



# Evidence-Based Treatment Planning for Eating Disorders and Obesity



Arthur E. Jongsma, Jr.  
Timothy J. Bruce

# Evidence Based Treatment Planning For Eating Disorders And Obesity Companion Workbook

**Heather Thompson-Brenner**



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*Evidence-Based Treatment Planning for Eating Disorders and Obesity Companion Workbook* David J. Berghuis, Timothy J. Bruce, 2012-05-22 Improve the Quality of Mental Health Care This Companion Workbook to the Evidence Based Treatment Planning for Eating Disorders and Obesity DVD follows each section of the DVD summarizing important content and providing section reviews as well as test questions and answers to enhance learning of the material The workbook can be used as an individual self paced learning tool or in classroom or workshop settings Designed to be used in conjunction with the DVD this Companion Workbook includes Summary highlights of content shown in the DVD Chapter review questions covering key chapter concepts Test questions of selected chapter concepts References to empirical support clinical resources and training opportunities for the empirically supported treatments ESTs discussed Scripts and critiques of the role played scenarios demonstrating selected aspects of the ESTs Online links to client homework exercises consistent with the therapeutic techniques described and demonstrated Explanations of correct and incorrect answers to the test questions from each chapter Also available *Evidence Based Treatment Planning for Eating Disorders and Obesity DVD* 978 0 470 41794 2 *Evidence Based Treatment Planning for Eating Disorders and Obesity DVD Facilitator's Guide* 978 0 470 56847 7 For more information on these and other titles in the Evidence Based Psychotherapy Treatment Planning Video Series visit us on the Web at [www.wiley.com/psychology](http://www.wiley.com/psychology)

*Evidence-Based Treatment Planning for Eating Disorders and Obesity Facilitator's Guide* Timothy J. Bruce, David J. Berghuis, 2012-05-22 This DVD Facilitator's Guide to the Evidence Based Treatment Planning for Eating Disorders and Obesity DVD sold separately is designed to help teachers or trainers conduct lectures or training sessions on the content of the DVD The guide follows each section of the DVD providing succinct summaries of key section content section review test questions and answers and test questions and answers covering key concepts The DVD Companion Workbook and Facilitator's Guide are designed so that instructors can cover only the content of the DVD or springboard into further coverage of any of the concepts Designed to be used in conjunction with the DVD and its Companion Workbook this guide includes Summary highlights of content shown in the DVD Chapter review questions and answers summarizing key concepts Test questions and answers on selected chapter concepts Optional topics for further discussion with talking points Scripts and critiques of the role played scenarios demonstrating selected aspects of the ESTs References to empirical support clinical resources and training opportunities for the treatments discussed Online links to client homework exercises consistent with the therapeutic techniques described and demonstrated Explanations of correct and incorrect answers to the test style questions from each chapter

*Evidence-Based Treatment Planning for Eating Disorders and Obesity DVD / Workbook Study Package* David J. Berghuis, Timothy J. Bruce, 2012-05-22 There is growing pressure to ensure that patients receive care that is proven effective and subsequently a tremendous need to train mental health practitioners in the latest in Evidence Based Practice EBP The DVD in Evidence Based Treatment Planning for Eating

Disorders and Obesity DVD Workbook Study Package demonstrates the techniques and treatment interventions covered in the lecture and the workbook guides staff in implementation of the interventions with their clients subsequent to the DVD training Ideal for training mental health professionals at any level **The American Journal of Psychiatry** ,1988

Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder Rene D. Zweig,Robert L. Leahy,2012-01-18 Highly practical and clinician friendly this book provides evidence based tools for tailoring psychotherapy to the needs of clients with bulimia nervosa or eating disorder not otherwise specified EDNOS including binge eating disorder It offers specific guidance for conducting thorough clinical assessments and conceptualizing each case in order to select appropriate interventions A proven cognitive behavioral treatment protocol is presented and illustrated with a chapter length case example In a convenient large size format the book includes a session by session treatment plan and 20 reproducible forms handouts and worksheets that clinicians can photocopy or download and print for repeated use *Casebook of Evidence-Based Therapy for Eating Disorders* Heather Thompson-Brenner,2015-05-13 Illustrating the whats whys and how tos of the leading evidence based treatments for eating disorders this unique volume is organized around in depth cases A range of therapies are represented in sections covering behavioral cognitive affect based relational and integrative approaches Each section opens with an instructive overview by the editor The expert contributors show what their techniques look like in action with patients struggling with anorexia nervosa bulimia nervosa binge eating disorder and related problems Cases cover the entire process of treatment and include therapist patient dialogues The essential role of assessment in treatment planning and progress monitoring is highlighted with detailed descriptions of relevant instruments and procedures **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 *Forthcoming Books* Rose Arny,2001 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 *Video Source Book* Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **The British National Bibliography** Arthur James Wells,2004

**Journal of the American Dietetic Association** ,1986 **Pocket Guide for the Assessment and Treatment of Eating Disorders** James Lock, M.D., Ph.D.,2018-10-15 An exceptionally practical book for clinicians who are interested in evaluating and treating eating disorders in children and adults this guide provides expert guidance in a succinct and accessible format The Boston Globe Index ,1989 *Eating Disorders and Obesity* Laura H. Choate,2015-01-07 Both practical and comprehensive this book provides a clear framework for the assessment treatment and prevention of eating disorders and obesity Focusing on best practices and offering a range of current techniques leaders in the field examine these life threatening disorders and propose treatment options for clients of all ages This text written specifically for counselors benefits from the authors collective expertise and emphasizes practitioner friendly wellness based approaches that counselors can use in their daily practice Parts I and II of the text address risk factors in and sociocultural influences on the development of eating disorders gender differences the unique concerns of clients of color ethical and legal issues and assessment and diagnosis Part III explores prevention and early intervention with high risk groups in school university and community settings The final section presents a variety of treatment interventions such as cognitive behavioral interpersonal dialectical behavior and family based therapy Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to publications counseling org **Journal of the National Medical Association** ,1977

**Paperbound Books in Print** ,1983 *The Treatment of Eating Disorders* Carlos M. Grilo,James E. Mitchell,2009-10-30 Eminently practical and authoritative this comprehensive clinical handbook brings together leading international experts on eating disorders to describe the most effective treatments and how to implement them Coverage encompasses psychosocial family based medical and nutritional therapies for anorexia nervosa bulimia nervosa binge eating disorder and other eating disorders and disturbances Especially noteworthy are mini manuals that present the nuts and bolts of 11 of the treatment approaches complete with reproducible handouts and forms The volume also provides an overview of assessment treatment planning and medical management issues Special topics include psychiatric comorbidities involuntary treatment support for caregivers childhood eating disorders and new directions in treatment research and evaluation **Paperbound Books in Print 1995** Reed Reference Publishing,R5ference Reed,1995-12 Handbook of Eating Disorders and Obesity Stephan

Herpertz, Martina de Zwaan, Stephan Zipfel, 2024-04-24 This book covers the entire spectrum of eating disorders including obesity in a psychotherapy procedure independent manner and is based on the latest treatment guidelines All disorders are presented on the basis of current evidence and treatment guidelines that combine psychotherapeutic and pharmacological interventions to provide therapists with clear recommendations for treatment The 3rd edition has been completely revised to include important current topics and chapters such as the inclusion of eating disorders in ICD 11 DSM 5 the role of the microbiome and the role of modern media e g ehealth in prevention and treatment In addition the editors and authors address among other topics systemic therapy as a new evidence based psychotherapy and the discussion of addiction mechanisms in eating and weight disorders and provide an outlook on the role of neurostimulation procedures to address current developments in obesity and eating disorders The book is suitable as a reference for physicians in training educators and psychologists especially colleagues from the field of psychosomatics psychiatrists and psychotherapists in research clinic and practice

## **Evidence Based Treatment Planning For Eating Disorders And Obesity Companion Workbook** Book Review: Unveiling the Power of Words

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