



# Treating Bulimia Nervosa and Binge Eating: An Integrated Metacognitive and Cognitive Therapy Manual

*Myra Cooper, Gillian Todd, Adrian Wells*

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## **Treating Bulimia Nervosa and Binge Eating: An Integrated Metacognitive and Cognitive Therapy Manual** Myra Cooper, Gillian Todd, Adrian Wells

*Treating Bulimia Nervosa and Binge Eating* explains how cognitive therapy can be used to treat those suffering from bulimia nervosa. The manual provides a step-by-step treatment guide, incorporating a number of case examples offering detailed explanations of the treatment process, questionnaires, worksheets and practical exercises for the client, which will provide a framework and focus for therapy. The authors use existing techniques, as well as new integrated cognitive and metacognitive methods developed from their recent research, to take the therapist from initial assessment to the end of treatment and beyond, with chapters covering:

- engagement and motivation
- case formulation and socialisation
- detached mindfulness strategies
- positive and negative beliefs.

This practical guide will allow those treating patients with bulimia nervosa to take advantage of recent developments in the field and will be an essential tool for all therapists working with this eating disorder.

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