

# Dialectical Behavior Therapy for Binge Eating and Bulimia

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Foreword by  
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# Dialectical Behavior Therapy For Binge Eating And Bulimia

**Debra L. Safer, Sarah Adler, Philip C.  
Masson**



## **Dialectical Behavior Therapy For Binge Eating And Bulimia:**

**Dialectical Behavior Therapy for Binge Eating and Bulimia** Debra L. Safer, Christy F. Telch, Eunice Y.

Chen, 2009-05-20 This groundbreaking book gives clinicians a new set of tools for helping clients overcome binge eating disorder and bulimia. Featuring vivid case examples and 30 reproducibles, the book shows how to put an end to binge eating and purging by teaching clients more adaptive ways to manage painful emotions. [The DBT Solution for Emotional Eating](#)

Debra L. Safer, Sarah Adler, Philip C. Masson, 2018-01-01 Eating can be a source of great pleasure or deep distress. If you've picked up this book, chances are you're looking for tools to transform your relationship with food. Grounded in dialectical behavior therapy (DBT), this motivating guide offers a powerful pathway to change. Drs. Debra L. Safer, Sarah Adler, and Philip C. Masson have translated their proven state-of-the-art treatment into a compassionate self-help resource for anyone struggling with bingeing and other types of stress eating. You will learn to identify your emotional triggers, cope with painful or uncomfortable feelings in new and healthier ways, gain awareness of urges and cravings without acting on them, break free from self-judgment and other traps, practice specially tailored mindfulness techniques, make meaningful behavior changes one doable step at a time. Vivid examples and stories help you build each DBT skill. Carefully crafted practical tools you can download and print additional copies as needed let you track your progress and fit the program to your own needs. Finally, freedom from out-of-control eating and a happier future are in sight. Mental health professionals see also the related treatment manual *Dialectical Behavior Therapy for Binge Eating and Bulimia* by Debra L. Safer, Christy F. Telch, and Eunice Y. Chen.

*Dialectical Behavior Therapy for Eating Disorders* Tiffany A. Brown, Lucene Wisniewski, Leslie Anderson, 2025-03-20 This book explores the application of dialectical behavior therapy (DBT) in treating eating disorders (EDs), highlighting its theoretical and clinical significance alongside emerging empirical support. Theoretical and clinical relevance, as well as burgeoning empirical support for the treatment of EDs, are discussed. Originally developed for patients with borderline personality disorder, DBT recognizes that maladaptive impulsive behaviors often arise from attempts to manage intense emotions and focuses on cultivating adaptive skills for better emotional self-regulation. With robust evidence linking emotion regulation difficulties to eating disorder symptoms, research increasingly supports DBT's effectiveness for conditions such as bulimia nervosa and binge eating disorder. The contributors to this volume are experts in the field who have decades of clinical and research experience in DBT and eating disorders and they delve into the nuances of adapting DBT for patients with complex presentations and comorbid conditions, reflecting the latest advancements in this vital area of therapy. The chapters in this book were originally published as a special issue of *Eating Disorders: The Journal of Treatment and Prevention*. [The Dialectical Behavior Therapy Skills Workbook for Bulimia](#) Ellen Astrachan-Fletcher, Michael Maslar, 2009-08-01 At the root of bulimia is a need to feel in control. While purging is a strategy for controlling weight, bingeing is an attempt to calm depression, stress, shame, and even boredom. The *Dialectical Behavior Therapy Skills Workbook for Bulimia* offers new and

healthy ways to overcome the distressing feelings and negative body image beliefs that keep you trapped in this cycle In this powerful program used by therapists you ll learn four key skill sets mindfulness distress tolerance emotion regulation and interpersonal effectiveness and begin using them right away to manage bulimic urges The book includes worksheets and exercises designed to help you take charge of your emotions and end your dependence on bulimia You ll also learn how to stay motivated and committed to ending bulimia instead of reverting to old behaviors Used together the skills presented in this workbook will help you begin to cope with uncomfortable feelings in healthy ways empower you to feel good about nourishing your body and finally gain true control over your life This book has been awarded The Association for Behavioral and Cognitive Therapies Self Help Seal of Merit an award bestowed on outstanding self help books that are consistent with cognitive behavioral therapy CBT principles and that incorporate scientifically tested strategies for overcoming mental health difficulties Used alone or in conjunction with therapy our books offer powerful tools readers can use to jump start changes in their lives

