

Preventing Eating Disorders

*A Handbook of
Interventions and
Special Challenges*

Edited by

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Preventing Eating Disorders A Handbook Of Interventions And Special Challenges

**Niva Piran, Michael Levine, Catherine
Steiner-Adair**



Preventing Eating Disorders A Handbook Of Interventions And Special Challenges:

Preventing Eating Disorders Niva Piran,Michael Levine,Catherine Steiner-Adair,2013-06-17 This comprehensive resource provides multiple prevention strategies programs and approaches for health and mental health workers educators researchers students and interested members of the community at large who work to prevent eating disorders and related problems

Preventing Eating Disorders Niva Piran,Michael Levine,Catherine Steiner-Adair,2013-06-17 This comprehensive resource provides multiple prevention strategies programs and approaches for health and mental health workers educators researchers students and interested members of the community at large who work to prevent eating disorders and related problems

Preventing Eating-Related and Weight-Related Disorders Gail L. McVey,Michael P. Levine,Niva Piran,H. Bruce Ferguson,2013-01-24 This book presents a collection of writings by expert researchers from Canada the United States and Australia who are committed to finding common cause and common ground in the prevention of eating disorders and obesity The ten chapters in this book seek to create a new public health approach to the prevention of weight related disorders one that counters the confusion and frustration from public policies messages and programs that recipients of prevention efforts often experience The first section looks at prevention from a public health perspective and the second section highlights theories from risk and resilience research that can inform the prevention of weight related disorders The contributions are varied in their theories and models but woven throughout is the theme of collaboration in changing public institutions and social systems that promotes universal prevention and fosters mental health and resilience Unique methods of linking systems and fostering partnerships across sectors and disciplines are highlighted and readers are exposed to innovative ideas of how to move the field of prevention science forward to reduce the onset of negative body image unhealthy weight management eating disorders and disordered eating

Preventing Eating Related and Weight Related Disorders is the second in a series of titles from The Community Health Systems Resource Group at The Hospital for Sick Children This series will educate researchers policy makers students practitioners and interested stakeholders on such topics as early intervention in psychosis aggressive behaviour problems eating related disorders and marginalized youth in educational contexts

Handbook of Eating Disorders Janet Treasure,Ulrike Schmidt,Eric van Furth,2003-07-11 This second edition of the Handbook of Eating Disorders offers a comprehensive critical account of the whole field of eating disorders incorporating both basic knowledge and a synthesis of the most recent developments in the area Many of the important developments in recent years are reflected in this expanded volume such as the basic science of appetite control the discovery of leptin and the knowledge about the neurotransmitters involved in eating An invaluable review of scientific knowledge and approaches to treatment of eating disorders from anorexia nervosa to obesity Covers basic concepts and science clinical considerations of definition and assessment and treatment approaches Focuses on newer developments in research and treatment Reflects evidence based approaches to treatment as a guide to best practice Includes many new

chapters and authors who represent the most authoritative scientists and clinicians worldwide Handbook of Behavioral and Emotional Problems in Girls Debora Bell, Sharon L. Foster, Eric J. Mash, 2006-03-30 Psychopathology in children and adolescents has been extensively researched and addressed in terms of its epidemiology expression developmental pathways and causes And despite all the research studies and findings the question remained Are the emotional and behavioral problems of girls unique to the distinct aspects of female development behavior and adjustment To fully understand and address the emotional and behavioral problems of girls their distinct characteristics must be examined in terms of both developmental progression and context that is in terms of their various ethnic cultural socioeconomic backgrounds as well as family school and peer environments and influences The Handbook of Behavioral and Emotional Problems in Girls provides such an integrative conceptual framework in which to address such issues as Mood and anxiety disorders Eating and body image disorders ADHD pervasive developmental disorders learning disorders and mental retardation Aggression and delinquency Physical abuse sexual abuse and neglect Abuse and violence in dating relationships Substance abuse and homelessness Gender identity disorder In one easy to use volume the Handbook not only examines the most current theory and research as it relates to girls it also addresses the possibility for real world assessment as well as treatment and prevention of their emotional and behavioral disorders It provides clinicians academics and mental health professionals with a comprehensive and well balanced presentation that focuses solely on the unique behaviors and emotions of girls The Prevention of Eating Problems and Eating Disorders Michael P. Levine, Linda Smolak, 2006-04-21 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 e g developmental psychopathology social cognitive theory feminist theory ecological approaches 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 The authors review the spectrum of eating problems and disorders the related risk and protective factors the models that have guided prevention efforts to date the literature on the studies of prevention and suggestions for curriculum and program development and evaluation The book concludes with a new prevention program based on the Feminist Ecological Developmental model The 800 references highlight work done around the world The Prevention of Eating Problems and Eating Disorders addresses methodologies for assessing and establishing prevention the implications of neuroscience for prevention dramatic increases in the incidence of obesity the role of boys men and the media on body image prevention programming for minority groups and whether to focus on primary or secondary prevention Intended for clinicians and academicians from disciplines such as health clinical developmental and community psychology social work medicine and

