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Titolo	Treatment plans and interventions for bulimia and binge-eating disorder [[electronic resource] /] / Rene D. Zweig, Robert L. Leahy
Pubbl/distr/stampa	New York, : Guilford Press, c2012
ISBN	1-283-37907-4 9786613379078 1-4625-0494-9 1-4625-0277-6
Descrizione fisica	1 online resource (198 p.)
Collana	Treatment plans and interventions for evidence-based psychotherapy
Altri autori (Persone)	LeahyRobert L
Disciplina	616.85/263
Soggetti	Bulimia - Treatment
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 and index.
Nota di contenuto	Introduction -- Bulimia nervosa -- Assessment, diagnosis, and treatment planning -- Detailed treatment plan for bulimia nervosa -- Case example -- Treatment within a managed care context.
Sommario/riassunto	Highly practical and clinician friendly, this book provides evidence-based tools for tailoring psychotherapy to the needs of clients with bulimia nervosa or eating disorder not otherwise specified (EDNOS), including binge-eating disorder. It offers specific guidance for conducting thorough clinical assessments and conceptualizing each case in order to select appropriate interventions. A proven cognitive-behavioral treatment protocol is presented and illustrated with a chapter-length case example. In a convenient large-size format, the book includes a session-by-session treatment plan