

Treating Bulimia in Adolescents: A Family-Based Approach

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A Family-Based Approach

Daniel le Grange
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Treating Bulimia In Adolescents A Family Based Approach

Daniel Le Grange, James Lock



Treating Bulimia In Adolescents A Family Based Approach:

Treating Bulimia in Adolescents Daniel Le Grange, James Lock, 2009-06-19 An indispensable clinical resource this groundbreaking book is the first treatment manual to focus specifically on adolescent bulimia nervosa. The authors draw on their proven approach to treating anorexia nervosa in the family context and adapt it to the unique needs of this related yet distinct clinical population. Evidence-based strategies are presented for helping the whole family collaborate to bring dysfunctional eating behaviors under control while also addressing co-occurring psychological problems and parent-child relationship conflicts. Highly practical, the book shows exactly how to carry out this time-limited therapy and what to do when problems arise. Special features include annotated session transcripts and answers to frequently asked questions. **The Treatment of Eating Disorders** Carlos M. Grilo, James E. Mitchell, 2011-03-18 Leading international experts on eating disorders describe the most effective treatments and explain how to implement them, including coverage of psychosocial, family-based, medical, and nutritional therapies. *The Parent's Guide to Eating Disorders* Marcia Herrin, Nancy Matsumoto, 2010-02-01 *The Parent's Guide to Eating Disorders* shows that effective solutions begin at home and cost little more than a healthy investment of time, effort, and love. Based on exciting new research, it differs from similar books in several key ways. Instead of concentrating on the grim, expensive hospital stays of patients with severe disorders, the authors focus on the family, teaching parents how to examine and understand their family's approach to food and body image issues and its effect on their child's behavior. Parents learn to identify an eating disorder early to establish healthy attitudes toward food at a young age and to intervene in a nonthreatening, nonjudgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and sections on further reading, organizations, and websites, residential and hospital programs, and references. **Treatment Manual for Anorexia Nervosa, Second Edition** James Lock, Daniel Le Grange, 2012-08-24 This indispensable manual presents the leading empirically supported treatment approach for adolescents with anorexia nervosa (AN). What sets family-based treatment apart is the central role played by parents and siblings throughout therapy. The book gives practitioners a clear framework for mobilizing parents to promote their child's weight restoration and healthy eating, improving parent-child relationships, and getting adolescent development back on track. Each phase of therapy is described in session-by-session detail. In-depth case illustrations show how to engage clients while flexibly implementing the validated treatment procedures. New to This Edition: Reflects the latest knowledge on AN and its treatment, including additional research supporting the approach. Clarifies key concepts and techniques. Chapter on emerging directions in training and treatment dissemination. Many new clinical strategies. Family-based treatment is recognized as a best practice for the treatment of anorexia nervosa in adolescents by the U.K. National Institute for Health and Care Excellence (NICE). *Handbook of Systemic Approaches to Psychotherapy*

Manuals Mauro Mariotti, George Saba, Peter Stratton, 2022-02-17 This handbook examines the development and use of manuals to guide and support systemic couples and family therapies. It addresses the process of manualizing providing a secure base for therapist creativity rather than delineating prescriptive procedures. The volume addresses therapist and trainer concerns by demonstrating the value of sufficiently articulating clinical and teaching models to inform colleagues of what actually occurs during therapy. The book describes the history, value, and controversies of manuals. In addition, it explores issues and experiences in the creation of manuals, identifies research issues related to the use and evaluation of manuals, and addresses training as a context for the application of treatment manuals. Key areas of coverage include: Reports of experiences with major internationally established manuals; formulations of innovative practices by their developers and specifications of training programs; Discussion of the various formats of manuals demonstrating their benefit and transportability across different contexts; Surveys of a broad selection of manuals creating a flexible and diversified concept of what forms manuals may take; Essential guidance for using manuals which is an indispensable step for the field to progress and to claim to health resource commissioning governments and insurance agencies that the systemic practice is evidence based and effective. *The Handbook of Systemic Approaches to Psychotherapy Manuals* is an essential resource for researchers, professors, and graduate students as well as clinicians and related therapists and professionals in clinical psychology, family studies, public health, social work, psychotherapy, child and adolescent psychology, and all interrelated disciplines.

Eating Disorders and Obesity, Third Edition Kelly D. Brownell, B. Timothy Walsh, 2018-03-21 Acclaimed for its encyclopedic coverage, this is the only handbook that synthesizes current knowledge and clinical practices in the fields of both eating disorders and obesity. Like the prior editions, the significantly revised third edition features more than 100 concise, focused chapters with lists of key readings in place of extended references. All aspects of eating disorders and obesity are addressed by foremost clinical researchers: classification, causes, consequences, risk factors, and pathophysiology, as well as prevention, treatment, assessment, and diagnosis. New to This Edition: Reflects 15 years of important advances in both fields, including state-of-the-art intervention approaches and a growing focus on how the brain regulates eating behavior. Dozens of entirely new chapters on new topics: epigenetics, body weight and neurocognitive function, stress and emotion regulation, the gut microbiome, surgical devices for obesity, food labeling and marketing, and more. Expanded coverage of prevention and policy.