**Two Brief Treatments Based on Dialectical Behavior Therapy for Binge Eating Across Diagnoses and Thresholds** Angela S. Cain,2009 How can disordered eating be effectively treated The answer is not yet clear Although cognitive behavioral therapy CBT is generally considered the treatment of choice disordered eating has been shown to persist and re emerge following CBT Furthermore little research exists regarding treatment efficacy for eating disorder presentations that fall outside of the current diagnoses of anorexia nervosa bulimia nervosa and binge eating disorder The current study bolsters this area by examining the efficacy of two brief treatments based on dialectical behavior therapy DBT for binge eating be it in the context of full or sub threshold BN or full or sub threshold BED Participants were randomly assigned to either group DBT with coaching calls DBT or diary card self monitoring with brief individual sessions DC Fifteen treatment sessions were provided over 16 weeks Both treatments were associated with significant change in the desired direction in bulimic symptoms dichotomous thinking food labeling drive for thinness body dissatisfaction ineffectiveness perfectionism and interpersonal distrust over the course of treatment While DBT outperformed DC on symptom measures DC outperformed DBT on retention The results point to possibilities for stepped care and avenues for future research including replication with a larger sample further dismantling e g DBT vs behavior chain analysis DBT vs mindful eating and comparison with other available treatments e g treatment as usual CBT IPT

**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

**Dialectical Behavior Therapy for Binge Eating and Bulimia** Debra L. Safer,Christy F. Telch,Eunice Y. Chen,2017-02-03 This groundbreaking book gives clinicians a new set of tools for helping people overcome binge eating disorder and bulimia It presents an adaptation of dialectical behavior therapy DBT developed expressly for this population The treatment is unique in approaching disordered eating as a problem of emotional dysregulation Featuring vivid case

examples and 32 reproducible handouts and forms the book shows how to put an end to binge eating and purging by teaching clients more adaptive ways to manage painful emotions Step by step guidelines are provided for implementing DBT skills training in mindfulness emotion regulation and distress tolerance including a specially tailored skill mindful eating Purchasers get access to a Web page where they can download and print the reproducible handouts and forms in a convenient 8 1/2 x 11 size See also the related self help guide *The DBT Solution for Emotional Eating* by Debra L Safer Sarah Adler and Philip C Masson ideal for client recommendation **The DBT® Solution for Emotional Eating** Debra L. Safer, Sarah Adler, Philip C. Masson, 2018-01-01 Eating can be a source of great pleasure or deep distress If you've picked up this book chances are you're looking for tools to transform your relationship with food Grounded in dialectical behavior therapy DBT this motivating guide offers a powerful pathway to change Drs Debra L Safer Sarah Adler and Philip C Masson have translated their proven state of the art treatment into a compassionate self help resource for anyone struggling with bingeing and other types of stress eating You will learn to Identify your emotional triggers Cope with painful or uncomfortable feelings in new and healthier ways Gain awareness of urges and cravings without acting on them Break free from self judgment and other traps Practice specially tailored mindfulness techniques Make meaningful behavior changes one doable step at a time Vivid examples and stories help you build each DBT skill Carefully crafted practical tools you can download and print additional copies as needed let you track your progress and fit the program to your own needs Finally freedom from out of control eating and a happier future are in sight Mental health professionals see also the related treatment manual *Dialectical Behavior Therapy for Binge Eating and Bulimia* by Debra L Safer Christy F Telch and Eunice Y Chen *End Emotional Eating* Jennifer Taitz, 2012-07-01 Dialectical behavior therapy DBT expert and clinical psychologist Jenny Taitz presents *End Emotional Eating* a comprehensive guide to overcoming the emotional eating issues that are at the root of most overeating and binge eating difficulties *The Effectiveness of Short-term Dialectical Behavioral Therapy for Eating Disorders* Stephanie McDonough, 2017 There has been a recent upsurge in the investigation of Dialectical Behavior Therapy DBT for the treatment of eating disorders such as binge eating disorder and bulimia nervosa While empirical research generally suggests its benefits studies provide conflicting evidence regarding the effectiveness of DBT for this population Given the discrepant findings in existing research the current study provides a comprehensive critical review of the evidence as it pertains to the effectiveness of short term models of DBT defined as less than 12 months of treatment for the treatment of binge eating disorder bulimia nervosa and eating disorder not otherwise specified Articles in the review include quantitative studies examining short term models of DBT for individuals with binge eating disorder bulimia nervosa and eating disorder not otherwise specified with cited outcomes at varying lengths of follow up Methodology and results are examined and explanations for discrepant findings are provided Based on this critical review recommendations for future research are provided *The Oxford Handbook of Dialectical Behaviour Therapy* Michaela A. Swales, 2018 Dialectical

