

Night Eating Syndrome: Research, Assessment, And Treatment

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In one indispensable volume, this book combines a complete overview of night eating syndrome (NES) with evidence-based treatment guidelines and clinical tools. Experts in the field review the biological underpinnings of NES and its common comorbidities; explain how the basic science can inform clinical practice; and discuss issues in assessment and diagnosis. Vivid case examples are featured. Of special utility for clinicians, the book includes a manual for delivering an empirically supported cognitive-behavioral treatment protocol. Reproducible client forms can be photocopied from the book or downloaded and printed in a convenient 8 1/2" x 11" size. Publisher: Guilford Press Illustration: N Language: ENG Title: Night Eating Syndrome: Research, Assessment, and Treatment Pages: 00299 (Encrypted EPUB) On Sale: 2012-08-20 SKU-13/ISBN: 9781462506309 Category: Psychology : Clinical Psychology Category: Psychology : Psychopathology - Eating Disorders Category: Medical : Psychiatry - General

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