Help Your Teenager Beat an Eating Disorder James Lock, Daniel Le Grange, 2025-05-19 Eating disorders are among the most dangerous and misunderstood adolescent mental health problems. When your teenager shows signs of an eating disorder, where can you turn? Now, in a revised and updated third edition, this trusted resource helps you separate fact from myth and play an active role in your child's recovery. Treatment experts James Lock and Daniel Le Grange spell out what parents need to know about anorexia nervosa, bulimia nervosa, binge eating disorder, and avoidant/restrictive food intake disorder (ARFID). They guide you step by step to find the right care, monitor your teen's eating and exercise habits, manage

family meals end weight related power struggles and team successfully with professionals The revised third edition incorporates key research and treatment advances new vignettes and expanded coverage of ARFID When families work together to get the most out of treatment and prevent relapse eating disorders can be beat this book is your essential roadmap

Evidence-Based Psychotherapies for Children and Adolescents John R. Weisz, Alan E. Kazdin, 2017-06-14 Widely regarded as the standard reference and text on evidence based therapies and now substantially revised this book has introduced tens of thousands of clinicians and students to exemplary treatments for social emotional and behavioral problems in children and youth Concise chapters focus on specific psychotherapy models The developers of the respective approaches review their conceptual underpinnings describe how interventions are delivered on a session by session basis and summarize what the research shows about treatment effectiveness The book explores important questions and challenges facing the field and identifies best practices for treatment dissemination in real world clinical contexts New to This Edition Existing chapters significantly revised with the latest treatment research Chapters on assessment personalizing evidence based therapies clinical implications of developmental psychopathology and advances in neuroscience Coverage of additional clinical problems self injury and suicidal ideation bulimia nervosa encoyresis and treatments Early Start Denver Model for autism spectrum disorder Internet assisted and technology enhanced interventions Chapters on implementation in complex mental health systems as well as international models

Adapting Evidence-Based Eating Disorder Treatments for Novel Populations and Settings Christina C. Tortolani, Andrea B. Goldschmidt, Daniel Le Grange, 2020-11-16 This comprehensive text provides practical approaches to adapting empirically supported treatments for eating disorders for clinicians working with patients of diverse backgrounds and presentations or within non traditional treatment settings across levels of care The book describes empirically and clinically informed treatment adaptations that impact delivery of real world services for eating disorder patients and generate interest in testing adapted treatments in randomized controlled trials Featuring contributions from researchers and clinicians with expertise in developing delivering and testing interventions for eating disorders each chapter focuses on a specific population setting or training approach Practical applications are then illustrated through case examples and wisdom gleaned through the contributors own clinical studies and experiences Readers working with a diverse population of eating disorder patients will gain the necessary skills to support their patients on the journey to recovery and self acceptance

Evidence-Based Psychotherapies for Children and Adolescents, Third Edition John R. Weisz, Alan E. Kazdin, 2017-06-13 Subject Areas Keywords adolescents behavioral CBT childhood children cognitive behavioral therapy emotional evidence based practice externalizing families family based internalizing interventions problems programs psychological disorders psychotherapies psychotherapy research texts treatment manuals treatments DESCRIPTION Widely regarded as the standard reference and text on evidence based therapies and now substantially revised this book has introduced tens of thousands of clinicians and students to exemplary treatments for social emotional and behavioral problems