public health this book is also an ideal text for advanced courses on eating disorders *Eating Disorders in Children and Adolescents* Brett McDermott, 2006-12-14 Anorexia Nervosa and other eating disorders are arguably the most complex mental health problems that a child or adolescent may experience Numbers seeking help are on the increase and the complexity of these disorders challenges even the most experienced clinician In this 2006 book the experience of numerous practitioners with international reputations in the field is brought to bear on the broad range of issues a good clinician needs to know about from the history of the disorder through to treatment psychopharmacology the psychotherapies epidemiology comorbidities eating disorders in boys and neuroimaging The book is divided into parts detailing the scientific underpinnings abnormal states the evidence base for treatments and finally public health issues including service delivery models and perspectives on prognosis and outcomes Clinicians encountering eating disorders will find this latest addition to the Cambridge Child and Adolescent Psychiatry series invaluable **Encyclopedia of Primary Prevention and Health**

Promotion Thomas P. Gullotta, Martin Bloom, 2003-01-31 Foundational topics such as history ethics and principles of primary prevention as well as specific issues such as consultation political issues and financing The second section addresses such topics as abuse depression eating disorders HIV AIDS injuries and religion and spirituality often dividing such topics into separate entries addressing childhood adolescence and adulthood *Handbook of Group Counseling and Psychotherapy* Janice L. DeLucia-Waack, 2004 The Handbook of Group Counseling and Psychotherapy is a comprehensive reference guide for group practitioners and researchers alike Each chapter reviews the literature and current research as well as suggestions for practice in the psycho educational arena counselling and therapy groups The Handbook encourages the notion that the field is improved through increased collaboration between researchers and practitioners Through a review of cutting edge research and practice the Handbook includes 48 articles by renowned experts in group work the history and theory of group work topics across the lifespan an entire section on multicultural issues a variety of clinical problems and settings appendices include the Association for Specialists in Group Work Training Standards Best Practice Standards and Principles for Diversity Competent Group Workers The Handbook is divided into seven sections Current and Historical Perspectives on the Field of Group Counselling and Psychotherapy reviews and analyzes the many contributions and contributors that have made group counselling and psychotherapy a vital and potent treatment method The chapter outlines review articles spanning four decades and outlines the evolution of group themes over the last 100 years Best Practices in Group Counselling and Psychotherapy uses research theory and group counseling experience to provide group leaders and researchers with the most current and best practices in conducting group counseling and psychotherapy Multicultural Groups follows the ASGW Principles for Diversity Competent Group Workers and is intended to provide group leaders with essential information about different cultural groups and their world views perceptions of groups naturalistic healing methods suggested group interventions and implications for groups Chapters cover Native Americans Latinos Asians and African Americans disabled

persons and gender and sexuality Groups Across Settings includes examples of psycho educational counseling and psychotherapy groups in a variety of settings This section presents readers with theoretical and empirical support for group work in such settings as the Veterans Administration system university counselling centers and more Groups Across the Lifespan consist of chapters across many age groups For children and adolescents cognitive and developmental issues are addressed For adults socialization and interpersonal issues are addressed including separate chapters for male and female groups Finally a chapter on the elderly deals with cognitive health and life review issues Special Topics Groups presents a continuum of different types of groups used to treat people with interpersonal and developmental issues such as grief substance abuse depression and others Each chapter in this section provides definitions and descriptions of the issues along with theoretical and empirical support Finally Critical Issues and Emerging Topics attempts to reflect the zeitgeist and provide a glimpse into group interventions for the future Emerging issues such as online groups prevention groups and peer led mutual help groups receive careful attention and analysis The Handbook of Group Counseling and Psychotherapy the first reference devoted to this emerging and rapidly growing field is essential for academics researchers professionals and librarians serving the group therapy community There is no similar reference available and it will prove a landmark volume for years to come Handbook of Adolescent Behavioral Problems Thomas P. Gullotta, Robert W. Plant, Melanie A.

