An integrated approach to the treatment of disordered eating. A prominent psychiatrist in the field, Kathryn J. Zerbe builds on her landmark work in The Body Betrayed to provide a comprehensive approach to the outpatient treatment of eating disorders. A variety of strategies is presented, including pharmacological and psychodynamic treatments, patient education, and cognitive-behavioral therapies. Psychiatrists, psychologists, and social workers will find this versatile method an invaluable resource for tackling the disordered eating of their clients.

My Personal Review:
As every parent who has tried to help a child with an eating disorder knows, if we are to be helpful, we need the best source of understandable, practical advice we can get. Dr. Kathryn Zerbe's new book provides the most up-to-date resource available today.

The patient's intention, Dr. Zerbe states, is to become a better person, but he or she creates instead a dangerous routine of purging, exercising far beyond what is physically healthy, binging, dieting, and the like.

Dr. Zerbe explains that because patients with eating disorders believe that they understand both the problem and the solution (to alter their body appearance or size), they do not see the danger in their belief about how to create this "better person." As a result of their circular thinking, patients may put their lives at risk in pursuit of a delusional goal.

The complexity and medical implications associated with eating disorders are enormous and, at times, frightening. Dr. Zerbe makes it clear that there is no single answer, no simple cure. What is required is a plan that integrates the best treatments offered by medicine, various forms of psychotherapy, nutrition, and the like.
Dr. Zerbe's book, while written with mental health professionals in mind, is user-friendly, jargon-free, and will enable parents to better understand and evaluate treatment options offered by their team of practitioners.

This welcomed book is a Godsend to anyone who wants to be helpful to someone suffering from an eating disorder. It will help both parents and therapists think about the disorder and its solution in new, holistic, and practical ways, as well as create new strategies to deal with the many issues involved.

I recommend Dr. Zerbe's book without reservation.

For More 5 Star Customer Reviews and Lowest Price:
Integrated Treatment of Eating Disorders: Beyond the Body Betrayed by Kathryn J. Zerbe - 5 Star Customer Reviews and Lowest Price!