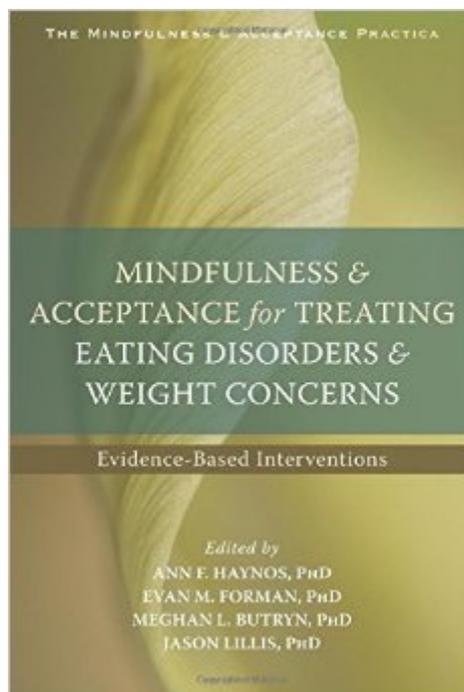


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Mindfulness And Acceptance For Treating Eating Disorders And Weight Concerns: Evidence-Based Interventions (The Context Press Mindfulness And Acceptance Practica Series)



Synopsis

Disordered eating, negative body image, and problems with weight have become an epidemic—and research shows that traditional treatments are not always effective. This professional resource offers proven-effective interventions using mindfulness and acceptance for treating clients with disordered eating, body image, or weight issues—and for whom other treatments have failed. Millions of people in the United States suffer from eating disorders, and dissatisfaction with weight and body type—even in individuals whose weight is considered normal—is similarly widespread. In addition, more than half of Americans could benefit from healthy weight loss. Unfortunately, not all people with eating disorders or weight concerns respond to traditional therapeutic interventions; many continue to suffer significant symptoms even after treatment. What these clients need is an integrated therapeutic approach that will prove effective in the long run—like the scientifically backed methods in this much-needed clinical guide. Edited by Ann F. Haynos, Jason Lillis, Evan M. Forman, and Meghan L. Butryn; and with contributors including Kay Segal, Debra Safer, and Hugo Alberts; *Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns* is the first professional resource to incorporate a variety of proven-effective acceptance- and mindfulness-based approaches—such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and mindfulness-based cognitive therapy (MBCT)—into the treatment of persistent disordered eating, body image issues, and weight problems. With these evidence-based interventions, you™ll be ready to help your clients move beyond their problems with disordered eating, body dissatisfaction, and weight management once and for all.

Book Information

Series: The Context Press Mindfulness and Acceptance Practica Series

Paperback: 256 pages

Publisher: Context Press (August 1, 2016)

Language: English

ISBN-10: 1626252696

ISBN-13: 978-1626252691

Product Dimensions: 5.9 x 0.6 x 8.9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

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