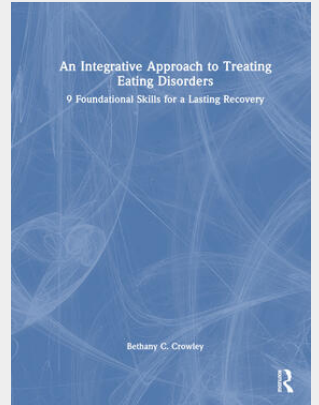


Crowley

An Integrative Approach to Treating Eating Disorders

9 Foundational Skills for a Lasting Recovery

An Integrative Approach to Treating Eating Disorders walks therapists through how to effectively resolve the most common yet nuanced struggles that clients with disordered eating face on a daily basis. This straightforward workbook begins by demystifying the complexities and nuances of eating disorders. It then helps therapists understand the need for an integrative approach and walks them through how to assess a client's biological, psychological, social, and spiritual domains as they correlate with disordered eating behaviors and thoughts. This is accomplished with the BASIC I.D. assessment model and a multimodal therapy framework, both created by Dr. Arnold Lazarus. Nine foundational skills are provided for clients to achieve lasting recovery and avoid the all-too-common relapse rate of eating disorders. Each foundational skill is presented in its own chapter, complete with data, case vignettes, worksheets, and exercises developed over twenty years of research and client management. With this book, therapists both new and experienced will boost their confidence, gain practical tools, and bring more efficiency to their individual or group sessions.



164,50 €

153,74 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781032651392

Medium: Buch

ISBN: 978-1-032-65139-2

Verlag: Taylor & Francis Ltd

Erscheinungstermin: 27.06.2024

Sprache(n): Englisch

Auflage: 1. Auflage 2024

Produktform: Gebunden

Gewicht: 453 g

Seiten: 232

Format (B x H): 210 x 280 mm

