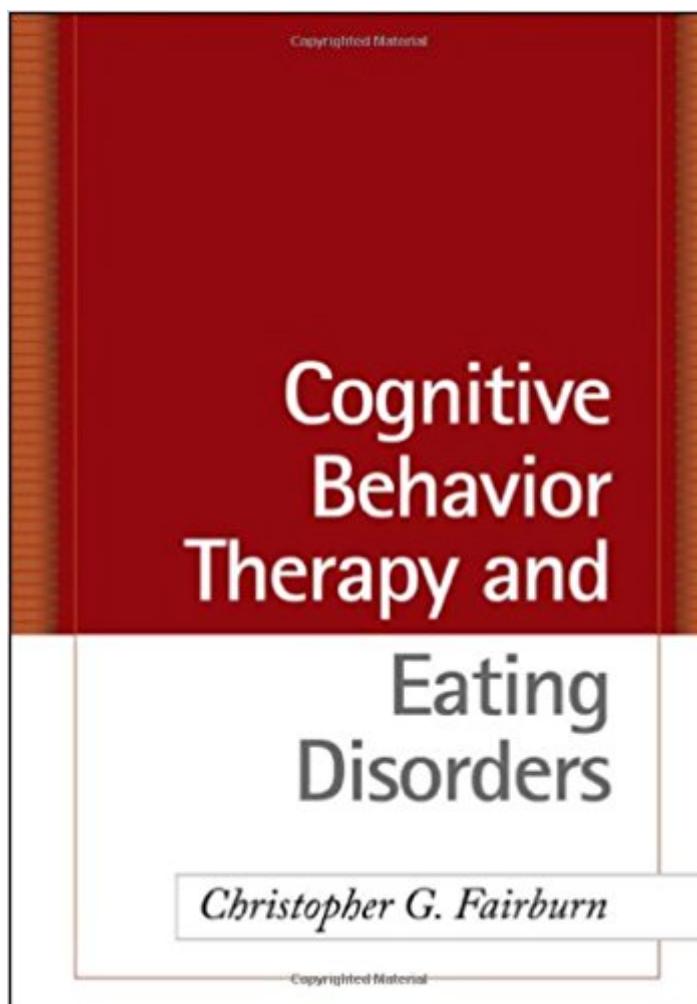


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# Cognitive Behavior Therapy And Eating Disorders



## **Synopsis**

This book provides the first comprehensive guide to the practice of "enhanced" cognitive behavior therapy (CBT-E), the latest version of the leading empirically supported treatment for eating disorders. Written with the practitioner in mind, the book demonstrates how this transdiagnostic approach can be used with the full range of eating disorders seen in clinical practice. Christopher Fairburn and colleagues describe in detail how to tailor CBT-E to the needs of individual patients, and how to adapt it for adolescents and patients who require hospitalization. Also addressed are frequently encountered co-occurring disorders and how to manage them. Reproducible appendices feature the Eating Disorder Examination interview and questionnaire.Â Â

## **Book Information**

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## **Customer Reviews**

"With his evidence-based, 'enhanced' treatment, Fairburn takes CBT to a new level. This book is written explicitly for clinicians, who will find the clearly written, practical guidance invaluable. Of particular interest are the authoritative description of the psychopathology of eating disorders and the lucid analysis of the management and treatment of underweight patients and those with multiple comorbidities. This is the definitive clinical account of CBT for eating disorders."--G. Terence Wilson, PhD, Oscar K. Buros Professor of Psychology, Rutgers, The State University of New Jersey"Over the past 30 years, Fairburn has made immense contributions to our understanding and treatment of patients with eating disorders. This timely, clearly written, immensely informative, and very user-friendly book provides just what the clinician needs--a practical guide to all phases of

