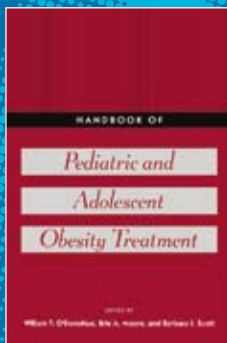
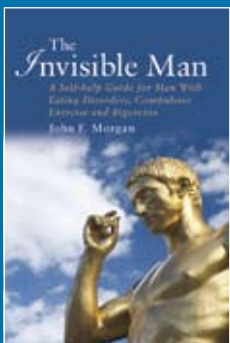


ROUTLEDGE MENTAL HEALTH

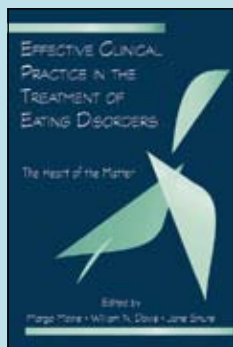
# Eating Disorders

Body Image  
Child and Adolescent Eating Disorders  
Eating Disorders



Routledge  
Taylor & Francis Group

## EATING DISORDERS



Forthcoming!

## Effective Clinical Practice in the Treatment of Eating Disorders

### The Heart of the Matter

Edited by **Margo Maine**, Founding Member, Academy for Eating Disorders, and past President, National Eating Disorders Association, USA, **William N. Davis**, in private practice, New York, USA, and **Jane Shure**, Kripalu Center, Lenox, USA

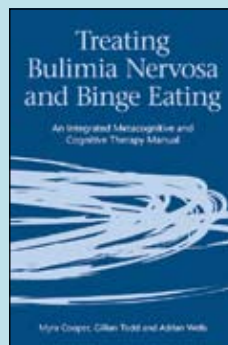
This book is the first to address what really happens behind closed doors during eating disorders treatment, as most writing has only addressed theoretical approaches and behavioral strategies. The field has long needed a book that describes the heart of the matter: the therapeutic interventions and interactions that comprise life-changing treatment for this life-threatening disorder. In response to this need, the authors have created a book that reflects the individual therapeutic skills and the collective wisdom of senior clinicians, all of whom have years of experience treating anorexia, bulimia, and binge eating disorder.

Intended to be a deeply thoughtful and instructive volume, *Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter* demonstrates the depth, complexity, and impact of the therapeutic process. In particular, the book articulates and explores essential points of information, issues, insights and unresolved questions about eating disorders treatment. *Effective Clinical Practice in the Treatment of Eating Disorders* describes and explicates important treatment issues and themes in a nuanced, highly contextualized and qualitative manner. The book offers a significant reference for both novice and seasoned therapists, and it includes specific information that will serve to inform and mentor future generations of eating disorders clinicians.

**CONTENTS:** *Maine*, Beyond the Medical Model: A Feminist Frame for Eating Disorders. *Shure*, *Weinstock*, Understanding the Body as a Shame Container. *Emmett*, Wholeness and Holiness: Understanding and Treatment of Eating Disorders from a Psychospiritual Perspective. *Davis*, Individual Therapy for Anorexia Nervosa and Bulimia: What Seems to Make a Difference. *Rabinor*, Treating Eating Disorders: The Healing Power of Guided Imagery. *McGilley*, Sacred Circles: Feminist Oriented Group Therapy with Adolescent's in Recovery. *Ressler*, BodyScript: Unlocking Memories Imprinted in Time. *Burgard*, Moments of Body Loyalty: Achieving Body Trust and Learning to Defend It. *Wingate*, Blending: Holistic Integrative Psychiatry and the Treatment of Eating Disorders. *Bunnell*, Countertransference and Attunement in the Psychotherapy of Patients with Eating Disorders. *Bloomgarden*, At the Precipice: Managing Therapist Fear and Self-doubt. *Zimmer*, Tess: Therapy Redux. *Costin*, The Embodied Therapist.

November 2008: 251pp.

Hb: 978-0-415-96461-6: £24.95/\$39.95



New!

## Treating Bulimia Nervosa and Binge Eating

### An Integrated Metacognitive and Cognitive Therapy Manual

**Myra Cooper**, University of Oxford, UK, **Gillian Todd**, University of Cambridge, UK, and **Adrian Wells**, University of Manchester, UK

*"Treating Bulimia Nervosa and Binge Eating is an excellent, practical handbook for clinicians in helping their patients overcome bulimia nervosa. The authors – Myra Cooper, Gillian Todd, and Adrian Wells – provide an innovative, powerful new approach – metacognitive therapy that can help patients disentangle themselves from their problematic thoughts and urges... The authors should be congratulated for providing us with a break-through in how to conceptualize and treat this problem"* - **Robert L. Leahy**, Director, American Institute for Cognitive Therapy, USA

*"Underpinned by a strong and evidence-based model, this therapist guide is brimming with solid practical advice and detailed guidance on how to implement particular therapeutic strategies and deal with hurdles and challenges along the way. Accompanying worksheets and therapeutic aide-memoirs are excellent. Both new and expert therapists will find this book highly useful."* - **Ulrike Schmidt**, Institute of Psychiatry, South London and Maudsley NHS Trust, London, UK

*Treating Bulimia Nervosa and Binge Eating* explains how cognitive therapy can be used to treat those suffering from bulimia nervosa. The manual provides a step-by-step treatment guide, incorporating a number of case examples offering detailed explanations of the treatment process, questionnaires, worksheets and practical exercises for the client, which will provide a framework and focus for therapy. The authors use existing techniques, as well as new integrated cognitive and metacognitive methods developed from their recent research, to take the therapist from initial assessment to the end of treatment and beyond, with chapters covering:

- engagement and motivation
- case formulation and socialisation
- detached mindfulness strategies
- positive and negative beliefs.

