Introduction
Eating Disorders and their Management
The Role of CBT in the Treatment of Eating Disorders in Children and Adolescents
Preparing for Therapy
Assessment and Formulation
Engaging and Motivating Young People
The Role of the Family
A CBT Treatment Programme
Planning and Establishing Principles and Embarking on Change
Tackling Problem Eating, Challenging Compensatory Behaviours
Treatment Monitoring and Review
Addressing Unhelpful Cognitions and Solving Problems Maintaining the Eating Disorder
Relapse Prevention and Discharge Planning
Applications and Challenges
Inpatient Management, Groups and Self-Help
Future Challenges
References
List of Handouts
Table of Contents provided by Blackwell's Book Services and R.R. Bowker. Used with permission.