

# Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder (Treatment Plans and Interventions for Evidence-Based Psychot)

Rene D. Zweig PhD, Robert L. Leahy PhD



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## **Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder (Treatment Plans and Interventions for Evidence-Based Psychot)** Rene D. Zweig PhD, Robert L. Leahy PhD

Highly practical and clinician friendly, this book provides evidence-based tools for tailoring psychotherapy to the needs of clients with bulimia nervosa or eating disorder not otherwise specified (EDNOS), including binge-eating disorder. It offers specific guidance for conducting thorough clinical assessments and conceptualizing each case in order to select appropriate interventions. A proven cognitive-behavioral treatment protocol is presented and illustrated with a chapter-length case example. In a convenient large-size format, the book includes a session-by-session treatment plan and 20 reproducible forms, handouts, and worksheets that clinicians can photocopy or download and print for repeated use.

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