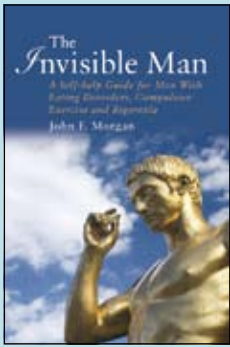
This practical guide will allow those treating patients with bulimia nervosa to take advantage of recent developments in the field and will be an essential tool for all therapists working with this eating disorder.

**CONTENTS:** Introduction to the Book, a Case Example and an Overview of Treatment. Diagnosis and Assessment. Treatment of Bulimia Nervosa. A New Cognitive Model of Bulimia Nervosa. Engagement and Motivation. Case Formulation and Socialisation. Detached Mindfulness Strategies. Negative Beliefs about Eating: Uncontrollability and Consequences. Positive Beliefs about Eating. Negative Self Beliefs. Ending Therapy. Therapist Resources.

August 2008: 264pp.

Hb: 978-1-58391-944-6: £60.00/\$100.00

Pb: 978-1-58391-945-3: £22.99/\$40.00



New!

## The Invisible Man

A Self-help Guide for Men With Eating Disorders, Compulsive Exercise and Bigorexia

John F. Morgan, Yorkshire Centre for Eating Disorders, Leeds, UK

*"An exceptionally experienced and expert clinician has given us an exceptionally useful book to guide boys and men in understanding and healing eating disorders, compulsive exercise, and uniquely male body image disorders."* - **Arnold Andersen**, University of Iowa, USA

Increasingly boys and men are suffering with eating disorders and related body image problems. Some have full-blown conditions such as anorexia nervosa, bulimia, binge eating, compulsive exercising or bigorexia. Others are distressed by slightly lesser degrees of disordered eating or over-exercise and seek ways of overcoming their problems.

*The Invisible Man* applies the latest research to produce a practical, problem-focused self-help manual for men with eating disorders and body image problems. Divided into four sections, this evidence-based survival kit covers:

- the wider cultural context of male body image problems
- features unique to men
- science fact and science fiction
- a 7 stage approach to treatment.

By combining the science of cognitive behaviour therapy with motivational enhancement and problem-solving therapies, *The Invisible Man* provides help to all men with body image disorders, as well as families and professionals involved in their care.

**CONTENTS: Part I: Fat is More Than a Feminist Issue.** Snakes and Ladders: Barriers to Recovery. Stories From the Past: The First Case of Anorexia Nervosa and Lord Byron's Eating Disorder. **Part II: Do You Have a Body Image Disorder?** Anorexia Nervosa. Bulimia Nervosa and Binge Eating. Muscle Dysmorphia (Bigorexia). Obesity. **Part III: Science Fiction and Science Fact.** What Causes Body Image Disorders in Men? Compulsive Exercise: When Does Exercise Become Unhealthy? The Poisoned Chalice: Anabolic Steroid Abuse. Physical Health and Body Image Disorders. Mental Health and Body Image Disorders. The Role of Culture: 'Fat is Not Just a Feminist Issue'. **Part IV: 7 Stages to Recovery.** Stage 1: Motivation – A Cost-benefit Analysis of Recovery. Stage 2: Sharing the Secret. Stage 3: Healthy Habits. Stage 4: Thinking Straight. Stage 5: Feeling Good. Stage 6: Seeking Professional Help – A Consumer's Guide. Stage 7: Remaining Well – Sadder and Wiser.

February 2008: 184pp.

Hb: 978-1-58391-149-5: £55.00/\$95.00

Pb: 978-1-58391-150-1: £12.99/\$22.95

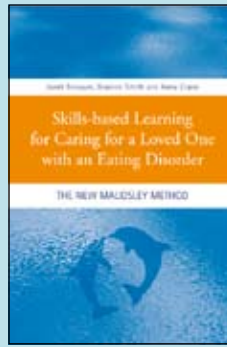
### BACKLIST TITLE!

## Males with Eating Disorders

Edited by **Arnold E. Andersen**

1990: 264pp.

Hb: 978-0-87630-556-0: £37.50/\$65.95



Key Title!

## Skills-based Learning for Caring for a Loved One with an Eating Disorder

### The New Maudsley Method

Janet Treasure, Guy's Hospital, King's College London, UK, Gráinne Smith, Course and Workshop developer, Scotland, UK, and Anna Crane, Medical student at Guy's, King's and St Thomas' Hospital, London, UK

*"This book will help you cope better with the challenge of helping your loved one recover. Although intended for carers, this book should be mandatory reading for professionals involved in the treatment of people with an eating disorder."* - **Eric F. van Furth**, Center for Eating Disorders, Leidschendam, The Netherlands

*"The combination of practical suggestions, real life situations and a sound theoretical basis in the Maudsley model make this book invaluable for any family with a loved one struggling to overcome an eating disorder."* - **Susan Ringwood**, Chief Executive Officer of BEAT

*Skills-based Learning for Caring for a Loved One with an Eating Disorder* equips carers with the skills and knowledge needed to support and encourage those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery.

