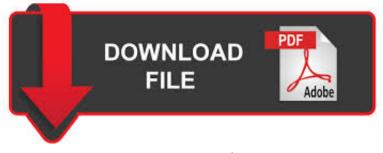


## Nutrition COUNSELING in the Treatment of Eating Disorders

MARCIA HERRIN and MARIA LARKIN

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## Marcia Herrin Nutrition Counseling in the Treatment of Eating Disorders



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Marcia Herrin and Maria Larkin have collaborated on the next edition of Nutrition Guidance in the treating Taking in Disorders, infusing research-based techniques and their own clinically-refined tools for managing meals and weight-related issues. Readers will appreciate the condition of the art diet and weight assessment recommendations, the practical clinical approaches for managing bingeing, purging, extreme exercise, and excess weight restoration along with the unique meals planning approach produced by the authors. Not used to this edition is a section on diet counseling interventions produced from cognitive behavioral therapy-enhanced, dialectical behavioral therapy, family-structured treatment, and motivational interviewing techniques. As a comprehensive summary of food and weight-related remedies, this book can be an indispensible resource for nutrition counselors, psychotherapists, psychiatrists, doctors, and primary care providers.



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Amazing resource; As a recovering potential clinician, I found the content to be extremely encouraging and supportive for those in recovery, a holistic, realistic method of recovery This is an amazing resource for anyone working with individuals struggling from disordered eating patterns or eating disorders. Excellent Brilliant reference for RDs! They also discuss levels of care, pounds monitoring and restoration, family-based treatment, and the need for considering exercise and movement in the recovery strategy. I would recommend this reserve to doctors and counselors, and perhaps to families and also adults in recovery (like myself;! I've mental health books on feeding on disorders but that is a more holistic and easier accessible resource I am a yoga therapist in training and mental health counselor, and this reserve has been phenomenal in helping me understand how eating disorders influence someone on various levels of being and how to treat them from a nutritional standpoint within the scope of abilities and education. Deals directly and simply with problems of consuming disorder and exercise obsession. (Jessica setnick's book is another must have resource, but it's more fundamental, it's more the diagnostic criteria, sequelae, etc). this reserve has greatly impacted my recovery in a positive way). This was instrumental in helping me lay the building blocks for how to best help these malnourished clients.! That is an incredible source for those operating w ED clients. It magically holds the answer everything period I freeze and believe "yikes, what perform I do!" Nobody else to my understanding has produced such a reference. My go-to! I'd be dropped without this fantastic gem of a book I'd be lost without this wonderful gem of a publication. Started private practice and viewing a lot of eating disorder clients. My bible! Outstanding Excellent resource for anybody dealing with eating disorders Awesome Super helpful being truly a fresh dietitian in the eating disorder world. Five Stars Ought to be recommended reading! I've mental health books on eating disorders but this is a more holistic and easier accessible source. The authors take a holistic method of treating the individual and do not recommend "all or nothing at all" techniques or mandates in regards to calorie counting or food planning based on strict regimens.! Superb, and highly recommend! Very clear book with some very nice explanations on why/how to accomplish things.



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