

TREATMENT OF EATING DISORDERS

BRIDGING THE RESEARCH-PRACTICE GAP



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DOUGLAS BUNNELL**



Treatment Of Eating Disorders Bridging The Research Practice Gap

Shauna Frisbie



Treatment Of Eating Disorders Bridging The Research Practice Gap:

Treatment of Eating Disorders Margo Maine, Beth Hartman McGilley, Douglas Bunnell, 2010-09-08 Eating disorders EDs affect at least 11 million people in the United States each year and spread across age race ethnicity and socio economic class While professional literature on the subject has grown a great deal in the past 30 years it tends to be exclusively research based and lacking expert clinical commentary on treatment This volume focuses on just such commentary with chapters authored by both expert clinicians and researchers Core issues such as assessment and diagnosis the correlation between EDs and weight and nutrition and medical psychiatric management are discussed as are the underrepresented issues of treatment differences based on gender and culture the applications of neuroscience EDNOS comorbid psychiatric disorders and the impact of psychiatric medications This volume uniquely bridges the gap between theoretical findings and actual practice borrowing a bench to bedside approach from medical research Includes real world clinical findings that will improve the level of care readers can provide consolidated in one place Underrepresented issues such as gender culture EDNOS and comorbidity are covered in full Represents outstanding scholarship with each chapter written by an expert in the topic area

Embodiment and the Treatment of Eating Disorders Catherine Cook-Cottone, 2020-09-22 Tools for the clinician to help clients turn their bodies into resources for healing from eating disorders Embodiment refers to the lived attunement of the inner and outer experience of self Cognitions are aligned with the sensing and feeling body Further in an attuned experience of self positive embodiment is maintained by internally focused tools such as self care practices that support physiological health emotional well being and effective cognitive functioning For those who suffer from eating disorders this is not the case in fact the opposite is true Disordered thinking an unattuned sense of self and negative cognitions abound Turning this thinking around is key to client resilience and treatment successes Catherine Cook Cottone provides tools for clinicians working with clients to restore their healthy selves and use their bodies as a positive resource for healing and long term health The book goes beyond traditional treatments to talk about mindful self care mindful eating yoga and other practices designed to support self regulation

Treating Athletes with Eating Disorders Kate Bennett, 2021-10-26 This book provides readers with concrete tangible tools for treating athletes with eating disorders by discussing issues that are unique to this population and introducing specific ideas to help facilitate recovery among this population Dr Bennett integrates her experiences in sport and mental health to provide a comprehensive resource for all healthcare providers who support athletes with eating disorders Traditional sport psychology interventions are translated into clinical action to help therapists align with the athletic identities of individuals recovering from eating disorders From diagnosis and neurobiology to athletic identity and excellence this book covers a range of topics to help readers build their own toolboxes of creative and clinically sound psychological interventions This comprehensive guide provides professionals who are new to the field with essential knowledge pertaining to the treatment of eating disorders and offers experienced healthcare providers insight on treatment

aspects that are unique to working with athletes A Therapist's Guide to Treating Eating Disorders in a Social Media Age Shauna Frisbie, 2020-09-08 An innovative therapeutic approach for counteracting the impact of social media on eating disorders and identity formation All humans need space to think to be and to process without constant distraction This is especially true of adolescents and young adults for whom identity formation is a consuming task Social media has generated both a place for the creation of identity and an audience But constant connection leaves little space without intrusion from others For those with body dissatisfaction and or eating disorders living in today's world can be especially challenging and viewing images on social media and other online formats can be devastating Shauna Frisbie utilizes phototherapy techniques to view client selected images whether they be of themselves or others to help uncover underlying messages that are impacting their relationship to their bodies Integrating concepts of healing narratives neuroscience and phototherapy this book will help any therapist promote self compassion self reflection and healing in their clients 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 A Collaborative Approach to Eating Disorders June Alexander, Janet Treasure, 2013-03-01 While many aspects of eating disorders remain a mystery there is growing evidence that collaboration is an essential element for treatment success This book emphasises and explains the importance of family involvement as part of a unified team approach towards treatment and recovery A Collaborative Approach to Eating Disorders draws on up to date evidence based research as well as case studies and clinical vignettes to illustrate the seriousness of eating disorders and the impact on both the sufferer and their loved ones Areas of discussion include current research including genetic factors socio cultural influences and early intervention clinical applications such as family based dialectical and cognitive behavioural treatments treatment developments for both adolescents and adults with a range of eating disorders building collaborative alliances at all levels for treatment and ongoing recovery With contributions from key international figures in the field this book will be a valuable resource for students and mental health professionals including family doctors clinicians nurses family therapists dieticians and social workers **Embodiment and Eating Disorders** Hillary L. McBride, Janelle L. Kwee, 2018-07-18 This is an insightful and essential new volume for academics and professionals interested in the lived