Through a coordinated approach, this book offers information alongside detailed techniques and strategies, which aim to improve professionals' and home carers' ability to build continuity and consistency of support for their loved ones. The authors use evidence-based research and personal experience, as well as practical support skills, to advise the reader on a number of difficult areas in caring for someone with an eating disorder. These include:

- working towards positive change through good communication skills
- developing problem solving skills
- building resilience
- managing difficult behaviour.

This book is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder. It will enable the reader to use the skills, information and insight gained to help change eating disorder symptoms.

**CONTENTS:** Shifting Responsibility – The Lived Experience of an Eating Disorder. Caring for a Loved One with an Eating Disorder – First Steps. Working with a Joint Understanding of the Illness – Basic Facts About Eating Disorders. Which Kind of Carer Are You? Stress, Strain and Developing Resilience. Consequences – Understanding Medical Risk. Understanding Change. Communication. Interpersonal Relationships. Modelling Emotional Intelligence and Problem-solving Skills. Managing Undereating. How to Help with Bingeing and Overeating. Managing Difficult Behaviours. Reflection, Review – and Relaxation.

2007: 248pp.

Pb: 978-0-415-43158-3: £12.99/\$22.95

[www.routledgementalhealth.com/treasure](http://www.routledgementalhealth.com/treasure)

## ALSO BY JANET TREASURE



## Anorexia Nervosa

### A Survival Guide for Families, Friends and Sufferers

**Janet Treasure**

Unusually for a book on anorexia nervosa, this book includes sections for parents and other carers alongside a section for the sufferer herself. So often books have been

written which only give one perspective. In her work with patients and families Janet Treasure has tried to ensure that family and professionals collaborate and co-operate in order to overcome the power of the illness. Many families have used and commented on various versions of this book, and have helped to form its content.

1997: 176pp.

Pb: 978-0-86377-760-8: £12.99/\$24.00



## Getting Better Bit(e) by Bit(e)

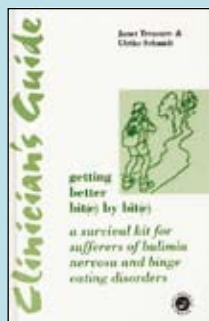
### A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

**Ulrike Schmidt, and Janet Treasure**

Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers. The only self-help programme that has been evaluated in a randomised controlled trial, it provides detailed step-by-step advice for dealing with this condition. Unlike other less problem-oriented books currently available on the subject, this book concentrates on the key behaviour changes necessary for the sufferer to achieve a happier and more fulfilled life.

1993: 160pp.

Pb: 978-0-86377-322-8: £12.95/\$26.95



## Clinician's Guide: Getting Better Bit(e) by Bit(e)

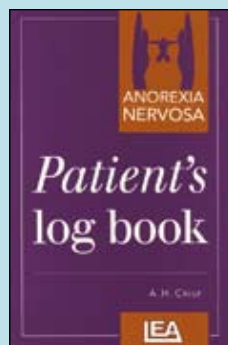
### A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

**Janet Treasure, and Ulrike Schmidt**

This companion guide to "Getting Better Bit(e) by Bit(e)" is written for the health care professional to help maximize the benefit that patients obtain from the self-help book in the treatment of eating disorders.

1997: 240pp.

Hb: 978-0-86377-730-1: £23.99/\$42.00



## Anorexia Nervosa

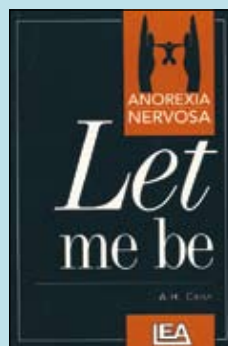
### Patient's Log Book

**A. H. Crisp**

The *Patient's Log Book* is intended for both in-patient and out-patient use, as part of a clinically supervised treatment programme based on the "St George's" approach.

1995: 128pp.

Pb: 978-0-86377-407-2: £12.99/\$25.00



## Anorexia Nervosa

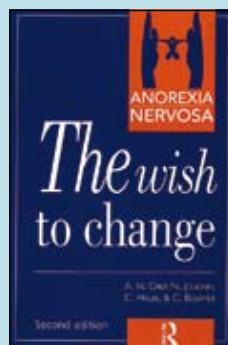
### Let Me Be

**A. H. Crisp**

The theme of this text is the enduring relationship of anorexia nervosa to the unfolding of puberty, which transcends and shapes the input of "fashion".

1995: 208pp.

Pb: 978-0-86377-383-9: £12.99/\$25.00



## Anorexia Nervosa

### The Wish to Change

Second Edition

**A. H. Crisp, Neil Joughin, Christine Halek, and Carol Bowyer**

This guide to 'self-help' has become highly valued by sufferers from anorexia nervosa, their families and their carers. It relates

to Arthur Crisp's much praised text *Anorexia Nervosa: Let Me Be*. Many sufferers report that *Anorexia Nervosa: The Wish to Change* has provided them with their first private opportunity to reconsider their position and future properly, and then to do more about them.

1996: 112pp.

Pb: 978-0-86377-408-9: £12.99/\$25.00



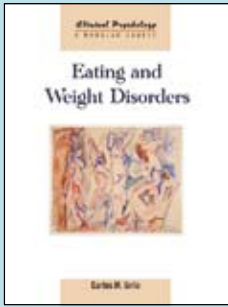
## Anorexia Nervosa - Clinician's Pack

**A. H. Crisp, Lisa McClelland, Neil Joughin, Chris Halek, and Carol Bowyer**

This package includes one copy of *Guidelines for Assessment and Treatment in Primary and Secondary Care*, *The Wish to Change* and *Patient's Log Book*.

