT-E therapists.

**Cognitive Behavior Therapy for Binge Eating Disorder** Riccardo Dalle Grave, Massimiliano Sartirana, Simona Calugi, 2024-12-10. The book is divided into three parts. Part One describes the most up-to-date scientific knowledge on the binge eating disorder and the cognitive behavioral theory of binge eating disorder associated with obesity. Then it gives an overview of the treatment and how to implement it well. Part Two describes the core protocol of CBT for binge eating disorder. To help the practitioners, the treatment is described in detail from the first to the last treatment session. Clinical vignettes are included to illustrate the highlights, and strategies are discussed for tailoring the intervention to the individual patient's needs. Part Three illustrates the adaptation of CBT for binge eating disorder for group settings, patients with medical and psychiatric comorbidities, and when it is delivered remotely or it is combined with the medications for the treatment of obesity and bariatric surgery. The book is indicated for all clinicians who treat binge eating disorders and obesity, e.g., internists, endocrinologists, psychologists, psychiatrists, dietitians, nutritionists, nurses, educators, and physical therapists, but also for many clinicians, e.g., gynecologists, endocrinologists, gastroenterologists, hematologists, allergists, psychiatrists, psychotherapists, and psychologists who, while not working in specialized clinical eating disorder and obesity centers, are involved in the management of the medical and psychiatric comorbidity of eating disorders and obesity.

**Cognitive Behavior Therapy for Adolescents with Eating Disorders** Riccardo Dalle Grave, Simona Calugi, 2020-04-30. This state-of-the-art guide provides a powerful transdiagnostic approach for treating adolescent eating disorders: anorexia nervosa, bulimia nervosa, binge eating disorder, and others, in either outpatient or inpatient settings. It describes how enhanced cognitive behavior therapy (CBT-E), the gold standard treatment for adult eating disorders, has been systematically adapted and tested with younger patients. With a strong motivational focus, CBT-E gives the adolescent a key role in decision making. The book presents session-by-session guidelines for assessing patients, determining whether CBT-E is appropriate, developing case conceptualizations, conducting individualized interventions, addressing medical issues, and involving parents. User-friendly features include case vignettes and reproducible forms. Purchasers get access to a webpage where they can download and print the reproducible materials in

a convenient 8 1 2 x 11 size CBT E is recognized as a best practice for the treatment of adolescent eating disorders by the U K National Institute for Health and Care Excellence NICE      *Handbook of Treatment for Eating Disorders* David M. Garner,Paul E. Garfinkel,1997-04-18 Updated to reflect recent DSM categorizations this edition includes coverage of binge eating disorder and examines pharmacological as well as psychotherapeutic approaches to treating eating disorders

**Counselling for Eating Disorders** Sara Gilbert,2005-07-15 Drawing on many years experience as a practitioner Sara Gilbert explains how to structure assessment and programmes of treatment for eating disorders      **Eating Disorders and Obesity** Christopher G. Fairburn,Kelly D. Brownell,2005-07-01 This unique handbook presents and integrates virtually all that is currently known about eating disorders and obesity in one authoritative accessible and eminently practical volume From leading international authorities 112 concise chapters encapsulate the latest information on all pertinent topics from biological psychological and social processes associated with risk to clinical methods for assessment and intervention The contents are organized to highlight areas of overlap between lines of research that often remain disparate Suggestions for further reading at the end of each chapter replace extended references and enhance the practical value and readability of the volume      *Cognitive Behavioral Therapy for Eating Disorders* Glenn Waller,Helen Cordery,Emma Corstorphine,Hendrik Hinrichsen,Rachel Lawson,Victoria Mountford,Katie Russell,2007 Describes the application of cognitive behavioral principles to patients with a range of eating disorders



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