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# FREE A Handbook for Helping Kids and Teens YOUR CHILD from OVEREATING

53 Mind-Body Strategies for Lifelong Health



MICHELLE P. MAIDENBERG, PhD, MPH, LCSW-R

# Free Your Child From Overeating A Handbook For Helping Kids And Teens

**Michelle P. Maidenberg, Ph.D., MPH,  
LCSW-R**



## **Free Your Child From Overeating A Handbook For Helping Kids And Teens:**

**Free Your Child from Overeating: A Handbook for Helping Kids and Teens** Michelle P. Maidenberg, 2016-03-22 Is your child or teen overeating or overweight Are you unsure how to help You re not alone If your ten to eighteen year old is struggling with overeating you know how hard that can be for your child and for you Unhealthy eating habits put kids and teens well being and self confidence at risk Something needs to change but what And how can you bring it up so they can really hear you You may have tried to help your child without much success but you may be overlooking the root cause of their struggle with eating and exercise their thinking In *Free Your Child from Overeating* Dr Michelle P Maidenberg shares over 40 interactive exercises that will help your child or teen Identify triggers cravings and self sabotaging thought patterns Define his or her values and find the motivation to change Learn to eat mindfully by savoring meals and snacks And set realistic goals using the four P s predict plan put into action and practice It can be tempting to hope that your child s overeating is just a phase but the price of inaction is too high Using Dr Maidenberg s 53 strategies rooted in mindfulness cognitive behavioral therapy and acceptance and commitment therapy you can free your child from overeating or obesity by building his or her confidence Your child has the power to change and you have the power to help *The Adolescent Psychotherapy Treatment Planner* Arthur E. Jongsma, Jr., L. Mark Peterson, William P. McInnis, Timothy J. Bruce, 2023-09-06 Quickly and efficiently create treatment plans for adolescents in a variety of treatment environments The newly revised sixth edition of the *Adolescent Psychotherapy Treatment Planner* delivers an essential resource for mental health practitioners seeking to create effective high quality treatment plans that satisfy the needs of most third party payers and state and federal review agencies This book clarifies simplifies and accelerates the treatment planning process for adolescents so you can spend less time on paperwork and more time treating your clients This latest edition includes comprehensive and up to date revisions on treating the victims and perpetrators of bullying and aggression gender dysphoria loneliness opioid use and sleep disorders It includes new evidence based objectives and interventions as well as an expanded and updated professional references appendix You ll also find A new appendix presenting location and availability information in an alphabetical index of objective assessment instruments and structured clinical interviews A consistent focus throughout the book on evidence based practices and treatments consistent with practice guideline recommendations Ranges of treatment options consistent with the best available research and those reflecting common clinical practices of experienced clinicians An essential treatment planning handbook for clinicians treating adolescents in a variety of settings the sixth edition of the *Adolescent Psychotherapy Treatment Planner* is the key to quickly and efficiently creating individually tailored evidence based and effective treatment plans for adolescent clients **The Child Psychotherapy Treatment Planner** Arthur E. Jongsma, Jr., L. Mark Peterson, William P. McInnis, Timothy J. Bruce, 2023-02-14 Now in its sixth edition The *Child Psychotherapy Treatment Planner* is an essential reference used by clinicians around the country to clarify simplify and accelerate the patient

treatment planning process The book allows practitioners to spend less time on paperwork to satisfy the increasingly stringent demands of HMOs managed care companies third party payors and state and federal agencies and more time treating patients face to face The latest edition of this Treatment Planner offers accessible and easily navigable treatment plan components organized by behavioral problem and DSM 5 diagnosis It also includes Newly updated treatment objectives and interventions supported by the best available research New therapeutic games workbooks DVDs toolkits video and audio to support treatment plans and improve patient outcomes Fully revised content on gender dysphoria consistent with the latest guidelines as well as a new chapter on disruptive mood dysregulation disorder and Bullying Victim An invaluable resource for practicing social workers therapists psychologists and other clinicians who frequently treat children The Child Psychotherapy Treatment Planner Sixth Edition is a timesaving easy to use reference perfectly suited for busy practitioners who want to spend more time focused on their patients and less time manually composing the over 1000 pre written treatment goals objectives and interventions contained within