1996: 3 Book Set

Pb: 978-0-86377-412-6: £25.00/\$45.00



## Eating and Weight Disorders

**Carlos M. Grilo**, Yale University, USA

*"This is a fine book by a fine scholar and clinician. Anyone wishing to understand how and why eating and weight disorders develop, how they are diagnosed, and how*

*best to treat them will benefit from this excellent analysis."* - **Kelly D. Brownell**, Director, Yale Center for Eating and Weight Disorders, USA

Eating disorders refer to a range of problems characterized by abnormal eating behaviours and beliefs about eating, weight, and shape. Eating disorders, which are classified as psychiatric problems, and obesity, which is classified as a general medical condition, reflect a diverse and perplexing array of biological, social, and psychological phenomena.

Including the most up-to-date research, Carlos Grilo provides a balanced and authoritative overview of current thinking in the fields of eating disorders and obesity with broad yet in-depth coverage of the areas. This highly readable book is an indispensable resource to students and professionals in clinical psychology, health psychology, and psychiatry.

**CONTENTS:** Overview of Eating and Weight Disorders: Bodies to Die For. The Epidemiology and Nature of Eating and Weight Disorders. Understanding, Assessing and Treating Anorexia Nervosa. Understanding, Assessing and Treating Bulimia Nervosa. Atypical Eating Disorders and Binge Eating Disorders: Assessment and Treatment. Obesity: Assessment and Treatment. Further Reading and Resources.

**2006: 256pp.**

**Hb: 978-1-84169-547-1: £45.00/\$79.00**

**Pb: 978-1-84169-548-8: £15.95/\$26.95**

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press

[www.psypress.com/clinicalmodular](http://www.psypress.com/clinicalmodular)



## The Prevention of Eating Problems and Eating Disorders

**Theory, Research, and Practice**

**Michael P. Levine**, and **Linda Smolak**, both at Kenyon College, Ohio, USA

*"This is the best book on the prevention of eating problems and eating disorders seen in a long time. As an added bonus, several excellent appendices offer sources for educators, clinicians, researchers and parents... this book should appeal to a wide audience of those concerned with preventing disturbed eating and eating disorders at the school, community and political levels."* - **Eating Disorders Review**

This is the first authored volume to offer a detailed, integrated analysis of the field of eating problems and disorders with theory, research, and practical experience from community and developmental psychology, public health, psychiatry, and dietetics. The book highlights connections between the prevention of eating problems and disorders and theory and research in the areas of prevention and health promotion; theoretical models of risk development and prevention and related

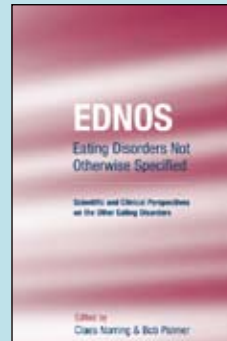
research on the prevention of smoking and alcohol use. It is the most comprehensive book available on the study of prevention programs, especially for children and adolescents.

**2005: 480pp.**

**Hb: 978-0-8058-3925-8: £82.95/\$135.00**

**Pb: 978-0-8058-3926-5: £30.95/\$55.00**

Published by Psychology Press



## EDNOS: Eating Disorders Not Otherwise Specified

**Scientific and Clinical Perspectives on the Other Eating Disorders**

Edited by **Claes Norring**, Örebro

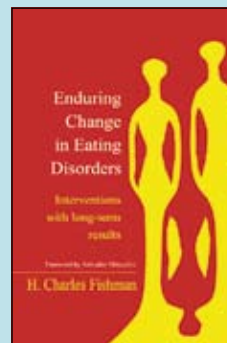
University, Sweden, and **Bob Palmer**, University of Leicester, UK

*Eating Disorders Not Otherwise Specified* covers all eating disorders that do not fall into either of the two main diagnostic groups: anorexia nervosa and bulimia nervosa.

This book brings together contributions from many of the leading researchers and practitioners in the field of eating disorders and presents the topic of EDNOS from a range of perspectives.

**2005: 352pp.**

**Hb: 978-1-58391-163-1: £29.95/\$52.95**



## Enduring Change in Eating Disorders

**Interventions with Long-Term Results**

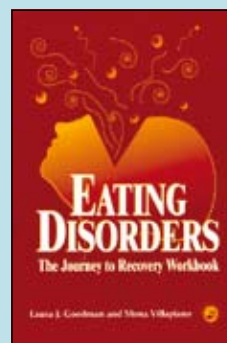
**H. Charles Fishman**, Director, New Zealand Eating Disorder Specialists, Auckland, New Zealand

*Enduring Change in Eating Disorders*

provides a unique perspective on the successful treatment of eating disorders, which are among the most debilitating and recalcitrant psychiatric diseases. Unique in the field, this book details effective Structural Family Therapy with qualitative follow-ups of up to 20 years.

**2004: 320pp.**

**Hb: 978-0-415-94459-5: £19.95/\$34.95**



## Eating Disorders

### The Journey to Recovery Workbook

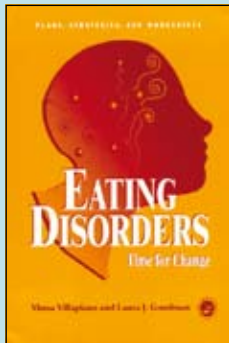
**Laura J. Goodman**, and **Mona Villapiano**, both in private practice, Massachusetts, USA

Two seasoned clinicians with years of experience in the treatment of eating disorders offer this practical tool and adjunct to one-on-one and group therapy. In a readable style, the authors take the reader on a journey toward better

mental and physical health. The authors guide the reader through a greater consideration of body image, compulsive exercising, and personal and societal relationships.

