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Titolo	Eating disorders and obesity : a counselor's guide to prevention and treatment // edited by Laura H. Choate
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Section 1: Foundations; Chapter 1: Sociocultural Influences on the Development of Eating Disorders and Obesity -- Chapter 2: Gendered Considerations in the Treatment and Prevention of Eating Disorders -- Chapter 3: Clients of Color and Eating Disorders: Cultural Considerations -- Chapter 4: Ethical and Legal Issues in Counseling Clients With Eating Disorders -- Section 2: Assessment and Practice Frameworks for Eating Disorders and Obesity -- Chapter 5: Assessment and Diagnosis of Eating Disorders -- Chapter 6: Assessment, Consultation, and Intervention for Eating Disorders in Schools -- Chapter 7: Assessment, Conceptualization, and Intervention With Young Adult Women With EDNOS: A Framework for Practice -- Section 3: Effective Prevention and Early Intervention for Eating Disorders and Obesity -- Chapter 8: Preventing Childhood Obesity -- Chapter 9: Prevention of Eating Disorders in Children: The Role of the Counselor -- Chapter 10: Eating Disorders Prevention With Adolescents and Young Adults -- Chapter 11: Effective Prevention Programs in College and University Settings -- Chapter 12: Cognitive–Behavioral Therapy Guided Self-Help for Binge Eating: A Culturally Sensitive Minimal or Early Intervention Program -- Section 4: Effective Treatments for Eating Disorders and Obesity -- Chapter 13: Enhanced Cognitive–Behavioral Therapy Approach to Counseling Clients With Eating Disorders -- Chapter 14: Interpersonal Psychotherapy for Clients

With Eating Disorders -- Chapter 15: Psychosocial Treatments for Obesity and Aberrant Eating Patterns in Youths -- Chapter 16: Dialectical Behavior Therapy for Clients With Complex and Multidiagnostic Eating Disorder Presentations -- Chapter 17: Family-Based Therapy for Children and Adolescents With Anorexia -- Chapter 18: A Relational–Cultural Approach to Working With Clients With Eating Disorders

Sommario/riassunto

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. -- Publisher
