Integrative Group Treatment for Bulimia Nervosa

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Sherman Oaks Integrative Support Groups - Integrative Group. Eating disorders are but one of many specific pathological responses to the pressures of the modern world. In group therapy, patients battling bulimia nervosa

BOOK REVIEWS: Integrative Group Treatment for Bulimia Nervosa. Bulimia nervosa in adults: Cognitive-behavioral therapy CBT Buy Integrative Group Treatment for Bulimia Nervosa with cheapest. Eating disorders are one of many pathological responses to the pressures of the modern world. This work utilizes an integrative treatment model consisting of Group Therapy for Adolescents Living With an Eating Disorder. In group therapy, patients battling bulimia nervosa can learn from one another how to heal the emotional wounds that have put their health in jeopardy. Art therapy, psychodrama, and verbal therapy. An integrative model combines group therapy and CBT, which can be administered in group or individual formats. The integrative model is designed to be more flexible and effective than traditional group therapy, particularly for treating bulimia nervosa. Group therapy combines elements of art therapy, psychodrama, and verbal therapy with cognitive-behavioral techniques, both of which are effective in treating eating disorders. The book provides a comprehensive overview of the treatment of eating disorders, including bulimia nervosa, binge eating, and anorexia nervosa. It describes the 12-session format of the integrative group therapy model for the treatment of bulimia nervosa, and includes case examples and clinical insights to help clinicians in their practice. The book is an essential resource for all professionals working with eating disorders, including therapists, counselors, and researchers.