experience of those who struggle with disordered eating Embodiment and Eating Disorders situates the complicated and increasingly prevalent topic of disordered eating at the crossroads of many academic disciplines articulating a notion of embodied selfhood that rejects the separation of mind and body and calls for a feminist existential and sociopolitically aware approach to eating disorder treatment Experts from a variety of backgrounds and specializations examine theories of embodiment current empirical research and practical examples and strategies for prevention and treatment Preventing Eating-Related and Weight-Related Disorders Gail L. McVey, Michael P. Levine, Niva Piran, H. Bruce Ferguson, 2013-01-24

This book presents a collection of writings by expert researchers from Canada the United States and Australia who are committed to finding common cause and common ground in the prevention of eating disorders and obesity The ten chapters in this book seek to create a new public health approach to the prevention of weight related disorders one that counters the confusion and frustration from public policies messages and programs that recipients of prevention efforts often experience The first section looks at prevention from a public health perspective and the second section highlights theories from risk and resilience research that can inform the prevention of weight related disorders The contributions are varied in their theories and models but woven throughout is the theme of collaboration in changing public institutions and social systems that promotes universal prevention and fosters mental health and resilience Unique methods of linking systems and fostering partnerships across sectors and disciplines are highlighted and readers are exposed to innovative ideas of how to move the field of prevention science forward to reduce the onset of negative body image unhealthy weight management eating disorders and disordered eating Preventing Eating Related and Weight Related Disorders is the second in a series of titles from The Community Health Systems Resource Group at The Hospital for Sick Children This series will educate researchers policy makers students practitioners and interested stakeholders on such topics as early intervention in psychosis aggressive behaviour problems eating related disorders and marginalized youth in educational contexts **Current Findings on**

Males with Eating Disorders Leigh Cohn, Raymond Lemberg, 2013-06-26 The subgroup of males with eating disorders has been understudied and this book presents the most comprehensive look at this topic since Arnold Andersen edited the text Males with Eating Disorders in 1990 This monograph represents both original research and reviews of other studies based on a special issue of Eating Disorders The Journal of Treatment and Prevention with additional added chapters Representing international contributions from researchers and clinicians in nine countries this cross section includes chapters on etiology sociocultural and gender issues symptom presentation assessment medical and psychological concerns treatment recovery and prevention **Selecting Effective Treatments** Lourie W. Reichenberg, Linda Seligman, 2016-01-26 The bestselling treatment guide updated to reflect changes to the DSM 5 Selecting Effective Treatments provides a comprehensive resource for clinicians seeking to understand the symptoms and dynamics of mental disorders in order to provide a range of treatment options based on empirically effective approaches This new fifth edition has been updated to align with the latest changes to

the DSM 5 and covers the latest research to help you draw upon your own therapeutic preferences while constructing an evidence based treatment plan Organized for quick navigation each disorder is detailed following the same format that covers a description characteristics assessment tools effective treatment options and prognosis including the type of therapy that is likely to be most successful treating each specific disorder Updated case studies treatments and references clarify the latest DSM 5 diagnostic criteria and the concise jargon free style makes this resource valuable to practitioners students and lay people alike Planning treatment can be the most complicated part of a clinician s job Mental disorders can be complex and keeping up with the latest findings and treatment options can itself be a full time job Selecting Effective Treatments helps simplify and organize the treatment planning process by putting critical information and useful planning strategies at your fingertips Get up to speed on the latest changes to the DSM 5 Conduct evidence based treatment suited to your therapeutic style Construct Client Maps to flesh out comprehensive treatment plans Utilize assessment methods that reflect the changes to the DSM 5 multiaxial system Effective treatment begins with strategic planning and it s important to match the intervention to your own strengths preferences and style as much as to the client s needs Selecting Effective Treatments gives you the latest information and crucial background you need to provide the evidence backed interventions your clients deserve

