



Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter

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This book is the first to address what really happens behind closed doors during eating disorders treatment, as most writing has only addressed theoretical approaches and behavioral strategies. The field has long needed a book that describes the heart of the matter: the therapeutic interventions and interactions that comprise life-changing treatment for this life-threatening disorder. In response to this need, the authors have created a book that reflects the individual therapeutic skills and the collective wisdom of senior clinicians, all of whom have years of experience treating anorexia, bulimia, and binge eating disorder. Intended to be a deeply thoughtful and instructive volume, *Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter* demonstrates the depth, complexity, and impact of the therapeutic process. In particular, the book articulates and explores essential points of information, issues, insights and unresolved questions about eating disorders treatment. *Effective Clinical Practice in the Treatment of Eating Disorders* describes and explicates important treatment issues and themes in a nuanced, highly contextualized and qualitative manner. The book offers a significant reference for both novice and seasoned therapists, and it includes specific information that will serve to inform and mentor future generations of eating disorders clinicians.

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