in children and youth Concise chapters focus on specific psychotherapy models The developers of the respective approaches review their conceptual underpinnings describe how interventions are delivered on a session by session basis and summarize what the research shows about treatment effectiveness The book explores important questions and challenges facing the field and identifies best practices for treatment dissemination in real world clinical contexts *The Wiley Handbook of Eating Disorders* Linda Smolak, Michael P. Levine, 2015-09-08 Drs Smolak and Levine are to be congratulated for this timely comprehensive two volume Handbook The list of contributors is impressive the breadth of topics covered is exhaustive and the overall organization is superb James E Mitchell MD Christoferson Professor and Chair of Psychiatry and Behavioral Science University of North Dakota School of Medicine and Health Sciences President and Scientific Director The Neuropsychiatric Research Institute Unquestionably the most comprehensive overview of eating disorders in the history of the field edited by two of its most respected scholars Drs Smolak and Levine have recruited distinguished clinicians and researchers to review every aspect of these illnesses from prevention to treatment This Handbook should be required reading for any professional that wants to work in this field Craig Johnson PhD FAED Chief Science Officer Eating Recovery Center Clinical Professor of Psychiatry University of Oklahoma College of Medicine Eating disorders are serious public health problems This comprehensive book on eating disorders is edited by two of the pioneers in the field Drs Linda Smolak and Michael Levine Their work on topics such as eating disorders prevention media and eating disorders and the objectification of women have greatly informed our knowledge base and current practices In this outstanding volume Smolak and Levine pull together many of the leaders within the field of eating disorders I strongly recommend this book to anyone with an interest in the etiology consequences prevention or treatment of eating disorders Dianne Neumark Sztainer PhD Professor School of Public Health University of Minnesota Author *I'm Like So Fat: Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight Obsessed World* Renowned scholars Smolak and Levine have assembled the best scientists and clinicians to educate us about the major advances and important questions in the field of eating disorders This comprehensive Handbook is a must have rich and accessible resource Thomas F Cash PhD Professor Emeritus of Psychology Old Dominion University This groundbreaking two volume Handbook edited by two of the leading authorities on body image and eating disorders research provides evidence based analysis of the causes treatment and prevention of eating disorders The Wiley Handbook of Eating Disorders features the most comprehensive and up to date collection of eating disorders research ever assembled including contributions from an international group of scholars from a range of disciplines as well as coverage of DSM 5 The Handbook includes chapters on history etiological factors diagnosis assessment treatment prevention social policy and advocacy Boldly tackling controversies and previously unanswered questions in the field and including suggestions for further research at the conclusion of every chapter The Wiley Handbook of Eating Disorders will be an essential resource for students scholars and clinicians invested in improving the treatment and prevention of eating

disorders Treatment of Disorders in Childhood and Adolescence, Fourth Edition Mitchell J. Prinstein, Eric A. Youngstrom, Eric J. Mash, Russell A. Barkley, 2021-05-19 Now completely revised over 90% new this definitive practitioner reference and course text comprehensively reviews evidence based treatments for psychological disorders in children and adolescents The significantly expanded fourth edition covers an increased number of disorders as well as transdiagnostic issues and public health concerns Psychosocial pharmacological and complementary therapies are identified and described in well organized chapters that include rich clinical illustrations Prominent experts address developmental considerations in treatment and offer guidance for tailoring interventions to each child and family s needs Prior edition title Treatment of Childhood Disorders Third Edition edited by Eric J Mash and Russell A Barkley New to This Edition All chapters are new reflecting over a decade of clinical and empirical developments Chapters on additional clinical issues bipolar disorder suicidal and nonsuicidal self injury obsessive compulsive disorder infant and toddler problems posttraumatic stress disorder coping and emotion regulation bereavement early onset schizophrenia personality disorders childhood obesity and sleep problems Chapters on case conceptualization and evidence based therapist flexibility Illustrative case examples and transcripts added throughout Updated for DSM 5 every chapter also considers transdiagnostic and dimensional issues See also the editors Assessment of Disorders in Childhood and Adolescence Fifth Edition Treating Eating Disorders in Adolescents Tara L. Deliberto, Dina Hirsch, 2019-08-01 Two leading experts in eating disorders offer a comprehensive evidence based program for treating adolescents with anorexia nervosa bulimia nervosa and binge eating with a focus on behavioral interventions This groundbreaking professional guide utilizes an integrative approach drawing on Maudsley family based treatment FBT cognitive behavioral therapy CBT acceptance and commitment therapy ACT compassion focused therapy CFT exposure therapy and appetite awareness training This fully customizable approach meets the patient where they are emotionally and cognitively throughout the process of recovery **Family Based Treatment for Restrictive Eating Disorders** Sarah Forsberg, James Lock, Daniel Le Grange, 2018-03-28 Family Based Treatment for Restrictive Eating Disorders unpacks some of the most common dilemmas providers face in implementation of Family Based Treatment FBT across the spectrum of restrictive eating disorders Directed towards advanced clinicians and supervisors this manual is rooted in the assumption that true fidelity requires ongoing self reflection and an understanding of the nuances involved in translating manualized interventions into rich clinical practice Combining the key tenets of FBT with the best practices in supervision it provides a framework to support each phase of the treatment process Each chapter contains a wealth of resources including clinical vignettes a treatment fidelity measure and other useful tools to assist both supervisors and advanced clinicians in becoming expert FBT practitioners **Nutrition Counseling in the Treatment of Eating Disorders** Marcia Herrin, Maria Larkin, 2013 Marcia Herrin and Maria Larkin have collaborated on the second edition of Nutrition Counseling in the Treatment of Eating Disorders infusing research based approaches and their own clinically

refined tools for managing food and weight related issues New to this edition is a section on nutrition counseling interventions derived from cognitive behavioral therapy enhanced dialectical behavioral therapy family based treatment and motivational interviewing techniques Readers will appreciate the state of the art nutrition and weight assessment guidelines the practical clinical techniques for managing bingeing purging excessive exercise and weight restoration as well as the unique food planning approach developed by the authors As a comprehensive overview of food and weight related treatments this book is an indispensable resource for nutrition counselors psychotherapists psychiatrists physicians and primary care providers

