

# OVERCOMING **Anorexia Nervosa**

A self-help guide  
using cognitive  
behavioural techniques

CHRISTOPHER FREEMAN



# Overcoming Anorexia

**Raymond Lemberg**

## **Overcoming Anorexia:**

Overcoming Anorexia Nervosa Christopher Freeman, 2012-11-01 Originally developed as a manual for anorexia patients at his eating disorders clinic in the Royal Edinburgh hospital Chris Freeman's is the first self help book based on cognitive behavioural therapy to counter this most notorious and widespread of eating disorders. It occurs most frequently among young women but affects both men and women of all ages in all social groups internationally. The first part of this groundbreaking guide provides an introduction to the subject of anorexia nervosa and its treatment using cognitive behavioural techniques for therapists, sufferers and their families. The second part is a self help programme for recovery based on the treatment which the author has used in his work with hundreds of patients. Cognitive Behavioural Therapy is a now internationally established method of treating emotional disorders such as anorexia, depression and panic by changing negative patterns of thought. The Robinson series of self help guides based on CBT written by practising clinical psychologists has proved itself accessible and highly effective and the series' reputation and sales increase with every year.

**Overcoming Anorexia** J. Hubert Lacey, Christine Craggs-Hinton, Kate Robinson, 2007 Like other eating disorders anorexia is on the increase especially among teenage girls one study showed 80 percent of girls restrict their food intake by the age of 11. This text points out how to recognise anorexia in a teenager or young adult and what to do about it.

Overcoming Anorexia Nervosa 2nd Edition Patricia Graham, Christopher Freeman, 2019-03-07 Break free from the vicious cycle of anorexia nervosa. Anorexia nervosa affects both men and women of all age groups and social classes internationally. For both the sufferer and the friends and family who care for them the impact of the illness can be devastating. However it can be treated effectively using cognitive behavioural therapy (CBT). This self help book provides support to battle this notorious and widespread eating disorder and has been used effectively with many patients in clinical settings. Using CBT techniques you will learn to understand the many forms and causes of anorexia nervosa. Challenge negative thinking and behaviour. Improve your body image. Develop coping strategies for the future. These clinically proven tools form a complete recovery programme with practical exercises and worksheets. Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well scheme. Series Editor Professor Peter Cooper. The Complete Overcoming Series Peter Cooper, 2012-11-01 The complete set of self help guides from the popular Overcoming series. Each guide is based on Cognitive Behavioral Therapy (CBT) an evidence based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties. Each guide comprises a step by step self help programme based on CBT and contains useful information about the disorder. Practical strategies and techniques based on CBT. Advice on how to keep recovery going. Further resources. The Complete Overcoming Series contains 31 titles: Overcoming Anger and Irritability, Overcoming Anorexia Nervosa, Overcoming Anxiety, Overcoming Body Image Problems including Body Dysmorphic Disorder, Overcoming

Bulimia Nervosa and Binge Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child's Fears Worries Overcoming Your Child's Shyness and Social Anxiety Overcoming You Smoking Habit

### **Overcoming Body Image Problems including Body Dysmorphic Disorder**

Alexandra Clarke, David Veale, Rob Willson, 2012-11-01 Many people occasionally suffer from a negative body self image but for an increasing number of people this can turn into a more serious preoccupation. One per cent of the population will develop Body Dysmorphic Disorder (BDD) a condition characterised by severe preoccupation with a perceived physical defect. Body image problems can cause significant distress and can lead to further problems such as anxiety, eating disorders and social phobia. It has long been recognised that negative body image problems are a factor in the onset and maintenance of many eating disorders. However, they can be successfully treated with cognitive behavioral therapy (CBT).

*Praise for Overcoming Obsessive Compulsive Disorder and the Overcoming series:* Overcoming Obsessive Compulsive Disorder is an affordable and highly recommended read. The Psychologist: The best consumer friendly CBT based books. All are very thorough.

*Observer*     *Beating Eating Disorders Step by Step* Anna Paterson, 2008 People living with eating disorders find it hard to take the step of choosing recovery often because the disorder has developed as a way of coping with problems or stresses in their life. This book outlines new and positive ways of dealing with eating disorders for people living with eating disorders and their families. A practical workbook written by someone who has lived with an eating disorder, it provides advice and strategies to aid understanding and to help the reader to gain control of their illness. Anna Paterson leads the reader through easy to use therapeutic exercises such as describing the pros and cons of an illness, writing a farewell letter to it and using role reversal scenarios to get a new perspective on their attitude to eating. She emphasizes the importance of taking things at your own pace and in the final section of the book provides a set of diet plans specifically designed for anorexics, bulimics and compulsive overeaters. This book will be valued by people living with eating disorders and their families and also the psychologists and psychotherapists, counsellors, health professionals and social workers who work with them.