treatment. Outlining his transdiagnostic model, Fairburn describes the processes that underlie all eating disorders and gives specific examples of how to assess, educate, and help patients with any eating disorder. Treatment is divided into stages, with clear guidelines for exactly what to say or do. This book will quickly become the preferred clinical guide in the eating disorders field. Fairburn and his colleagues should be commended for bringing state-of-the-art research to state-of-the-art practice. Bravo!"--Robert L. Leahy, PhD, Department of Psychiatry, Weill Cornell Medical College, New York Presbyterian Hospital"Another milestone by the field's foremost pioneer, this book explains how to treat eating disorders in exquisite detail, and does so with a rich theoretical and empirical foundation as its basis. This will be the authoritative volume for many years to come."--Kelly D. Brownell, PhD, Robert L. Flowers Professor of Public Policy and Dean, Sanford School of Public Policy, Duke University"From the most prominent group in the world studying the nature and treatment of eating disorders comes this cutting-edge treatment guide, which spans all eating disorder diagnoses as well as conditions that fall outside current diagnostic criteria. Based on a solid empirical foundation, the transdiagnostic enhanced CBT approach will immediately become the gold standard for the treatment of eating disorders."--David H. Barlow, PhD, ABPP, Professor of Psychology and Psychiatry and Founder and Director Emeritus, Center for Anxiety and Related Disorders, Boston University"Fairburn is not only a well known clinical researcher in the field of eating disorders but is also a clear and effective writer. The book is remarkably easy to read--each concept is clearly illustrated and the book's figures, charts, and diagrams further illuminate the text. Examples included in the text, such as common patient questions, vignettes, and sample therapist responses, help make the concepts and explanations presented in this guide easy to grasp. Perhaps most importantly, this book provides valuable insight into the treatment of a challenging clinical population....The ideas presented in this book are provocative, questioning the conventional classification of eating disorders and offering a treatment based on a transdiagnostic approach. The publication of this book is quite timely as the eating disorders field ponders the most meaningful way to revise the diagnostic categories for the upcoming edition of the Diagnostic and Statistical Manual for Mental Disorders, DSM-5....Useful to both novice and more experienced clinicians. It would perhaps be most helpful for clinicians familiar with CBT who work with patients with eating disorders. Psychiatry residents or graduate students in areas such as psychology or social work who are working with patients with eating disorders would also find this a very useful guide....An interesting addition to the literature on the treatment of patients with eating disorders. It provides a step-by-step guide for implementing a new form of CBT for the treatment of all eating disorder psychopathology. Written by an expert in the field, this book is a great guide for all

clinicians working with patients with eating disorders." (Journal of Psychiatric Practice 2008-04-23)"This is by far the fullest explication of Fairburn's approach to have been published....A how-to" manual....This volume is an important addition to the literature on the treatment of eating disorders. Fairburn is to be congratulated for constructing a detailed but user-friendly book that will be very informative for practicing clinicians....This book is highly recommended." (Journal of Clinical Psychiatry 2008-04-23)"Dr. Fairburn has dedicated himself to developing effective treatment and practical understanding of the entire spectrum of eating disorders for 30 years. The most widely accepted form of evidence-based cognitive-behavioral treatment for these illnesses is based on his protocols. His view that eating disorders are 'transdiagnostic,' that is, that they have core symptoms in common that can be treated with one approach, forms the basis of his new book. It is a long-anticipated guide to his enhanced model of treatment....The author describes an extended version of the treatment for patients with problems with clinical perfectionism, core low self-esteem, and interpersonal difficulties. His assessment instruments, used by most researchers in the eating disorders field, are also available in the appendices. This text is simply essential reading for anyone treating eating disorders. The book reads like a series of authoritative lectures, complete with forms, case examples, and useful tables. Although Dr. Fairburn has written helpful treatment guides in the past, his latest effort provides the clearest statement of his rationale for his approach and how to utilize it." (Bulletin of the Menninger Clinic 2008-04-23)"The long-awaited guide to the practice of 'enhanced' CBT for eating disorders....co-authored by its innovator and leading exponent, Christopher Fairburn, together with colleagues who have contributed to the development of the treatment. It will be a welcome addition to the libraries of clinicians practicing in the field of eating disorders, as well as non-specialists who encounter patients with eating disorders in their practice....One of the strengths of this book is the authors' in-depth and wide-ranging knowledge of the features of eating disorders, and the clearly structured and systematic way in which they are addressed. The attitude towards the patient is sympathetic and compassionate....This is an excellent book with many helpful clinical tips and vignettes, which I expect to refer to regularly in my work with patients with eating disorders." (Cognitive Behavioral Therapy Book Reviews 2008-04-23)"It is easy to read, engaging, and provides lots of practical ideas, techniques, and information that can be used clinically." (Child and Adolescent Mental Health Journal 2008-04-23)"This is an excellent, well-structured, evidence-based guide to working with patients with eating disorders using enhanced cognitive behavioural therapy. It is comprehensive, readable, accessible to a wide range of practitioners and written by an internationally acknowledged expert in the field....Fairburn has a direct and open style of writing, which helps comprehension. The use of

vignettes clearly demonstrates the application of the ideas and techniques. Another useful element is the inclusion of all the basic tools, including assessment scales, to aid practice." (Nursing Standard 2008-04-23)