Treatment Manual for Anorexia Nervosa James Lock, Daniel Le Grange, 2025-11-13 Now in a revised and expanded third edition reflecting key advances in research and clinical practice this manual presents the leading empirically supported treatment for adolescents with anorexia nervosa AN Strategies and procedures for family based treatment are described in session by session detail Integrating state of the art knowledge about medical and psychological aspects of AN the manual is complete with sample dialogues troubleshooting tips and a chapter length case example It includes a new chapter on intensive parental coaching a three session adaptation for families who need extra support Provided by publisher

Eating Disorders in Children and Adolescents Daniel Le Grange, James Lock, 2011-09-20 Bringing together leading authorities this comprehensive volume integrates the best current knowledge and treatment approaches for eating disorders in children and adolescents The book reveals how anorexia nervosa bulimia nervosa and other disorders present differently developmentally and explains their potentially far reaching impact on psychological physical and neurobiological development It provides guidelines for developmentally sound assessment and diagnosis with attention to assessment challenges unique to this population Detailed descriptions of evidence based therapies are illustrated with vivid case examples Promising directions in prevention are also addressed A special chapter offers a parent s perspective on family treatment

Critical Issues in School-based Mental Health Melissa K. Holt, Amie E. Grills, 2015-11-19 A Choice Magazine Outstanding Academic Title of 2017 School based mental health professionals intervene daily to address a variety of student mental health concerns From challenges that arise in the educational context to those carried over from home from managing daily care to handling emergent traumatic events they must be prepared for an extremely varied work life While some of the most common issues recur with such frequency that they may seem straightforward to address others crop up with changing student populations Each chapter in this volume addresses a different key topic giving current and future professionals an overview of the most recent scholarship on the topic and then outlining evidence based interventions With chapters on learning disabilities substance abuse bullying internalizing and externalizing behaviors trauma LGBT youth and more this book prepares school based mental health professionals to face some of the most difficult common and politicized issues affecting students today

Handbook of Lifespan Cognitive Behavioral Therapy Colin R. Martin, Vinood B. Patel, Victor R Preedy, 2022-12-05 Mental illness and the variety of conditions disorders and phobias associated with it impact

not only the individual but also the family unit the community and society at large Handbook of Cognitive Behavioral Therapy by Disorder Case Studies and Application for Adults will better readers understanding of a variety of these conditions in adults specifically and the applicability of CBT therapy as a treatment Featuring chapters on schizophrenia bipolar disorder dysmorphia depression and anxiety the book discusses in detail the use of cognitive behavioral therapies in the treatment of these issues in adults With expert authors from the clinical field the book has applicability for behavioral scientists psychologists cognitive and behavioral neuroscientists and anyone working to better understand and treat using cognitive behavioral therapies Summarizes cognitive behavioral therapies for a variety of conditions Contains chapter abstracts practice and procedures applications to other areas key facts dictionary of terms and summary points Covers anxiety depression posttraumatic stress disorder schizophrenia and bipolar disorder among others

Moderators and Mediators of Youth Treatment Outcomes Marija Maric, Pier J. M. Prins, Thomas H. Ollendick, 2015-07-07 The study of moderation and mediation of youth treatment outcomes has been recognized as enormously beneficial in recent years However these benefits have never been fully documented or understood by researchers clinicians and students in training After nearly 50 years of youth treatment outcome research identifying moderators and mediators is the natural next step shifting focus to mechanisms responsible for improved outcomes identifying youth who will benefit from certain treatments or who are in need of alternative treatments and recognizing the challenges associated with the study of moderators and mediators and their routine use in clinical practice Moderators and Mediators of Youth Treatment Outcomes examines conceptual and methodological challenges related to the study of moderation and mediation and illustrates potential treatment moderators and mediators for specific disorders The volume also considers empirical evidence for treatment moderators and mediators of specific disorders and illustrates how theoretical and empirical knowledge regarding moderators and mediators can be harnessed and disseminated to clinical practice This book will be invaluable to researchers conducting treatment outcome studies both efficacy and effectiveness clinicians interested in evidence based work and in understanding for whom and why certain treatments work and students of clinical child and adolescent psychology and psychiatry

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