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Nota di contenuto	CHAPTER 1 – Binge-Eating Disorder: An Overview -- CHAPTER 2 – The Transdiagnostic Cognitive Behavioral Perspective -- CHAPTER 3 – CBT for Binge-Eating Disorder: An Overview -- CHAPTER 4 – Patient Assessment and Preparation -- PART TWO - THE CORE PROTOCOL -- CHAPTER 5 – The Three Steps of the Treatment -- CHAPTER 6 – Session 0 -- CHAPTER 7 – Session 1 -- CHAPTER 8 – Session 2 -- CHAPTER 9 – Implementing the Rest of Step One -- CHAPTER 10 - Taking Stock -- CHAPTER 11 – Healthy Weight Module -- CHAPTER 12 - Dysfunctional Dieting Module -- CHAPTER 13 - Events, Moods and Eating Module -- CHAPTER 14 - Body Image Module -- CHAPTER 15 - Unrealistic Weight Goals and Dysfunctional Primary Goals Module -- CHAPTER 16 - Steps Back and Mind-Sets Module -- CHAPTER 17 - Preparing for the Maintenance -- CHAPTER 18 - Preventing relapse -- PART THREE – ADAPTATIONS FOR COMPLEX CASES, DIFFERENT SETTINGS, AND COMBINATION WITH WEIGHT LOSS DRUGS AND BARIATRIC SURGERY -- CHAPTER 19 – Adaptations for group setting -- CHAPTER 20 – Adaptations for remote delivery -- CHAPTER 21 – Adaptations for more complex and severe cases --

Sommario/riassunto

The book is divided into three parts. Part One describes the most up-to-date scientific knowledge on the binge-eating disorder and the cognitive-behavioral theory of binge-eating disorder associated with obesity. Then it gives an overview of the treatment and how to implement it well. Part Two describes the core protocol of CBT for binge-eating disorder. To help the practitioners, the treatment is described in detail, from the first to the last treatment session. Clinical vignettes are included to illustrate the highlights, and strategies are discussed for tailoring the intervention to the individual patient's needs. Part Three illustrates the adaptation of CBT for binge-eating disorder for group settings, patients with medical and psychiatric comorbidities, and when it is delivered remotely, or it is combined with the medications for the treatment of obesity and bariatric surgery. The book is indicated for all clinicians who treat binge eating disorders and obesity (e.g. internists, endocrinologists, psychologists, psychiatrists, dieticians, nutritionists, nurses, educators, and physical therapists), but also for many clinicians (e.g., gynecologists, endocrinologists, gastroenterologists, hematologists, allergists, psychiatrists, psychotherapists, and psychologists) who, while not working in specialized clinical eating disorder and obesity centers, are involved in the management of the medical and psychiatric comorbidity of eating disorders and obesity.
