



Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based Interventions (Paperback)

By Ann F. Haynos, Evan M. Forman, Meghan L. Butryn

New Harbinger Publications, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. 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. Hayos, 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...



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