



The Essential Handbook of Eating Disorders

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This is a concise paperback version of the authoritative and comprehensive Handbook of Eating Disorders, Second Edition, focusing on the most practical elements from that volume. Ideal for the individual practitioner, this selection of chapters concentrates on the main therapeutic approaches in use, including cognitive behavioural treatments, interpersonal psychotherapy, family interventions, dialectical behaviour therapy and drug treatments.

Indispensable for those working in the eating disorders field, such as clinical psychologists, child psychologists, family therapists, psychiatrists, psychiatric nurses, social workers and occupational therapists. The Essential Handbook of Eating Disorders will also be of interest to researchers, lecturers and those in training in the field.

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