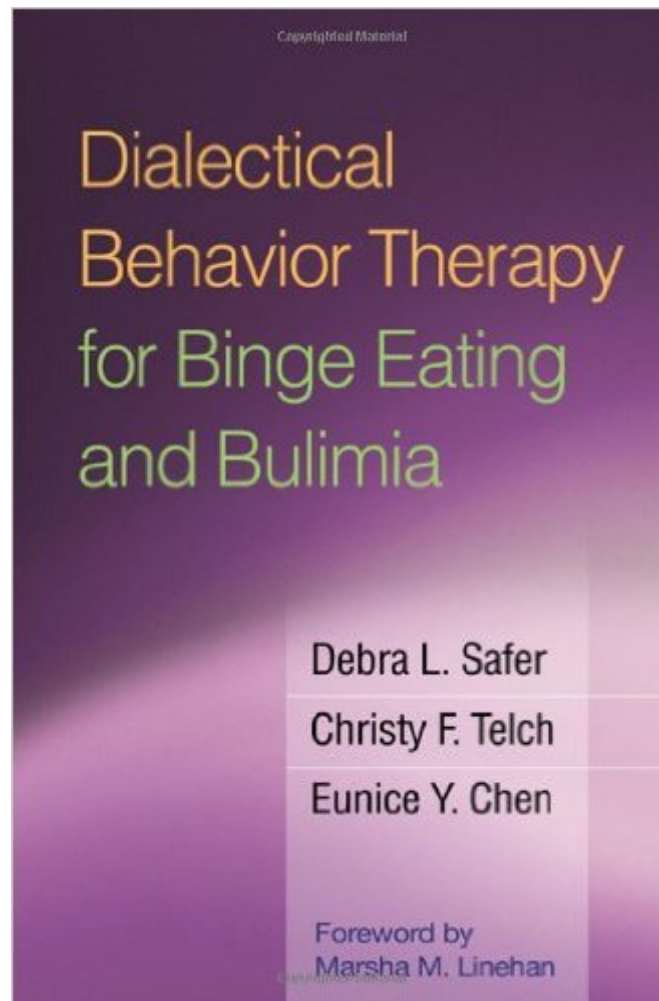


The book was found

# Dialectical Behavior Therapy For Binge Eating And Bulimia



## Synopsis

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.

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #458,790 in Books (See Top 100 in Books) #197 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric](#) #272 in [Books > Medical Books > Nursing > Psychiatry & Mental Health](#) #463 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#)

## Customer Reviews

As a therapist who has treated a number of clients with BED, I was excited to see this book. I'm a big fan of DBT as a treatment modality, and am pleased to see that there are now evidence-based options other than Fairburn's CBT model for treating BED. The book is written in a clear and concise style and is well-organized. My only wish is that the exercise templates/handouts in the book were included on Guilford's website or otherwise available in an electronic form.

This is a terrific book on using DBT skills specifically to treat binge eating and bulimia--both for therapists and clients. Wish they had mentioned 12 step groups such as OA as a possible adjunct/resource.

i highly recommend this book to professionals who help those and anyone who has a discordant relationship with food. It not only helped me but has helped me guide my clients to healthier relationships with food

A great book to help bulimic patients. So easy to read and follow. I love it. Amust have for eating disorder specialists!!! DBT is the best model I know.

This is an excellent book for any eating disorder therapist wishing for a more thorough knowledge of the behavioral reinforcers for these disorders.

It's more for professional. it explains how to do the therapy

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