



Outpatient Treatment of Eating Disorders: A Guide for Therapists, Dietitians, and Physicians

James E. Mitchell M.D.

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Over the past decade, there have been substantial and rapidly changing developments in the treatment of eating disorders. Grounded in the most recent literature, *The Outpatient Treatment of Eating Disorders* balances general and pathology-specific research to emphasize outpatient treatment. The contributors provide an overview of the full range of eating disorders and offer clinical recommendations for a comprehensive treatment plan for patients with these disorders.

These distinguished contributors present case studies and hands-on treatment models based on cognitive behavioral techniques. Using three vignettes—a woman with anorexia nervosa, a woman with bulimia nervosa, and a man with binge eating disorder—the authors offer practical approaches, including extensive nutritional information for dietitians, for treating these three major forms of eating disorders. Designed for all health care workers who deal with eating disorder patients, this indispensable guide will be useful for psychiatrists, other physicians, psychologists, social workers, exercise physiologists, and dietitians as well as those who suffer from eating disorders.

Contributors: David W. Abbott, U of North Dakota; Roslyn Binford, U of Minnesota; Carol Brunzell, Fairview-University Medical Center; Scott Crow, U of Minnesota; Mary Hendrickson-Nelson, HealthPartners of Minnesota; Susan Jack, Fairview-University Medical Center; Pamela K. Keel, Harvard U; Melissa Pederson Mussell, U of St. Thomas; Carol Peterson, U of Minnesota; Claire Pomeroy, U of Kentucky; LeAnn Snow, U of Minnesota; Stephen A. Wonderlich, U of North Dakota; and Martina de Zwaan, University Hospital, Vienna.

James E. Mitchell, M.D., an active clinician and researcher of eating disorders, is the president and scientific director at Neuropsychiatric Research Institute as well as professor and chair of neurosciences at the University of North Dakota School of Medicine. He is the president of the Academy of Eating Disorders and serves on the editorial board of International Journal of Eating Disorders and Eating Disorder Newsletter.

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