2001: 238pp.

Pb: 978-1-58391-058-0: £16.95/\$29.95



## Eating Disorders: Time for Change

### Plans, Strategies, and Worksheets

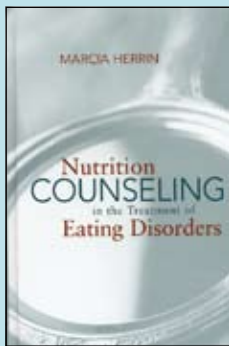
**Mona Villapiano**, and **Laura J. Goodman**, both in private practice, Massachusetts, USA

This collection for therapists and clients presents practical, how-to information, for the treatment of eating disorders.

The authors have kept the needs of the therapist in mind by considering managed care as well as specific therapeutic issues.

2001: 216pp.

Pb: 978-1-58391-057-3: £20.00/\$35.95



## Nutrition Counseling in the Treatment of Eating Disorders

**Marcia Herrin**, founder and co-ordinator, Dartmouth College Eating Disorders and Nutrition Programs

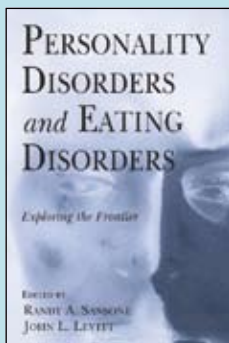
*"... absolutely spectacular. This volume is a goldmine for professionals in all fields,*

*novices to experts, who treat patients with eating disorders... A much needed and invaluable book."* - **Diane Mickley**, Co-president, National Eating Disorders Association

Most eating disordered patients believe themselves to be experts on the subject of nutrition, therefore the job of effective patient counseling becomes even more challenging. This book presents both nutritional and physiological information in a thoroughly detailed manner. The compilation of concepts, techniques, and alternatives makes the book unique in style and content.

2002: 304pp.

Hb: 978-1-58391-031-3: £22.95/\$39.95



## Personality Disorders and Eating Disorders Exploring the Frontier

Edited by **Randy A. Sansone**, Wright State University School of Medicine, USA, and **John L. Levitt**, Alexian Brothers Behavioral Health Hospital, Illinois, USA

*"This outstanding book by two experts in*

*the field provides very useful information for the practicing clinician... The description of treatment strategies is illuminating and fills a sorely needed gap in our understanding of these debilitating conditions."*

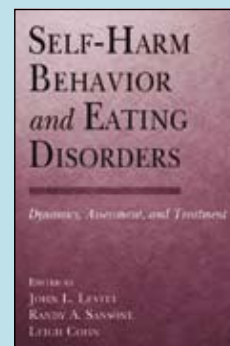
- **Pauline S. Powers**, Founding President of the Academy for Eating Disorders

*Personality Disorders and Eating Disorders* explores and defines the multifaceted relationship between these two fields in a cogent synthesis of prevalence, etiology, and treatment. The book brings together leading specialists in both fields, with a clinical focus on such topical issues as genetics, drug abuse, and childhood trauma – as they relate to each field and as they affect the relationship between the two disorders. Therapists who treat eating disorders will find the material on treatment approaches especially helpful in formulating interventions with particularly difficult patients.

This unique book enhances the assessment and treatment of individuals suffering from personality disorders and eating disorders, and it augments the understanding of both populations, while establishing a foundation for discussing each as they interface with one another.

2006: 320pp.

Hb: 978-0-415-95324-5: £24.95/\$39.95



## Self-Harm Behavior and Eating Disorders

### Dynamics, Assessment and Treatment

Edited by **John L. Levitt**, Alexian Brothers Behavioral Health Hospital, Illinois, USA, **Randy A. Sansone**, Wright State University School of Medicine, USA, and

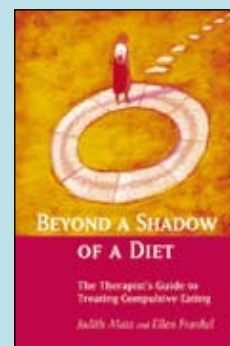
**Leigh Cohn**, founder and Editor-in-Chief, *Eating Disorders: The Journal of Treatment and Prevention*

*"Levitt et al., by examining the overlap between bulimia, anorexia nervosa and other forms of self-injurious behaviour, have helped re-integrate the treatment of eating disorders into the rest of psychiatry."* - **Matin Guha**, Librarian, Kings College Institute of Psychiatry, London, UK

*Self-Harm Behavior and Eating Disorders* explores the prevalent but largely uncharted relationship between self-injury behaviors and eating disorders symptoms. In the first major book to focus on this area, a renowned group of international scholars and practitioners address the subject from a variety of theoretical and practical perspectives. The book is categorized into sections covering epidemiology, psychodynamics, assessment, and a final section covering potential treatment options.

2004: 296pp.

Hb: 978-0-415-94698-8: £28.99/\$39.95



## Beyond a Shadow of a Diet The Therapist's Guide to Treating Compulsive Eating

**Judith Matz**, Director, Chicago Center for Overcoming Overeating, Inc., and **Ellen Frankel**, Eating Disorder Consultant and Writer

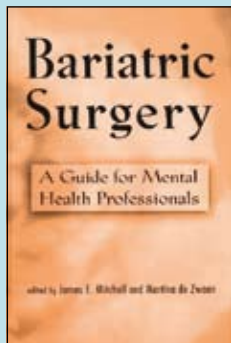
*"Learning to eat with hunger, to relish food and to enjoy one's body is our birthright. Beyond a Shadow of a Diet explains how the individual can begin to live in harmony with food and gives therapists the tools to better help those for whom eating has become, too often, a source of anguish into a pleasurable and reassuring part of life."*

- **Susie Orbach**

This accessible volume will guide therapists of all disciplines through step-by-step treatment of compulsive eating. The authors introduce the new research related to health, weight, fitness and diet failure, and then discuss a treatment method which advocates eating as guided by physiological signal: eating when you are hungry and stopping when you are full. The book offers tools for therapists to recognize compulsive eating patterns, use their training to address underlying psychological difficulties, and implement therapeutic principles for healing.