Evans, 2014-10-14 The Second Edition of the Handbook of Adolescent Behavioral Problems clarifies the current state of treatment and prevention through comprehensive examinations of mental disorders and dysfunctional behaviors as well as the varied forces affecting their development New or revised chapters offer a basic framework for approaching mental health concerns in youth and provide the latest information on how conditions e g bipolar disorder suicidality and OCD and behaviors e g sex offenses gang activities dating violence and self harm manifest in adolescents Each chapter offers diagnostic guidance up to date findings on prevalence biological genetic aspects risk and resilience factors and a practical review of prevention and treatment methods Best practice recommendations clearly differentiate among what works what might work what doesn't work and what needs further research across modalities including pharmacotherapy Key topics addressed include Families and adolescent development Adolescent mental health and the DSM 5 Oppositional Defiant Disorder and Conduct Disorder Autism spectrum disorder Media and technology addiction School failure versus school success Bullying and cyberbullying The Second Edition of the Handbook of Adolescent Behavior Problems is a must have reference for researchers clinicians allied practitioners and professionals and graduate students in school and clinical child psychology education pediatrics psychiatry social work school counseling and public health **Psychotherapy in the Third Millennium - Cross-Cutting Themes and Proposals for Reflection** Federico Durbano, Floriana Irtelli, Barbara Marchesi, 2025-04-16 This book explores the complex and diverse issues of psychotherapy with a specific focus on peculiar aspects common to all approaches despite the vast number of therapeutic schools that have emerged over time more than

250 worldwide While each approach can be traced back to a handful of core psychological models such as cognitive psychology psychoanalysis humanism and behaviorism many schools have developed their own unique variations based on individual insights or the need to address specific psychological issues The rise of eclectic approaches further complicates the field often favoring practical convenience over strong theoretical or clinical foundations The book highlights a major issue by presenting chapters that explore various aspects of the psychotherapeutic approach It covers broad cross cutting themes such as psychedelic assisted therapy common relational dynamics in psychotherapy and the influence of clients mental models on treatment outcomes The second section will focus on specific clinical issues eating disorders in Western societies and intervention models applied in complex organizational settings Rather than adopting a rigid verificationist approach to validate theoretical models the book presents diverse practical considerations from professionals in the field encouraging readers to critically evaluate the effectiveness of different therapeutic models

Eating Disorders in the Mediterranean Area Giovanni Maria Ruggiero,2003 In this book an international group of authors explores the extent of and the socio cultural factors underlying the ascendancy of eating disorders in some countries of the Mediterranean area in our own time The authors express their local observations and struggles in an effort to map the impact of culture on the development of eating disorders The topics reviewed echo back to each other and underscore the complexity of defining measuring and possibly even changing culture The book takes a transcultural view which is both trans and cultural Realms transverse the academic terrain with chapters that pull on history geography biology and literature to set the stage for a review of cultural causes with culture being the political commercial and treatment settings potential eating disordered individuals find themselves in The chapters demonstrate how control the key cognitive construct of eating disorders is impacted by the internal and external environment of the eating disordered individual And if control is the bridge shame is the dark sea that one struggles to avoid Biological and psychological data from humans and animals is offered in an attempt to understand how efforts to maintain an honourable social ranking impacts food and body shape choices

Counseling Individuals with Eating Disorders: An Intersectional Approach Merle A. Keitel,Melinda Parisi Cummings,Jennie Park-Taylor,2025-05-30 Counseling Individuals with Eating Disorders An Intersectional Approach was written to provide mental health professionals and students of counseling medicine psychology social work and other helping professions with useful information and suggestions for their work with individuals with eating disorders