Applied Exercise Psychology Selen Razon, Michael L. Sachs, 2017-10-25 Applied Exercise Psychology emphasizes the application of evidence based knowledge drawn from the fields of exercise psychology health psychology clinical and counseling psychology and exercise physiology for physical activity behavior change The book provides readers with theoretical bases for understanding and promoting physical activity behavior interventions to use for facilitating physical activity behavior change and the tools for measuring the effectiveness of these interventions cross cultural considerations for practitioners to ensure multicultural competency considerations to guide best practices with special populations e g persons with medical conditions and persons with mental health conditions overall applied implications and future directions The collection builds a bridge between up to date research findings relevant field experiences and applied implications This is the first book to cover such breadth of topics in applied exercise psychology with chapters bringing often overlooked issues to the attention of practitioners to promote not only evidence based practice but also responsible ethics and referral

The Psychology of Eating Disorders Christine L.B. Selby, Christine Selby, 2018-12-28 Offers a clear concise up to date introduction to eating disorders for students in the health professions This is a concise accessible introduction to eating disorders for undergraduate and graduate students in psychology as well as those specializing in health education and nutrition Easy to read and grounded in DSM 5 definitions and the most up to date research the text is designed for students in the health professions as well as health professionals seeking a basic understanding of the challenges associated with their diagnoses and treatment Written by a licensed psychologist and certified eating disorders specialist the book describes what eating disorders are and are not who is likely to develop them and signs and symptoms of specific disorders It discusses

biological medical psychological interpersonal and socio cultural risk factors and helps the reader to identify those who are at risk for experiencing an eating disorder and how to refer them for evaluation Scenarios reflect the wide spectrum of people who suffer from eating disorders including young and old male and female and athlete and non athlete Uniquely the book also covers the range of reactions someone including treatment providers can have to an individual diagnosed with an eating disorder The text also delivers strategies for treatment and prevention with overviews of their effectiveness Print version of the book includes free searchable digital access to its entire contents Key Features Provides an easy to read introduction to the full range of eating disorders Discusses risk factors and warning signs of eating disorders Discusses evidence based treatment approaches and prevention Considers long term effects of eating disorders Includes illustrative narratives of diverse individuals with EDs Authored by a certified eating disorders specialist

The Wiley Handbook of Eating Disorders Linda Smolak, Michael P. Levine, 2015-07-23 This groundbreaking two volume handbook provides a comprehensive collection of evidence based analyses of the causes treatment and prevention of eating disorders A two volume handbook featuring contributions from an international group of experts and edited by two of the leading authorities on eating disorders and body image research Presents comprehensive coverage of eating disorders including their history etiological factors diagnosis assessment prevention and treatment Tackles controversies and previously unanswered questions in the field Includes coverage of DSM 5 and suggestions for further research at the end of each chapter 2 Volumes

Eating Disorders in a Capitalist World Jelena Balabanić Mavrović, 2023-11-13 Providing a new perspective on female identity this book offers a complete insight into the world of eating disorders in today's society exposing how new forms of freedom for women have also become new forms of self surveillance

Abnormal Psychology Ronald J. Comer, 2012-02 Ron Comer's Abnormal Psychology continues to captivate students with its integrated coverage of theory diagnosis and treatment its inclusive wide ranging cross cultural perspective and its compassionate emphasis on the real impact of mental illness on the lives of patients and their families Long acclaimed for being well attuned to the evolution of the field and changes in the classroom Comer's bestselling text returns in a timely new edition fully updated in anticipation of the DSM 5 and enhanced by powerful new media tools

