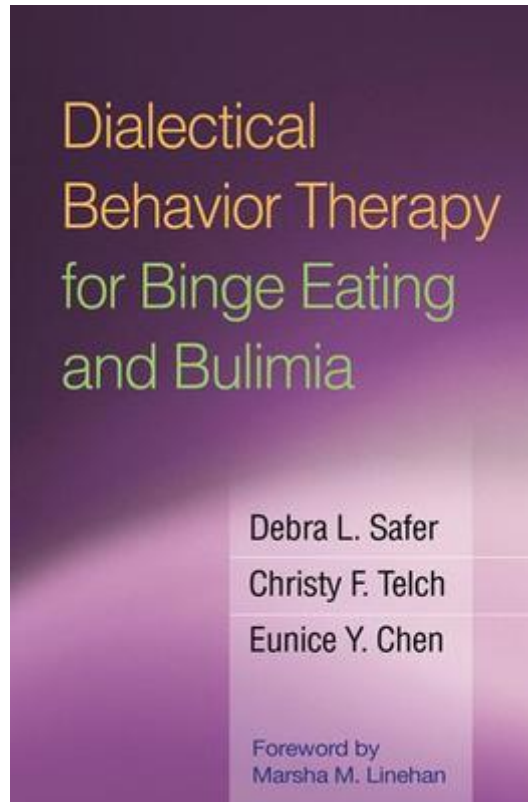


Dialectical Behavior Therapy For Binge Eating And Bulimia - , Christy Telch



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This groundbreaking book gives clinicians a new set of tools for helping people overcome binge-eating disorder and bulimia. It presents an adaptation of dialectical behavior therapy (DBT) developed expressly for this population. The treatment is unique in approaching disordered eating as a problem of emotional dysregulation. Featuring vivid case examples and 32 reproducibles, the book shows how to put an end to binge eating and purging by teaching clients more adaptive ways to manage painful emotions.

Step-by-step guidelines are provided for implementing DBT skills training in mindfulness, emotion regulation, and distress tolerance, including a specially tailored skill, mindful eating.

Author: Safer, Debra
Author: Telch, Christy
Publisher: Guilford Press
Illustration: N
Language: ENG
Title: Dialectical Behavior Therapy for Binge Eating and Bulimia
Pages: 00244 (Encrypted EPUB)
On Sale: 2009-05-20

SKU-13/ISBN: 9781606232651
Category: Psychology : Psychopathology - Eating Disorders
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