2004: 424pp.

Hb: 978-0-415-94609-4: £24.99/\$34.95



## Bariatric Surgery

### A Guide for Mental Health Professionals

Edited by **James E. Mitchell**, University of North Dakota School of Medicine and Health Sciences, USA, and **Martina de Zwaan**, Friedrich-Alexander-University Hospital, Erlangen, Austria

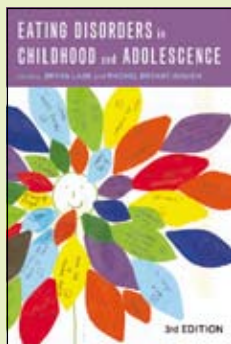
This book provides mental health professionals with a basic overview of the

types of procedures involved in bariatric surgery and the specific psychological impacts such operations can have on their patients. It also serves as a valuable resource to surgeons, nurses, doctors, and support staff who are involved in the medical treatment of obesity, but who may have little background in the psychosocial implications of their work.

2005: 184pp.

Hb: 978-0-415-94966-8: £32.50/\$49.95

## CHILD AND ADOLESCENT EATING DISORDERS



## Eating Disorders in Childhood and Adolescence

Third Edition

Edited by **Bryan Lask**, St George's University of London, UK, and **Rachel Bryant-Waugh**, Great Ormond Street Hospital, London, UK

*"This is an excellent book with contributions from a wide range of experts in the field. It is comprehensive and everybody working in the field will find it invaluable."* - **Alan Stein**, University of Oxford, UK

In the third edition of this accessible and comprehensive book, Bryan Lask and Rachel Bryant-Waugh build on the research and expertise of the previous two editions. First published in 1993, this was the earliest book of its kind to explore eating disorders in people under 15, a population that is very distinct from those in their late teens and adulthood.

*Eating Disorders in Childhood and Adolescence* offers the reader knowledge, perception and understanding of this fascinating but challenging patient group. It has both a clinical and research focus

and will be an essential text for a wide range of professionals, as well as being readable for parents of children suffering from eating disorders.

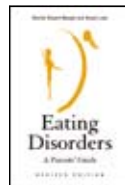
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2007: 424pp.

Hb: 978-0-415-39457-4: £60.00/\$105.00

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## ALSO BY RACHEL BRYANT-WAUGH AND BRYAN LASK



## Eating Disorders

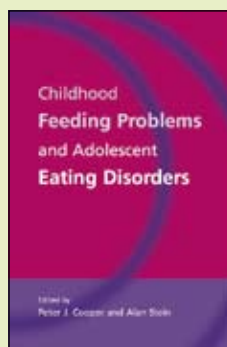
### A Parents' Guide

Revised Edition

**Rachel Bryant-Waugh**, and **Bryan Lask**

2004: 192pp.

Pb: 978-1-58391-860-9: £9.99/\$17.95



## Childhood Feeding Problems and Adolescent Eating Disorders

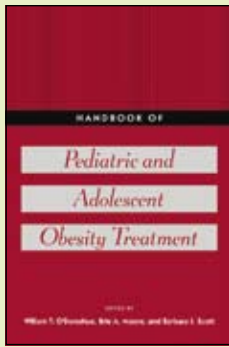
Edited by **Peter J. Cooper**, University of Reading, UK, and **Alan Stein**, University of Oxford, UK

*Childhood Feeding Problems and Adolescent Eating Disorders* covers a wide spectrum of phenomena of variable clinical significance, ranging from variations of normal behaviour to serious clinical conditions, such as failure to thrive and anorexia nervosa. The contributors discuss important issues such as the influence of maternal eating problems, the consequences of early feeding problems and the management of early onset anorexia nervosa. This book will be an important resource for all the paediatricians, psychologists, psychiatrists, nurses, nutritionists and other health professionals concerned with the assessment and treatment of these major clinical problems.

**SELECTED CONTENTS:** Feeding and Weight Problems of Early Childhood. Nature of Anorexia Nervosa and of Bulimia Nervosa. Treatment of Anorexia Nervosa and Bulimia Nervosa.

2006: 360pp.

Hb: 978-0-415-37185-8: £34.95/\$60.00



## Handbook of Pediatric and Adolescent Obesity Treatment

Edited by **William T. O'Donohue**,  
**Brie A. Moore**, and **Barbara J. Scott**, all  
at University of Nevada, Reno, USA

This volume brings together behavioral, medical, and public health approaches and provides the knowledge necessary for a wide range of practitioners to effectively address the current obesity epidemic among children and adolescents. The book addresses several themes in pediatric and adolescent obesity. Experts in the field discuss the prevalence, etiology, and sequelae of pediatric and adolescent obesity, as well as the medical and behavioral assessment of the overweight child, adolescent, and family. The book offers a comprehensive understanding of the wide range of approaches to pediatric and adolescent obesity treatment, in order to promote an individualized approach that will best fit the patient and family.

