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Nota di contenuto

FRONT COVER -- Bulimia Nervosa: A Cognitive Therapy Programme for Clients -- Contents -- PREFACE -- ACKNOWLEDGEMENTS -- Part 1: The Facts -- 1 Background and Basics -- 2 Introduction to Bulimia Nervo -- 3 Do I have Bulimia Nervosa? -- 4 Theories of Bulimia Nervosa -- Part 2: The Programme -- 5 Encouraging Change -- 6 Why Change? -- 7 The Cognitive Model -- 8 The Myth of Control -- 9 Confirming Control -- 10 Identifying Permissive Thoughts -- 11 Challenging Permissive Thoughts -- 12 Identifying Positive Beliefs about Eating -- 13 Challenging Positive Beliefs about Eating -- 14 Changing Behaviours -- 15 Identifying Underlying Assumptions -- 16 Challenging Underlying Assumptions -- 17 Identifying Core Beliefs -- 18 Challenging Core Beliefs -- 19 Preventing Relapse -- APPENDIX 1 WORKING OUT YOUR BODY MASS INDEX -- APPENDIX 2 BLANK COPIES OF WORKSHEETS -- APPENDIX 3 DISTINGUISHING BETWEEN THOUGHTS AND FEELINGS -- APPENDIX 4 ADDITIONAL READING -- APPENDIX 5 USEFUL ADDRESSES: EATING DISORDER ASSOCIATIONS -- APPENDIX 6 A COGNITIVE MODEL OF BULIMIA NERVOSA: THEORY AND EVIDENCE -- REFERENCES -- SUBJECT INDEX -- AUTHOR INDEX.

Sommario/riassunto

Written for those who either suffer from or come into contact with bulimia nervosa, this book will be an invaluable source of support for all those who wish to understand and to change their behaviour. It provides a framework for understanding what maintains the disorder, why it has developed and a step-by-step programme to aid recovery.
