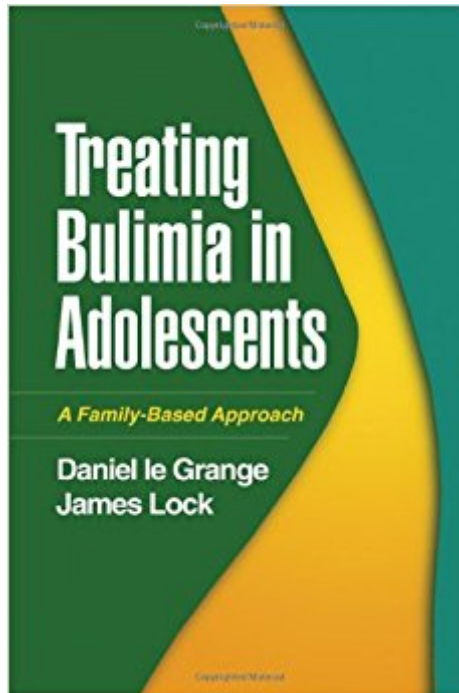




Ebook Directory
the best source of ebook

The book was found

Treating Bulimia In Adolescents: A Family-Based Approach



Synopsis

An indispensable clinical resource, this groundbreaking book is the first treatment manual to focus specifically on adolescent bulimia nervosa. The authors draw on their proven approach to treating anorexia nervosa in the family context and adapt it to the unique needs of this related yet distinct clinical population. Evidence-based strategies are presented for helping the whole family collaborate to bring dysfunctional eating behaviors under control, while also addressing co-occurring psychological problems and parent-child relationship conflicts. Highly practical, the book shows exactly how to carry out this time-limited therapy and what to do when problems arise. Special features include annotated session transcripts and answers to frequently asked questions.

Book Information

Hardcover: 260 pages

Publisher: The Guilford Press; 1 edition (January 16, 2007)

Language: English

ISBN-10: 1593854145

ISBN-13: 978-1593854140

Product Dimensions: 6.3 x 0.9 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #707,816 in Books (See Top 100 in Books) [#9 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) [#391 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry > Child](#) [#735 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#)

Customer Reviews

An excellent Maudesley model treatment manual for clinicians to use in treating Bulimia Nervosa. The authors chose to address Bulimia in a separate edition from their first manual, TREATMENT MANUAL FOR ANOREXIA NERVOSA. The psychological and family dynamics are somewhat different in Bulimia, though the family centered approach is essentially the same. With treatment broken down session by session, it becomes possible for for most clinicians with a family therapy background to deliver effective treatment to bulimic teenagers and their families - with minimal additional training. As with the anorexia manual, the approach is very prescriptive - from the initial "intense scene" where the therapist informs the parents that their child has a fair chance of dying unless they both take a leave of absence from work to personally supervise her meals - to the

insistence the parents take charge of the patient's eating, compulsive exercising and purging - until she successfully frees herself from the spell bulimia holds over her. As with anorexia, the second session always involves a picnic lunch the family brings to the office - enabling the therapist to "coach" the parents on getting their daughter to eat. This is followed by weekly visits to ensure the family is continuing to provide close supervision of dietary choices, meals, exercise and purging. In treating bulimia the main focus is not weight restoration (often bulimic patients are slightly overweight), but ending the cycle of bingeing and purging (either via self-induced vomiting or laxative abuse). There also tend to be more co-occurring psychiatric conditions (most commonly depression and suicide ideation) with bulimia, which may need to be addressed first.

[Download to continue reading...](#)

Treating Bulimia in Adolescents: A Family-Based Approach ACT for Adolescents: Treating Teens and Adolescents in Individual and Group Therapy Evidence-Based CBT for Anxiety and Depression in Children and Adolescents: A Competencies Based Approach Understanding, Diagnosing, and Treating ADHD in Children and Adolescents: An Integrative Approach (Reiss-Davis Child Study Center, Volume 3) Treating Visceral Dysfunction: An Osteopathic Approach to Understanding and Treating the Abdominal Organs Group Work with Adolescents, Third Edition: Principles and Practice (Clinical Practice with Children, Adolescents, and Families) Infants, Children, and Adolescents (Berk & Meyers, The Infants, Children, and Adolescents Series, 8th Edition) Headache and Your Child: The Complete Guide to Understanding and Treating Migraine and Other Headaches in Children and Adolescents Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency Treating Complex Trauma in Adolescents and Young Adults Handbook of Biblical Hebrew: An Inductive Approach Based on the Hebrew Text of Esther (An Inductive Approach Based on the Hebrew Text of Esther, 2 Vols. in 1) Wasted Updated Edition: A Memoir of Anorexia and Bulimia (P.S.) The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder Hope and Recovery: A Mother-Daughter Story About Anorexia Nervosa, Bulimia, and Manic Depression Anorexia and Bulimia (Perspectives on Diseases and Disorders) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) The Eating Disorders Update: Understanding Anorexia, Bulimia, and Binge Eating (Disease Update) Home Based Business Escape Plan: How To Make \$10,000 Per Month With Your Own Part-Time, Online Lifestyle Business: Home Based Business Ideas (Home Based Business Opportunities) The PEERS Curriculum for School-Based Professionals: Social Skills

Contact Us

DMCA

Privacy

FAQ & Help