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2007: 360pp.

Hb: 978-0-415-95432-7: £78.00/\$125.00

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Bestseller!

## Your Dieting Daughter... Is She Starving for Attention?

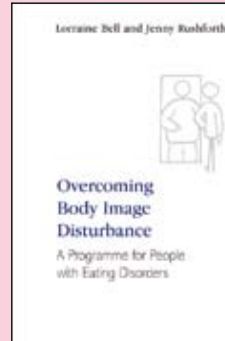
**Carolyn Costin**, Executive/Clinical Director, Monte Nido Treatment Center and Affiliates, California, USA

This book focuses on the essentials of nutrition, offering clear guidelines for healthy eating and dispelling many of the myths promoted by the diet industry.

1996: 240pp.

Pb: 978-0-87630-836-3: £17.95/\$25.95

## BODY IMAGE



New!

## Overcoming Body Image Disturbance

A Programme for People with Eating Disorders

**Lorraine Bell**, and **Jenny Rushforth**,  
both at Hampshire Partnership Trust, UK

*"A clear, simple treatment manual which contains useful handouts and assessment tools."* - **Janet Treasure**, Kings College, Institute of Psychiatry, London, UK

People with eating disorders often exhibit serious misconceptions about their own body image. *Overcoming Body Image Disturbance* provides a treatment programme (piloted by the authors) for people with eating disorders who have a negative body image. The manual offers advice for therapists, enabling them to deliver the programme, as well as practical guidance for the sufferer, encouraging them to learn the appropriate skills to change their attitude towards their body.

Alongside the programme, this treatment manual provides:

- an introduction to the concept of body image and body image disturbance
- worksheets and homework assignments for the client
- recommendations of psychometric measures to aid assessment and evaluation
- coverage on innovative techniques and approaches such as mindfulness.

This manual – intended to be used with close guidance from a therapist – will be essential for all therapists, mental health workers and counsellors working with clients who have negative body images.

**Workbook resources can be downloaded free of charge by purchasers of the print version.**

**CONTENTS:** Introduction. Body Image and Body Image Disturbance. Body Image Disturbance and Psychological Disorders. What Works? The Design of this Programme. Notes for Therapists: I. Therapist Skills Needed for this Programme. Notes for Therapists: II. The Programme. Appendix.

February 2008: 160pp.

Pb: 978-0-415-42330-4: £22.99/\$40.00

[www.routledge-mentalhealth.com/overcoming-body-image-disturbance](http://www.routledge-mentalhealth.com/overcoming-body-image-disturbance)



## Body Image Understanding Body Dissatisfaction in Men, Women and Children

Second Edition

**Sarah Grogan**, Staffordshire University,  
UK

*"In her revised volume, Professor Grogan leaves no stone unturned in telling the scientific and cultural stories of human embodiment. She is scrupulous*



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*in her psychological scholarship and articulate in her prose. Readers will be both fascinated and edified by this book's thoughtful coverage of a subject that so deeply affects our lives."* - **Thomas F. Cash**, Old Dominion University, USA

Sarah Grogan provides a comprehensive overview of the subject of body image, pulling together diverse research from the fields of psychology, sociology, media, and gender studies in men, women, and children.

This second edition has been thoroughly revised and updated to reflect the significant increase in research on body image since the first edition was published, including new empirical data collected specifically for this text. In addition to examining evidence for sociocultural influences on body image, the book also reviews recent literature and includes new findings on body modification practices (cosmetic surgery, piercing, tattooing, and bodybuilding). It takes a critical look at interventions designed to promote positive body image and also attempts to link body image to physical health, looking in particular at motivations for potentially health-damaging practices such as anabolic steroid use and cosmetic surgery.

**CONTENTS: Introduction. Culture and Body Image.** The Idealization of Slenderness. The Basis of Body Shape Ideals. The Diet Industry. Recent Cultural Trends. Summary. **Women and Body Image.** Assessment of Body Image. Behavioural Indicators of Body Dissatisfaction. Social Construction of Femininity. Summary. **Men and Body Image.** Assessment of Body Image. Behavioral Indicators of Body Dissatisfaction. Social Construction of Masculinity. Summary. **Media Effects.** Surveys Relating Media Exposure to Body Image. Studies Investigating Direct Effects of Media Images on Body Image. Theories of Media Influence. Body Shape Role Models. Recent Developments. Reducing the Effects of Media Imagery. Summary. **Age, Social Class, Ethnicity, and Sexuality.** Body Image Across the Life Span. Ethnicity and Body Image. Social Class and Body Image. Body Shape, Sexual Attractiveness, and Sexuality. Summary. **Promoting Positive Body Image.** Psychological Factors Predicting Positive Body Image. General Conclusions. Summary.

2007: 264pp.

Hb: 978-0-415-35822-4: £29.95/\$55.00

Pb: 978-0-415-35821-7: £17.50/\$35.00



## Body Shame Conceptualisation, Research and Treatment

Edited by **Paul Gilbert**, and **Jeremy Miles**

*"This edited work is clearly structured in a way that should inform and stimulate debate on the subject of body shame... I would recommend this book."* - **Professor Glenn Waller**, Behavioural and Cognitive Psychotherapy Journal

Physical appearance plays a powerful role in social relationships. Those who feel shame regarding the way they look, and who think others view their appearance negatively, can therefore be vulnerable to impoverished social relationships and a range of psychological difficulties.

