Treating Bulimia in Adolescents

A Family-Based Approach

Daniel le Grange James Lock

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Linsey Atkins, Maria Ganci

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Innovations in Research and Practice of Family Based Treatment for Eating Disorders James Lock, Daniel Le Grange, Jennifer Couturier, Dasha Elizabeth Nicholls, 2021-02-26 Eating Disorders Jessica R. Greene, 2014-08-14 It has been estimated that as many as 15 million people suffer or will suffer from anorexia and bulimia at some point in their lives Additional statistics suggest that 25 million more suffer from binge eating and other related behaviors The overwhelming majority of individuals who suffer from eating disorders are girls and young women between the ages of 12 and 25 but young males are not immune to these addictions and the statistics grow more alarming every year Eating disorders affect not only those who suffer from them but family members and friends who feel powerless to help In Eating Disorders The Ultimate Teen Guide Jessica R Greene offers hope for the young women and men who have engaged in these self destructive urges In this book Greene examines the causes and varieties of teen eating disorders and offers advice on how to overcome them The author looks at how eating disorders are defined how common they are and how they are tied into behavioral addictions In addition to explaining how and why certain people suffer from these compulsions this book looks at Social and Cultural Pressures High Risk GroupsMyths and Stereotypes Health RepercussionsMethods of PreventionIntervention StrategiesTreatment OptionsRecovery Intended to serve as a comprehensive guide this book also includes a list of resources for teens and their parents Drawing on input from experts in the field as well as real life stories Eating Disorders The Ultimate Teen Guide will help young adults who are struggling with this devastating affliction Treating Bulimia in Adolescents Daniel Le Grange, James Lock, 2007-01-16 Teenagers are twice as likely to have bulimia nervosa than anorexia nervosa and are often more motivated to seek help Yet while well tested therapies exist for anorexia until now there has been a total lack of evidence based treatment guidelines for bulimia This state of the art manual is the first to focus specifically on this significant clinical population The authors present a time limited bulimia treatment that is based on the proven Maudsley approach to treating anorexia and that has been demonstrated effective in a controlled clinical trial at the University of Help Your Teenager Beat an Eating Disorder, Second Edition James Lock, Daniel Le Grange, 2015-01-21 Chicago Presents evidence that parents who have often been told to take a back seat in eating disorder treatment can and must play a key role in recovery Whether pursuing family based treatment or other options parents learn specific doable steps for monitoring their teen's eating and exercise habits managing mealtimes ending weight related power struggles and collaborating successfully with health care providers 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 **Evidence-Based Treatment for Adolescents with Anorexia** chapter offers a parent s perspective on family treatment and Bulimia Daniel Le Grange, 2013-08-15 Help Your Teenager Beat an Eating Disorder, First Edition James Lock, Daniel Le Grange, 2004-10-26 If your teenager shows signs of having an eating disorder you may hope that with the right mix of love encouragement and parental authority he or she will just snap out of it If only it were that simple To make matters worse certain treatments assume you ve somehow contributed to the problem and prohibit you from taking an active role But as you watch your own teen struggle with a life threatening illness every fiber of your being tells you there must be some part you can play in restoring your child's health In Help Your Teenager Beat an Eating Disorder James Lock and Daniel Le Grange two of the nation s top experts on the treatment of eating disorders present compelling evidence that your involvement as a parent is critical In fact it may be the key to conquering your child's illness Help Your Teenager Beat an Eating Disorder provides the tools you need to build a united family front that attacks the illness to ensure that your child develops nourishing eating habits and life sustaining attitudes day by day meal by meal Full recovery takes time and relapse is common But whether your child has already entered treatment or you re beginning to suspect there is a problem the time to act is now This book shows how Cognitive Behavior Therapy for Adolescents with Eating Disorders Riccardo Dalle Grave, Simona Calugi, 2020-03-24 This state of the art guide provides a powerful transdiagnostic approach for treating adolescent eating disorders anorexia nervosa bulimia nervosa binge eating disorder and others in either outpatient or inpatient settings It describes how enhanced cognitive behavior therapy CBT E the gold standard treatment for adult eating disorders has been systematically adapted and tested with younger patients With a strong motivational focus CBT E gives the adolescent a key role in decision making The book presents session by session guidelines for assessing patients determining whether CBT E is appropriate developing case conceptualizations conducting individualized interventions addressing medical issues and involving parents User friendly features include case vignettes and reproducible forms purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1 2 x 11 size CBT E is recognized as a best practice for the treatment of adolescent eating disorders by the U K National Institute for Health and Care Excellence NICE Unpack Your Eating Disorder Linsey Atkins, Maria Ganci, 2019-07-17 An invaluable resource for adolescents suffering from anorexia nervosa There are few things more difficult for an adolescent than battling Anorexia Nervosa AN While family caregivers and friends can support them to eat and recover psychological recovery is a solitary journey clouded by fear and uncertainty where they are overwhelmed by feelings of guilt shame and disgust about who they are and how they look This book has been written specifically for the adolescents who are on this terrible journey The authors promote the view that adolescents deserve to be fully involved in their treatment to be heard and to be given a voice