The Parent's Guide to Childhood Eating Disorders Marcia Herrin,Nancy Matsumoto,2002-02-06 A successful new approach to treating eating disorders in preteens and teens from a nationally renowned expert in the field In a society where eating disorders are rampant it often takes special awareness and vigilance to raise children who will come to the dinner table free of the modern food related phobias fear of being fat fear of excess calories and obsession with physical appearance Emphasizing a nutritional approach to treatment The Parent s Guide to Childhood Eating Disorders will prove to parents that effective

solutions can begin in the home with a reasonable investment of time effort and love This groundbreaking guide includes information on spotting early warning signs normalizing eating and exercises dealing with school friends sports and camp knowing when to seek professional help avoiding a relapse As an expert in eating disorders a former anorexic and the mother of two teenagers Dr Marcia Herrin speaks with rare authority and understanding *The Parent's Guide to Childhood Eating Disorders* takes readers step by step through the healing journey that Herrin makes with each of her patients This important new addition to the literature is a warm accessible guide that all parents concerned about eating disorders will turn to for practical and reassuring information *The Oxford Handbook of Eating Disorders* W. Stewart Agras, 2010-07-06 A comprehensive and up to date review of the field provides detailed and Thorough discussions of all the key topics in the study of eating disorders Zafra Cooper Department of Psychiatry Oxford University *Eating Disorders and Obesity* Laura H. Choate, 2015-01-07 Both practical and comprehensive this book provides a clear framework for the assessment treatment and prevention of eating disorders and obesity Focusing on best practices and offering a range of current techniques leaders in the field examine these life threatening disorders and propose treatment options for clients of all ages This text written specifically for counselors benefits from the authors collective expertise and emphasizes practitioner friendly wellness based approaches that counselors can use in their daily practice Parts I and II of the text address risk factors in and sociocultural influences on the development of eating disorders gender differences the unique concerns of clients of color ethical and legal issues and assessment and diagnosis Part III explores prevention and early intervention with high risk groups in school university and community settings The final section presents a variety of treatment interventions such as cognitive behavioral interpersonal dialectical behavior and family based therapy Requests for digital versions from the ACA can be found on wiley.com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to publications.counseling.org *Using Writing as a Therapy for Eating Disorders* June Alexander, 2016-07-01 *Using Writing as a Therapy for Eating Disorders* The diary healer uses a unique combination of evidence based research and raw diary excerpts to explain the pitfalls and benefits of diary writing during recovery from an eating disorder In a time when diary writing remains a largely untapped resource in the health care professions June Alexander sets out to correct this imbalance explaining how the diary can inspire heal and liberate provide a learning tool for others and help us to understand and cope with life challenges The book focuses on the power of diary writing which may serve as a survival tool but become an unintended foe With guidance patients who struggle with face to face therapy are able to reveal their thoughts through writing and construct a strong sense of self The effects of family background and the environment are explored and the therapeutic value of sharing diaries to better understand illness symptoms and behaviours is discussed *Using Writing as a Therapy for Eating Disorders* will be of interest to those who have recovered or are recovering from eating disorders or any mental illness as well as therapists clinicians and others working in the medical and

healthcare professions **The Female Body in Mind** Mervat Nasser, Karen Baistow, Janet Treasure, 2007-04-11 The Female Body in Mind introduces new ways of thinking about issues of women's mental health assessment and treatment. Its multidisciplinary approach incorporates social, psychological, biological, and philosophical perspectives on the female body. The contributions from notable academics in the field of women's mental health examine the relationship between women's bodies, society, and culture, demonstrating how the body has become a platform for women's expression of their distress and anguish. The book is divided into six sections, all centred on the theme of the body, covering: The body at risk, The hurting body, The reproductive body, The interactive body, Body sensitive therapies, and The body on my mind. All professionals involved in women's mental health will welcome this exploration of the complexities involved in the relationship between women's bodies and their mental health.

Critical Feminist Approaches to Eating Dis/Orders, **Leading Psychoeducational Groups for Children and Adolescents** Janice L. DeLucia-Waack, 2006-05-03 This book provides readers with direction on how to organize psychoeducational groups while also helping them enhance skills for effectively leading such groups, all in one comprehensive volume. Offering an applied, pragmatic approach, author Janice L. DeLucia-Waack uniquely integrates research and practice to suggest valuable leadership strategies while addressing special issues such as children of divorce, anger management, bullying behaviors, and much more.

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