*Global Malnutrition* Jahangir Moini, Oyindamola Akinso, Raheleh Ahangari, 2023-11-27 *Global Malnutrition Pathology and Complications* addresses various types of malnutrition including deficiencies undernutrition excesses overnutrition and imbalances in a person's intake of nutrients Malnutrition is considered a global health crisis causing various types of chronic diseases in humans Malnutrition is very serious when affecting children as the result can be a lifetime of serious health problems This book addresses the importance of combating undernutrition and overnutrition It discusses the prevalence of nutritional disorders and epidemics assesses nutritional requirements for various populations and focuses on special populations most affected by nutritional disorders Features Covers various diseases caused by poor diet and nutrition Provides suggestions on preventing malnutrition by improving diet and nutrition Discusses nutritional disorders and epidemics Presents information on nutritional requirements in special populations Contains clinical case studies with critical thinking questions and answers clinical treatments and costs Featuring an engaging writing style and excellent flow of material *Global Malnutrition Pathology and Complications* contains practical applications for use in clinical practice It includes suggestions for improving diet and nutrition in order to prevent malnutrition Figures enhance content and questions at the end of the chapters with corresponding answers at the end of the book reinforce the subject matter

*ACE Your Life* Michelle P. Maidenberg, Ph.D., MPH, LCSW-R, 2022-09-20 It's common for anyone to feel trapped or stuck by their inner commentator habitual patterns of behavior and the lessons they've learned throughout their lives Everyone has regrets with many trying to preserve strained relationships and other difficult parts of their lives When faced with these hardships it's easy for self worth and confidence to take a nosedive causing many to wonder where they went wrong and to wish for a do over *ACE Your Life Unleash Your Best Self and the Life You Want to Be Living* offers another way Michelle P Maidenberg Ph D MPH LCSW R explains how to create a life and legacy of love both of self and others and fulfillment Predicated on acceptance compassion and empowerment skills Maidenberg's approach has

transformative range working for those who feel slightly stuck and are seeking personal growth and enhancement as well as those with more complex stuckness caused by trauma cumulative stress or other significant challenges Each section of *Ace Your Life* walks the reader through definitions benefits barriers and includes curiosity based mindfulness questions and exercises to promote growth healing and a path toward personal fulfillment Individuals who want to enhance their life in a significant way and become their best self through the work and wisdom of personal growth will benefit from this encouraging inspirational and easily actionable guide

**Why Did I Just Eat That?** Lisa D. Ellis, MS, RDN, CDN, LCSW, CEDS-C, 2024-01-09 Get off the diet roller coaster and embark on a life affirming journey towards a positive and sustainable relationship with food and your body In *Why Did I Just Eat That* Registered Dietitian Certified Eating Disorders Specialist and food therapist Lisa D Ellis offers nutritional and therapeutic support in this comprehensive guide to healthy eating She promotes an all foods fit model and mindfulness to explain the connection between human emotions habits and physical satisfaction She rejects the toxic constraints of diet culture and instead encourages self acceptance eating intuitively and fundamentally redefining our relationship with food *Why Did I Just Eat That* begins with removing the blame and shame associated with food by sharing a highly readable overview of how early human survival strategies influence our eating issues today A self administered quiz follows designed to identify the specific types of eating behaviors Finally after real case studies and solutions are discussed *Why Did I Just Eat That* provides practical and achievable healing steps tailored to address the needs of each respective type of eater The science backed wisdom exercises and activities will empower anyone struggling with food to let go of the idea of perfection and define their relationship with food on their own terms paving the way for deeper self discovery and a healthier way of living

*The Idea Catalog*, 1991 Subject Guide to Children's Books In Print, 1990-1991 R R Bowker Publishing, 1990-09 Subject Guide to Children's Books In Print, 1989-1990 R R Bowker Publishing, 1989-10 *American Book Publishing Record Cumulative 1993* R R Bowker Publishing, 1994-03 Cited in BCL3 Sheehy and Walford Compiled from the 12 monthly issues of the ABPR this edition of the annual cumulation lists by Dewey sequence some 41 700 titles for books published or distributed in the US Entry information is derived from MARC II tapes and books submitted to R R Bowker an

*Forthcoming Books* Rose Arny, 2000 *Getting Over Overeating for Teens* Andrea Wachter, 2016-12-01 Written by a family therapist and eating disorder specialist this book will help teens challenge their own thinking and transform their relationship to food giving them the skills they need to manage their emotions and find the comfort and sweetness they truly seek in life without overeating