to tell their story It is through being understood by others that they can then understand themselves and make progress on their journey to recovery This book emphasizes the crucial need for adolescents to develop a deep sense of who they are and an awareness of the many valuable resources which they can draw upon despite their internal conviction that they have none Every aspect of AN is addressed with a focus on helping adolescents understand that they do not need the illness to function It helps them explore ways to stand up to AN instead of being captive to the illness and provides multiple methods for overcoming significant obstacles that AN puts in their way Most importantly it outlines a framework of psychological support for adolescents during the recovery process The information in the book is based on the latest evidence and the authors combined clinical expertise over many years of working with adolescents and listening to their needs This book is also a valuable resource for parents to help them understand and support their child as well as an indispensable guide for clinicians working in the field as it provides several effective treatment strategies focusing on adolescents About the Authors Maria Ganci is a Registered Clinical Mental Health Social Worker and Child and Adolescent Psychoanalytical Psychotherapist Maria has over 30 years experience working with families children and adolescents in Mental Health Services She has devoted the past 15 years to treating children and adolescents with Eating Disorders Maria is the Co Director of APT Therapeutic Solutions Ptv Ltd and runs a successful private practice providing training supervision and consultation both nationally and internationally in the treatment of eating disorders Maria is the author of Survive FBT Skills Manual for Parents Undertaking Family Based Treatment FBT for Child and Adolescent Anorexia Nervosa Dr Linsey Atkins is a Registered Clinical Psychologist with 15 years experience providing child adolescent parent and family therapy for eating disorders Praise for Unpack Your Eating Disorder Unpack Your Eating Disorder is a brilliant resource for parents caregivers clinicians and most importantly the adolescents themselves who are experiencing the anorexia It is the missing link in anorexia treatment today It gives the adolescent a voice understanding and validation while providing critical and practical information about what is going on in the brain and why reactions and perceptions are not always as they seem Reading this book in conjunction with the journal will no doubt help guide many struggling teenagers to have a better understanding of what is going on and help teach them to develop a healthier view of self as they work toward their recovery Highly recommended Christine Naismith Parent Eating Disorders Families Australia EDFA edfa org au If Your Adolescent Has an Eating Disorder Tim Walsh, Deborah R. Glasofer, 2020-06-01 If Your Adolescent Has an Eating Disorder is an authoritative guide to understanding and helping a teenager with anorexia nervosa bulimia nervosa binge eating disorder avoidant restrictive food intake disorder or other eating disorders It is designed for parents of teens who have recently been diagnosed with an eating disorder or who are at risk of developing one and for other adults such as teachers and guidance counselors who are regularly in contact with at risk adolescents The book combines the latest science including the newest treatments and most up to date research findings on eating disorders with the practical wisdom of parents who have been in the trenches raising teens with eating

disorders Written in a clear and approachable style Drs B Timothy Walsh and Deborah R Glasofer explain exactly what eating disorders are and describe their characteristics as well as signs and symptoms They outline the right way to go about getting help if you suspect your child may have a problem about when and where to get treatment and about how to navigate the healthcare system There is also advice on how to handle everyday life both at home and at school once your child is diagnosed and on how to communicate with your teen and her or his siblings about issues related to the eating disorder Complete with red flags to look out for warnings on the dangers of doing nothing and a comprehensive list of additional resources this book will help parents and other adults face and deal effectively with adolescent eating disorders before they become life threatening Client Resources for Treating Eating Disorders in Adolescents TARA. DELIBERTO, Dina Hirsch, 2019-08-29 These practical client handouts and worksheets to be used in conjunction with Treating Eating Disorders in Adolescents available separately address all aspects of the recovery process including meal planning and checklists Created by two leading experts in eating disorders this groundbreaking and integrative program is customizable holistic and proven effective in treating eating disorders in adolescents including anorexia nervosa bulimia nervosa and binge eating This program draws on several evidence based therapies including Maudsley family based treatment FBT cognitive behavioral therapy CBT acceptance and commitment therapy ACT compassion focused therapy CFT exposure therapy and appetite awareness training Most importantly it offers a flexible treatment plan that can be tailored to your patient s individual needs and which fully incorporates their family or caregivers If you treat adolescents with eating disorders these handouts and worksheets will help support your client's recovery at home between treatments and beyond

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