

1. Record Nr.	UNINA9910457643003321
Autore	Sandoz Emily K
Titolo	Acceptance and commitment therapy for eating disorders [[electronic resource]] : a process-focused guide to treating anorexia and bulimia / Emily K. Sandoz, Kelly G. Wilson, Troy DuFrene
Pubbl/distr/stampa	Oakland, Calif., : New Harbinger Publications, Inc., c2010
ISBN	1-60882-234-6 1-57224-734-7
Descrizione fisica	1 online resource (314 p.)
Altri autori (Persone)	WilsonKelly G DuFreneTroy <1972->
Disciplina	616.85/2
Soggetti	Eating disorders - Treatment Anorexia nervosa - Treatment Bulimia - Treatment Acceptance and commitment therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [279]-281) and index.
Nota di contenuto	Introduction : new perspectives on the treatment of disordered eating -- What is ACT? -- What are eating disorders? -- Where do eating disorders come from and how do they work? -- The goals and targets of ACT for eating disorders -- Training present-moment focus -- Training cognitive defusion -- Training experiential acceptance -- Training transcendent self-awareness -- Training valued living -- Training committed action -- Measuring and making change -- Phase 1 : choosing direction -- Phase 2 : building flexibility in the therapy session -- Phase 3 : bringing flexibility to bear in your life -- Conclusion : what now? Integration and reconceptualization.
Sommario/riassunto	Coauthored by Kelly Wilson, cofounder of acceptance and commitment therapy (ACT), Acceptance and Commitment Therapy for Eating Disorders is a complete guide to treating eating disorders that targets the underlying factors that fuel most eating disorders.