Getting Better Bite by Bite Ulrike Schmidt, Janet Treasure, June Alexander, 2015-09-16 Getting Better Bite by Bite is an essential authoritative and evidence based self help programme that has been used by bulimia sufferers for over 20 years This new edition maintains the essence of the original book while updating its content for today's readers drawing on the latest knowledge of the biology and psychology of bulimia and its treatment The book provides step by step guidance for change based on solid research The use of everyday language stimulating contemporary case study story telling and evocative illustrations in Bite by Bite provide encouragement hope and new perspectives for all readers This handy sized book fills a need for easy to understand information about Bulimia Nervosa a serious and prevalent eating disorder Ulrike Schmidt and Janet Treasure are world renowned researchers and authorities

on eating disorders and June Alexander a former sufferer of anorexia and bulimia is a respected writer and internationally known eating disorder awareness advocate Getting Better Bite by Bite is a valuable resource for sufferers for their families and for the health professionals and carers treating them

Eating Disorders Justine J. Reel, 2013-01-08 A timely relevant work this encyclopedia provides a comprehensive examination of a full range of topics related to eating disorders and body image The mortality rate associated with eating disorders is higher than that of any other psychiatric illness What are the factors that influence abnormal perceptions of body image and trigger the deadly behaviors of food deprivation or uncontrollable gluttony This indispensable resource thoroughly examines the complex subject of eating disorders particularly the sociocultural psychological and nutritional aspects of eating disorders and body image Eating Disorders An Encyclopedia of Causes Treatment and Prevention explores the definitions risk factors symptoms and health consequences of such illnesses as anorexia bulimia and binge eating The author discusses the assessment and treatment of these conditions and imparts health education strategies related to the Dos and Don'ts of awareness and prevention efforts Additionally she shares tips for recognizing symptoms and discusses where to seek help if a friend or family member is affected Topics include flight attendants and body weight requirements the impact of Virtual Reality and media and sociocultural influences

Feminist Interrogations of Women's Head Hair Sigal Barak-Brandes, Amit Kama, 2018-06-13 Feminist scholarship has looked extensively at the perception of the body as a flexible construction of cultural and social dictates but head hair has been often overlooked Feminist Interrogations of Women's Head Hair brings new focus to this underrepresented topic through its intersections with contemporary socio cultural contexts Scholars from a wide range of disciplines investigate private and public meanings associated with female head hair problematising our assumptions about its role and implications in the 21st Century Readers are invited to reflect on the use of hair in popular culture such as children's television and pop album artwork as well as in work by women artists Studies examine the lived experiences of women from a range of backgrounds and histories including curly haired women in Israel African American women and lesbians in France Other essays interrogate the connotations of women's head hair in relation to body image religion and aging Feminist Interrogations of Women's Head Hair brings together cultural discourses and the lived experiences of women across time and place to reveal the complex and ever evolving significance of hair It is an important contribution to the critical feminist thought in cultural studies fashion studies media studies African American studies queer theory gerontology psychology and sociology

Innovations and Elaborations in Internal Family Systems Therapy Martha Sweezy, Ellen L. Ziskind, 2016-08-25 Martha Sweezy and Ellen L Ziskind's Internal Family Systems Therapy New Dimensions quickly established itself as essential reading for clinicians who are interested in IFS by illustrating how the model can be applied to a variety of therapy modalities and patient populations Sweezy and Ziskind's newest volume Innovations and Elaborations in Internal Family Systems Therapy is the natural follow up to that text Here Richard Schwartz and other master IFS clinicians illustrate how

they work with a wide variety of problems racism perpetrator parts trauma addiction eating disorders parenting and grief The authors also show creative ways of putting into practice basic IFS techniques that help parts to unblend and to unburden both personal and legacy burdens

European Psychiatric/Mental Health Nursing in the 21st Century José Carlos Santos, John R. Cutcliffe, 2018-02-01 This groundbreaking first volume of the Series has a number of features that set it apart from other books on this subject Firstly it focuses on interpersonal humanistic and ecological views and approaches to P MH nursing Secondly it highlights patient client centered approaches and mental health service user involvement Lastly it is a genuinely European P MH nursing textbook the first of its kind largely written by mental health scholars from Europe although it also includes contributions from North America and Australia New Zealand Focusing on clinical practical issues theory and empirical findings it adopts an evidence based or evidence informed approach Each contribution presents the state of the art of P MH nursing in Europe so that it can be transferred to and implemented by P MH nurses and the broader mental health care community around the globe As such it will be the first genuinely 21st century European Psychiatric Mental Health Nursing book

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