Christopher G. Fairburn, DM, FMedSci, FRCPsych, is Wellcome Principal Research Fellow and Professor of Psychiatry at the University of Oxford. He is a well-known international authority on eating disorders and has a particular interest in the development and evaluation of psychological treatments. He has twice been a Fellow at Stanford's Center for Advanced Study in the Behavioral Sciences and is a Fellow of the U.K. Academy of Medical Sciences. He is a Governor of the Wellcome Trust, the largest international biomedical research foundation.

I did enjoy this treatment manual's theory and practice. It should be noted that this book, in practice, is not for a diagnosis of anorexia nervosa. It does have a plan for that diagnosis, but does not seem to have the evidence to back it up from the trials that have been conducted. I think in the future as evidence grows this could be a promising treatment for all eating disorders. It does have a very intriguing way of conceptualizing eating disorders in general. It will be exciting to see how this model actually plays out in practice.

I would recommend this book to any psychiatrist or psychotherapist who treats patients with eating disorders. The transdiagnostic model is illuminating.

A great reference for understanding the disorder

Great text, very in depth. The intervention's leaning toward behaviorism as opposed to cognitive restructuring seems to really make sense with this population. If you work with people with eating disorder you need this book!

This book is intended for the health professional, not for a parent such as myself. However, I found some of the basic principles to be very useful.

excellent book

This book has many significant problems. As a licensed clinician with over 20 years working with

Anorexia and Bulimia, I have grave concerns regarding the method proposed in this book. Let me outline some of the problems. First, the book intentionally does not cite source, but encourages the reader to go to a "further reading" section at the end of each chapter or group of chapters. Then, the authors make factual claims regarding research findings and don't point to which source in the further reading. This is horrible science and immediately calls into question the factual claims. Why do the authors not want the reader to be able to immediately go to the source? Why do we have to become citation sleuths to find their source? Second, the book engages what Lifton (Thought Reform and the Psychology of Totalism, 1961, 2014) calls MILIEU CONTROL. Let me explain. The book disparages the clinician with experience in working with eating disorders, claiming that the most experienced clinicians aren't likely to follow the procedures in their pure form. Experience and other methods are pushed away from the table. The reader is supposed to only listen to CBT-E materials and be critical of anything else. Milieu control is about limiting options. This encourages the reader to limit their options. Rather, it is important for treatment providers working with Anorexia and Bulimia to have experience and training in doing so. Anyone who says that experience is not good, and who avoids actually identifying the science at the point of the claims about science, should be held in great suspicion. Third, the book engages in what Lifton calls the SACRED SCIENCE. Sacred science means that the leaders, in this case the author and colleagues, have a method that is correct and anyone who varies from that method is being unscientific - in the view of the leaders. The book exhibits an attitude of, "We've got it right, so don't do anything else." Fourth, the book engages in what Lifton calls DEMAND FOR PURITY. Similar to sacred science, because the method is seen as the ultimate science, it must be adhered to exactly as taught by the leaders. Any variation that has not been identified by the authors is a corruption of the method and should not be engaged. Fifth, the book has a BMI chart inside the front cover. The chart measures BMI simply by height and weight and assumes that that number determines whether the weight is healthy or not. But let's think about that for a minute. Consider two women who are both 5 feet and 7 inches tall and both weigh 135 pounds. One runs 3 miles per day, lifts weights 4 days per week, and does an aerobics class 3 days per week. The other woman does not. Muscle takes up less space than body fat. According to the chart, both women have the same BMI and have the same level of healthy weight. But, they don't! Sixth, the examples are with women who have not been hospitalized and don't need to be hospitalized. This suggests that their illness is not as severe, which suggests that - if the method is effective at all - that it may work with those who have mild symptoms.

This book provides an excellent guide and resource to health professionals working with this challenging patient group. The new transdiagnostic treatment is well developed and consistently described. The book provides a step by step guide as well as useful treatment strategies to deal with the core psychopathology. Well worth buying.

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