*Clinical Manual of Eating Disorders* Joel Yager, Pauline S. Powers, 2008-05-20 Clinical Manual of Eating Disorders provides sound therapeutic advice based on current research and clinical practice. It includes detailed discussions of various aspects of assessment and treatment, featuring up to date evidence and consensus based information. Ranging from the determination of initial treatment approaches to problems posed by unique groups of patients, it marks the first APPI volume.

specifically directed toward the clinical management of patients with eating disorders and the first book to focus squarely on what psychiatrists need to know about the clinical assessment and management of patients with anorexia nervosa bulimia nervosa binge eating disorders and obesity In these pages preeminent psychiatric authorities on eating disorders offer practical advice research results and the fruits of clinical experience In addition to thorough extended discussion and coverage of all assessment and treatment topics encompassed by the third edition of the American Psychiatric Association's Practice Guideline for the Treatment of Patients with Eating Disorders the book includes topics such as night eating and related syndromes obesity and weight management in relation to psychiatric medications psychiatric aspects of bariatric surgery and management of patients with chronic intractable eating disorders Clinical vignettes discuss specific techniques and strategies to help anchor the discussions in the decision making situations faced by practitioners every day Among the book's features coverage of a wide range of diagnoses from new onset to very chronic conditions consideration of comorbid psychiatric substance abuse and medical conditions applications to outpatient ambulatory and inpatient settings a range of treatment strategies including biological cognitive behavioral psychodynamic and family treatments discussion of special concerns involving college athletes and patients from different ethnic or cultural backgrounds inclusion of APA Practice Guideline tables as well as the most recent version of the Eating Disorders Questionnaire The insights garnered from this book will enable clinicians to better make nuanced assessments of patients with eating disorders present the best available evidence about treatment options to patients and their families initiate and conduct treatment interventions with the majority of patients they encounter Clinical Manual of Eating Disorders is an invaluable tool for psychiatrists that complements other resources for all professionals who see patients with these challenging conditions whether mental health clinicians primary care physicians dieticians psychologists or social workers

*The Monster Within* Cynthia Rowland, 2002-06-01

Cynthia Rowland was an outwardly vivacious and successful television news reporter who inwardly had slipped into the depths of bulimia An addiction to binging and purging and heavy doses of laxatives finally landed her in treatment The Monster Within tells the story of her descent into sickness her struggle to learn why she was engaging in slow suicide and the courage and grace it took to get well This updated edition includes a section of answers to some of the common questions the author is asked about bulimia Anyone suffering from an eating disorder there are eight million bulimics in America alone as well as parents friends counselors and pastors will find hope and help through this engaging true life story

*Eating Disorders* Raymond Lemberg, Leigh Cohn, 1999 Offers a collection of articles which discuss the causes symptoms health and psychological effects and treatments of eating disorders and provides a directory of facilities and programs designed to help people with these disorders

**Overcoming Anorexia Nervosa** Chris Freeman, 2002-02-01 Overcoming Anorexia Nervosa is an indispensable guide for sufferers their friends and families those in the helping professions and anyone seeking a better understanding of this disorder It provides descriptions of the eating habits and the underlying psychological and social

problems which can result in a preoccupation with body image enabling those seeking help to make sense of what they or someone close to them is experiencing Overcoming Anorexia Nervosa incorporates insights from cognitive behavioral therapy which has been established internationally as a key method for helping overcome longstanding conditions such as anxiety depression panic attacks and eating disorders This kind of therapy focuses on alleviating symptoms by changing negative patterns in the way people think People with an eating disorder for example may have a distorted view of their body even though this perception isn't based on any real facts The aim of cognitive therapy is to uncover this faulty thinking pattern and change such thoughts This self help guide is written expressly for those who want to tackle their problem on their own without formal treatment Written by an expert clinical psychologist it is meant to help readers to take control of their own recovery It offers a complete step by step program to recovery using clinically proven cognitive therapy methods

**The Thin Disguise** Pam W. Vredeveld,1992 Understanding and overcoming anorexia and bulimia **CBT: A**

**Clinician's Guide to Using the Five Areas Approach** Chris Williams,Marie Chellingsworth,2017-07-27 This book is essential reading for practitioners involved in introducing the use of cognitive behavioural therapy CBT into their clinical practice and making it truly accessible to practitioners and patients alike It covers How to support someone in 10 20 or 60 minutes using the successful and proven five areas model The challenges faced and how to overcome these when working using guided CBT self help How to offer support face to face or using telephone email or classes Practical information and advice for all those wishing to use the five areas guided CBT interventions in their clinical practice How to introduce support and review progress using the Plan Do Review model A description of the wide range of five areas resources and how to use them with patients Support scripts and linked online resources The book provides a proven delivery model for wider dissemination of this evidence based CBT approach It is essential reading for general practitioners psychologists psychological well being practitioners PWPs self help support workers coaches counsellors nurses occupational therapists teachers psychiatrists condition management back to work teams managers and commissioners and other practitioners wishing to incorporate CBT as part of their practice and services **Treating and Overcoming Anorexia Nervosa** Steven Levenkron,1982 Noted authority Dr Steven Levenkron author of the bestselling novel about anorexia The Best Little Girl in the World shares the treatment options available and his own patients case histories in this classic book Now updated to include new medical findings this book is still the most reliable sourcebook yet for dealing with this terrible disease