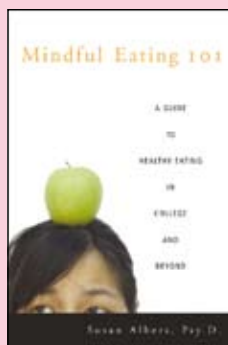
In this book, researchers and therapists from a wide range of different disciplines and areas explore the role of shame in various physical and psychological disorders, and provide practical advice on management and treatment.

*Body Shame* gives the reader insight into the nature and mechanisms of shame, how it can focus on the body, how it can underlie a variety of psychological difficulties, and how to intervene to help resolve it.

2002: 320pp.

Hb: 978-1-58391-165-5: £50.00/\$88.00

Pb: 978-1-58391-166-2: £17.99/\$31.00



## Mindful Eating 101

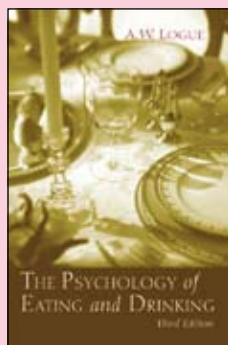
### A Guide to Healthy Eating in College and Beyond

**Susan Albers**, Ohio Wesleyan University  
Counseling Center, USA

In this book, Dr. Susan Albers brings her unique approach to college students, their parents, and college staff. Using the principles of mindfulness, Dr. Albers presents a guide to healthy eating and self acceptance that will help readers navigate the weight obsessed, diet crazed, high pressured, fast food saturated college environment, establishing patterns of eating that will form the groundwork for a healthier life well beyond college.

2005: 208pp.

Pb: 978-0-415-95093-0: £9.99/\$15.95



## The Psychology of Eating and Drinking

Third Edition

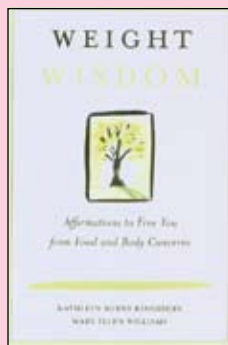
**Alexandra Woods Logue**, City University  
of New York, USA

*The Psychology of Eating and Drinking* is a unique volume; a textbook that can be comprehended by the general educated reader. Just as in her past editions of this book, Alexandra Logue grounds her investigation into the complex interactions between our physiology, our surroundings, and our eating and drinking habits in laboratory research and up-to-date scientific information.

2004: 376pp.

Hb: 978-0-415-95008-4: £57.50/\$90.00

Pb: 978-0-415-95009-1: £17.99/\$29.95



## Weight Wisdom Affirmations to Free You from Food and Body Concerns

**Kathleen Burns Kingsbury**, President,  
KBK Connections, Inc., and **Mary Ellen  
Williams**, in private practice, North  
Easton, USA

*"Thoughtfully designed to address both treatment and prevention of eating disorders a reader-friendly and valuable resource for a broad range of individuals struggling with food and body concerns."* - **Association for Eating Disorders Newsletter**

In this powerful guide, Kingsbury and Williams equip readers with simple reflections, vignettes, and everyday analogies that they have successfully used with their own clients to counter destructive feelings and shatter distorted ideas of food and weight.

2003: 176pp.

Pb: 978-0-415-94434-2: £10.99/\$15.95

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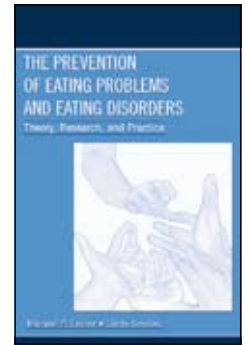
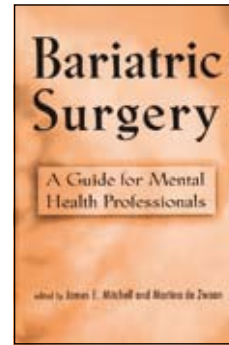
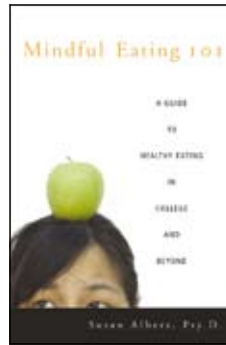
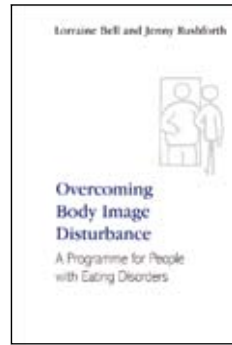
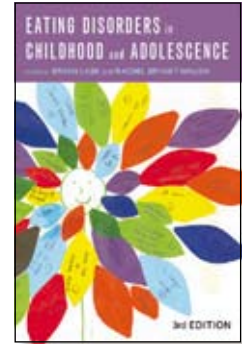
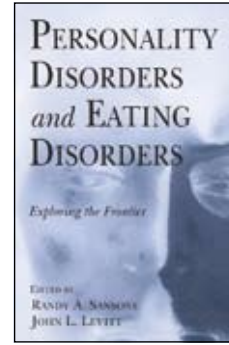
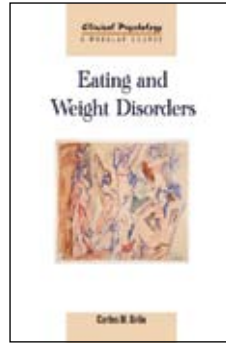
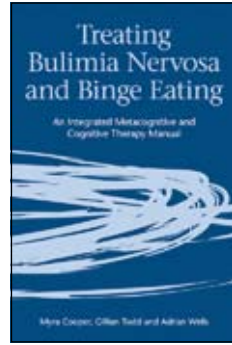
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