behavior therapy DBT is a specific type of cognitive behavioral psychotherapy developed in the late 1980s by psychologist Marsha M Linehan to help better treat borderline personality disorder Since its development it has also been used for the treatment of other kinds of mental health disorders The Oxford Handbook of DBT charts the development of DBT from its early inception to the current cutting edge state of knowledge about both the theoretical underpinnings of the treatment and its clinical application across a range of disorders and adaptations to new clinical groups Experts in the treatment address the current state of the evidence with respect to the efficacy of the treatment its effectiveness in routine clinical practice and central issues in the clinical and programmatic implementation of the treatment In sum this volume provides a desk reference for clinicians and academics keen to understand the origins and current state of the science and the art of DBT

**Eating Disorders** Paul Robinson, Tracey Wade, Beate Herpertz-Dahlmann, Fernando Fernandez-Aranda, Janet Treasure, Stephen Wonderlich, 2024-12-20 This Handbook covers all eating disorders in every part of the world Eating disorders in Western countries are described but also in different parts of Asia Africa the Middle East amongst indigenous peoples and peoples of cultural and linguistic diversity Latin America and Eastern Europe and we will describe the impact of pandemics The sections are organised with an introduction followed by definitions and classifications then epidemiology then psychosocial aetiology clinical features neurobiology family peers and carers and finally conclusions The latest DSM and ICD classifications are covered and eating disorders not yet classified The authors cover the clinical features of eating disorders complicating diabetes type 1 the neurobiology of eating disorders including immunology neurotransmitters and appetite The treatment section will include emergency treatment evidence based psychological approaches intensive interventions and emerging areas and the family section will include voluntary bodies family and carers and pregnant mothers with eating disorders Outcome covers prognosis in all the major eating disorders and describe the severe and enduring type of eating disorder The work is the primary source of information about eating disorders for students doctors psychologists and other professionals The fact that it is regularly updated makes it second only to primary sources such as journals for retrieving information on the subject In contrast to journals the manual will provide accessibility unavailable elsewhere [The Wiley Handbook of Eating Disorders](#) Linda Smolak, Michael P. Levine, 2015-07-23 This groundbreaking two volume handbook provides a comprehensive collection of evidence based analyses of the causes treatment and prevention of eating disorders A two volume handbook featuring contributions from an international group of experts and edited by two of the leading authorities on eating disorders and body image research Presents comprehensive coverage of eating disorders including their history etiological factors diagnosis assessment prevention and treatment Tackles controversies and previously unanswered questions in the field Includes coverage of DSM 5 and suggestions for further research at the end of each chapter 2 Volumes [The Handbook of Dialectical Behavior Therapy](#) Jamie Bedics, 2020-05-15 Dialectical behavior therapy DBT has become a useful treatment for a range of clinical problems and is no longer limited to the treatment of suicidal