**Why Can't My Child Stop Eating?** Debbie Danowski, 2013-05-31 Help for parents that tackles the real causes of childhood obesity and offers practical solutions *Why Can't My Child Stop Eating* examines the emotional roots of overeating and addresses the social emotional and physical problems of these children and their families With the ever growing childhood obesity problem the audience for this book continues to develop *Why Can't My Child Stop Eating* provides parents with specific activities to assist in addressing and

healing the emotional aspects of obesity Currently there is no book on the market that provides assistance in coping with the emotional issues of obesity that offers an emotional recovery plan for children Debbie Danowski PhD is co author of the previously published Why Can t I Stop Eating Hazelden Publishing 2000 in which she outlined her personal physical emotional and spiritual food addiction recovery program that resulted in her losing more than 150 pounds over seventeen years ago She is a regular guest on both national and international radio programs Why Can t I Stop Eating was Hazelden s best selling trade book in the summer of 2000 The book is currently in its third printing When Your Teen Has an Eating Disorder Lauren Muhlheim,2018-09-01 If your teen has an eating disorder such as anorexia bulimia or binge eating you may feel helpless worried or uncertain about how you can best support them That s why you need real proven effective strategies you can use right away Whether used in conjunction with treatment or on its own this book offers an evidence based approach you can use now to help your teen make healthy choices and stay well in body and mind When Your Teen Has an Eating Disorder will empower you to help your teen using a unique family based treatment FBT approach With this guide you ll learn to respectfully and lovingly oversee your teen s nutritional rehabilitation which includes helping to normalize eating behaviors managing meals expanding food flexibility teaching independent and intuitive eating habits and using coping strategies and recovery skills to prevent relapse In addition to helping parents and caregivers this book is a wonderful resource for mental health professionals teachers counselors and coaches who work with parents of and teens with eating disorders It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment As a parent feeding your child is a fundamental act of love it has been from the start However when a child is affected by an eating disorder parents often lose confidence in performing this basic task This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal Parents' Quick Start Recovery Guide Lori Osachy,Lori Osachy Mss,Jean Boles,Jordan Catapano,2012-09-13 Lori Osachy MSS LCSW has been successfully helping families overcome eating disorders for over twenty years You can contact Lori for help at 904 737 3232 or through her website [www bodyimagecounseling com](http://www.bodyimagecounseling.com) You can gain access to her complete recovery system at [www quickstartrecovery com](http://www.quickstartrecovery.com) Getting quality care for your loved one with an eating disorder can be a minefield In this concise and practical guide you will quickly discover how to handle difficult situations when seeking eating disorders treatment that you rarely hear about but unfortunately happen all the time such as what to do when your child s primary doctor denies there is an eating disorder when blood work comes back normal but you know your loved one is ill when insurance doesn t cover treatment and when your adult child refuses care This is a book that is a culmination of my twenty years of experience working on the front lines of eating disorders treatment and recovery I wrote it because I was giving out the same life saving advice day after day on the phone and in the office to distraught parents husbands friends and other loved ones and hearing horror stories about the struggles they had in finding quality treatment for eating disorders I realized that there was virtually no practical advice

available to help them avoid these heartbreaking and AVOIDABLE mistakes in seeking help Your loved one CAN recover and I guarantee that this book will help you avoid these costly emotional and financial mistakes the first time you try Parents Quick Start Recovery was the only book that outlined a clear plan of action for our daughter and gave us tools we could use immediately Her methods work Her methods WORK I will be forever grateful for Lori Mandy age 54 mother of Allison age 14

**Children and Teens Afraid to Eat** Francie M. Berg, 2001 Takes a societal look at the issue of eating disorders and offers ideas on how families and schools can combat the problem *Eating Disorders in Children and Adolescents* Daniel Le Grange, James Lock, 2011-09-20 Bringing together leading authorities this comprehensive volume integrates the best current knowledge and treatment approaches for eating disorders in children and adolescents The book reveals how anorexia nervosa bulimia nervosa and other disorders present differently developmentally and explains their potentially far reaching impact on psychological physical and neurobiological development It provides guidelines for developmentally sound assessment and diagnosis with attention to assessment challenges unique to this population Detailed descriptions of evidence based therapies are illustrated with vivid case examples Promising directions in prevention are also addressed A special chapter offers a parent's perspective on family treatment **Help Your Teenager Beat an Eating Disorder, Second Edition** James Lock, Daniel Le Grange, 2015-01-20 Presents evidence that parents who have often been told to take a back seat in eating disorder treatment can and must play a key role in recovery Whether pursuing family based treatment or other options parents learn specific doable steps for monitoring their teen's eating and exercise habits managing mealtimes ending weight related power struggles and collaborating successfully with health care providers [The Intuitive Eating Workbook for Teens](#) Elyse Resch, 2019-04-01 A new non diet approach to help teens adopt healthy eating habits Building on the success of the evidence based guide Intuitive Eating this workbook for teens addresses the ten principles of intuitive eating to help young readers develop a healthy relationship to food Using this breakthrough workbook teens will learn to notice and respect their natural hunger and fullness cues find real eating satisfaction promote body positivity and cultivate a profound connection to their mind and body for years to come **Your Child's Weight** Ellyn Satter, 2005-08-15 Provides anecdotes tips and strategies to ensure children receive proper nutrition and maintain healthy eating habits

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