

1. Record Nr.	UNINA9910955965403321
Autore	Cooper Myra <1957->
Titolo	Bulimia nervosa : a cognitive therapy programme for clients // Myra Cooper, Gillian Todd, and Adrian Wells
Pubbl/distr/stampa	London ; ; Philadelphia, PA, : J. Kingsley Publishers, 2000
ISBN	9781846422676 1846422671 9781417504466 1417504463
Edizione	[1st ed.]
Descrizione fisica	1 online resource (253 p.)
Altri autori (Persone)	ToddGillian <1961-> WellsAdrian
Disciplina	616.8/52630651
Soggetti	Bulimia - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references (p. 245-247) and index.
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.