**Going Hungry** Kate M. Taylor,2008-09-09 Here collected for the first time 19 writers describe their eating disorders from the distance of recovery exposing as never before the anorexic's self enclosed world This anthology lends remarkable texture to a subject that has been too often sensationalized and oversimplified The New York Times Taking up issues including depression genetics sexuality sports religion fashion and family these essays examine the role anorexia plays in a young person's search for direction Powerful and immensely informative this collection makes accessible the mindset of a

disease that has long been misunderstood With essays by Priscilla Becker Francesca Lia Block Maya Browne Jennifer Egan Clara Elliot Amanda Fortini Louise Gl ck Latria Graham Francine du Plessix Gray Trisha Gura Sarah Haight Lisa Halliday Elizabeth Kadetsky Maura Kelly Ilana Kurshan Joyce Maynard John Nolan Rudy Ruiz and Kate Taylor

**Feeding the Starving Mind** Doreen A. Samelson,2009-02-01 In Feeding the Starving Mind a clinical psychologist and eating disorder specialist presents a program designed to help the older teen or adult with low weight eating disorders like anorexia nervosa develop healthy eating habits and cope with chronic anxiety

Overcoming Eating Disorders Kathleen Zraly,David Swift,1992 An informative and hopeful book that combines the professional and personal experiences of a physician with that of a specialist who struggled with this condition a decade ago and now devotes her practice to helping others The book links eating disorders to other co dependency and addiction problems showing the similarities differences and ways of overcoming them

Starving In Search of Me Marissa LaRocca,2017-12-15 A heartrending memoir meets an empowering self help guide in this account of coming to terms with food body image and sexuality Joshua Rosenthal founder and director of the Institute for Integrative Nutrition In this riveting intimate book Marissa LaRocca relates her own struggle living for a time in two closets one to hide her eating disorder and one to hide her sexuality and very identity As she unravels the emotional layers of her battle she reveals the skills she learned that led her to find herself and to eventually emerge as an outspoken advocate for gay rights and women s health issues She shares the hard won wisdom she gained during her journey to help you Identify the root causes symptoms and triggers associated with an eating disorder Acknowledge the life issues that are being masked by food issues or other addictions Disempower compulsive behaviors like binging purging and obsessing about calories and exercise Heal your relationship with food through healing your relationship with yourself Escape the victim role become empowered and take responsibility for your own happiness Connect with your life s purpose and authentic self transforming your weaknesses into strengths Free your mind through tuning in to the body and witnessing emotions Improve your body image and self esteem by aligning your lifestyle with your true values and desires and with what is realistic Effectively communicate your needs with confidence Establish guilt free lifestyle boundaries to reduce anxiety and maximize vitality Enhance peace of mind by developing a reliable support system Eliminate the need to be perfect by practicing forgiveness and compassion toward yourself

*How to Overcome Eating Disorders* Louise V. Taylor,2017-09-30 If you want to gain a better understanding of eating disorders including anorexia bulimia and binge eating disorder this book is for you It looks at theories about the causes of eating disorders including susceptibility studies personality traits genetics the effects of personal circumstances societal media pressures family influences and more The health risks are covered and the damage caused by eating disorders is made clear This information especially will help some sufferers find the strength and determination to fight their disease and break free The book explains the logic of eating disordered individuals with some using food or weight control as a coping mechanism to block out painful emotions It will enable the reader to better

understand why some people with eating disorders behave as they do It looks at the latest research and new and emerging treatments are discussed as well as established treatments and their success rates In addition to conventional treatments medical psychological and therapeutic the book considers complimentary therapies that may support an individual s recovery It also includes nutritional information to help those who are frightened of food because they feel out of control around it or are afraid of being overweight There is a chapter on adjusting to change recovery strategies and a look at why pro ana communities are unhelpful suggesting healthier social groups and past times The book contains extensive case studies of people who have battled with anorexia and bulimia looking at some of the things that may have played a role in their disease such as abuse bullying loneliness low self esteem unhappiness and pressures to conform *Controlling Eating Disorders with Facts, Advice, and Resources* Raymond Lemberg,1992 Includes 26 articles which discuss the causes descriptions health and psychological effects and treatments of eating disorders and provides a directory of facilities and programs designed to help people with these disorders *10 Tools for Overcoming Anorexia-Bulimia* Beth Love,Dawn Hightree,2021-06-13 10 Tools for Overcoming Anorexia Bulimia is a personal story intertwined with healing tools that aided in Dawn Hightree s recovery from anorexia bulimia The combination of directed journaling and art therapy makes this book effective at providing hands on healing techniques known to aid with overcoming addictions successfully Dawn s personal story and intimate writing gives readers a sense of a shared struggle This book is a must have with people struggling with an eating disorder

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