behaviors or borderline personality disorder

**The Handbook of Dialectical Behavior Therapy Theory Research and Evaluation** reviews the evidence based literature on use of DBT in a wide range of populations and settings The book begins with the foundations of DBT its history development core principles mechanisms of change and the importance of the therapeutic relationship It also reviews the efficacy of DBT for treatment of suicidal behavior eating disorders and substance abuse disorders as well as its use for children adolescents and families A section on clinical settings reviews implementation in schools college counseling centers and hospitals Provides an overview of DBT including its development core principles and training Discusses the importance of the therapeutic relationship and alliance in DBT Outlines DBT treatment for suicidal behavior eating disorders and substance use disorders Includes DBT as treatment for adolescents and children Covers DBT implementation in schools counseling centers and hospitals

*DBT Principles and Strategies in the Multidisciplinary Treatment of Eating Disorders* Alyssa H. Kalata,Elysse Thebner Miller,2024-08-20 DBT Principles and Strategies in the Multidisciplinary Treatment of Eating Disorders is an in depth exploration of DBT strategies and principles that can be applied by all members of a client s multidisciplinary team including dietitians and psychiatric providers While previous DBT related texts focus on therapists counselors and social workers this book s discipline specific and cross discipline examples and dialogue as well as thoughtful descriptions of DBT principles and strategies create an accessible text carefully designed to benefit a wide variety of audiences By showing the multidisciplinary application of DBT tools and techniques this book gives providers of all disciplines a shared language and framework that can assist with multidisciplinary case conceptualization treatment planning and therapeutic interventions rather than leaving providers operating in discipline specific silos that are often atheoretical or eclectic in terms of their framework for conceptualizing and providing care Exercises embedded throughout the text focus on helping providers implement what they are learning in their day to day clinical practice The book is replete with activities that are focused specifically on assisting providers in implementing DBT strategies like diary cards chain analyses exposure based procedures and cognitive modification procedures Lastly there is an emphasis on how DBT concepts and methods can be applied in different settings especially in inpatient residential and partial hospitalization settings

**DBT Principles and Strategies in the Multidisciplinary Treatment of Eating Disorders** is an accessible practical guide for eating disorder professionals of all disciplines who would like to integrate DBT principles and strategies into patient care

**The DBT? Solution for Emotional Eating** Debra L. Safer,Sarah Adler,Philip C. Masson,2018-01-01 Grounded in dialectical behavior therapy DBT this book offers a powerful pathway to change Drs Debra L. Safer Sarah Adler and Philip C Masson have translated their proven treatment into an empathic self help guide that focuses on the psychological triggers of bingeing and other types of stress eating Readers learn how to stop using food to soothe emotional pain and gain concrete skills for coping in a new and healthier way featuring pointers for building and practicing each DBT skill mindfulness exercises and downloadable practical tools that help readers tailor the program to their own

needs     *Eating Disorders and Obesity* Laura H. Choate, 2015-01-07 Both practical and comprehensive this book provides a clear framework for the assessment treatment and prevention of eating disorders and obesity Focusing on best practices and offering a range of current techniques leaders in the field examine these life threatening disorders and propose treatment options for clients of all ages This text written specifically for counselors benefits from the authors collective expertise and emphasizes practitioner friendly wellness based approaches that counselors can use in their daily practice Parts I and II of the text address risk factors in and sociocultural influences on the development of eating disorders gender differences the unique concerns of clients of color ethical and legal issues and assessment and diagnosis Part III explores prevention and early intervention with high risk groups in school university and community settings The final section presents a variety of treatment interventions such as cognitive behavioral interpersonal dialectical behavior and family based therapy Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here

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internationally recognized experts in suicide self injury and borderline personality disorder it features clinical vignettes following patients through a series of chapters clearly illustrating both the therapeutic principles and interventions

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